

Canada: Banff, Yoho & the Canadian Rockies

Tour-Only Itinerary

Most Canadian Rockies adventures miss out on the enchanted forest at Ghost River—but we think it's the loveliest jewel in the region's crown. Here, the river's turquoise waters bubble gently against a backdrop of pristine wilderness, as you enjoy the delicious privacy of a local inn where tranquility meets exquisite cuisine. In the company of expert local guides, hike Mount Yamnuska—then discover traditional plant lore during a First Nations medicine walk. Learn about wildlife conservation efforts and visit a local meadery with an on-site apiary. Spend two nights in a charming mountain lodge near the aquamarine splendor of Lake Louise. Along the way, your Canadian guides uncover the secrets of the breathtaking mountains, unsullied forests, and the people who call them home.



Highlights

- Discover Alberta's ranchlands in the foothills of the Rockies.
- Enjoy a tour and tasting at Fallentimber Meadery.
- Join a local leader along Ghost River in an exploration of plant medicine through an Indigenous lens.
- Gaze upon the striking blue-green waters of Emerald Lake.
- Hike along the shores of the famed Lake Louise and rise early for a sunrise walk at the nearby Moraine Lake.

On all Fully-Guided Adventures you can count on ...



Expert local guides to introduce you to the best of your destination.



Gracious accommodations that are a clean, comfortable home away from home.



Off-the-beaten-path places you'd never find on your own.



Experts to handle all the details.



A maximum of 18 fun-loving fellow travelers to share the journey.



Air Packages include plane tickets, airport car service, and pre- and post-tour accommodations.



Delicious, authentic multi-course meals—virtually all are included.

Activity Level

This tour is one of our Guided Walking Adventures, rated easy to moderate, with an average walking distance of 2 to 6 miles per day. All walks and destinations on this tour take place at high altitude, ranging from 2,500 to 5,600 feet. Trails include a mix of hard-packed surfaces and easy terrain, along with moderate hills and uneven footpaths. You'll experience both flat, paved or gravel trails as well as classic forest hikes with elevation gain and loss. A few hikes include ascents and descents of up to 1,700 feet—mostly gradual, though some sections are steep. On rainy days, footpaths and trails may be wet and muddy.

DAY 1

Your Country Walkers Vacation Begins

Alberta Foothills; 2-4 miles, easy. Fallentimber Meadery; 1 mile, easy

Your tour leaders will meet you at 9:00 a.m. in the lobby of our pre-tour hotel in Calgary. For the July 12, 2026 departure, the meeting point is the Delta Hotels by Marriott Calgary Airport In-Terminal. For all other departures, you will meet at the Calgary Marriott Downtown Hotel.

They'll be wearing Country Walkers shirts for easy identification. Please be dressed for walking—comfortable, weather-appropriate attire, sturdy footwear, and a daypack (to carry essentials such as rain gear and a water bottle) are required.

Your journey begins in the rolling Alberta foothills, where you'll enjoy your first walk on one of the region's many scenic trails—selected by your leaders based on trail conditions and weather. As you walk, take in sweeping views of open meadows and forested ridges while learning about the area's rich natural history, native flora, and local wildlife.

Later, continue to Fallentimber Meadery for a rustic woodfired pizza lunch. Afterward, regroup inside the production facility to learn about honey, mead, and the essential role bees play in Alberta's ecosystem and economy—followed by a flavorful tasting of their small-batch creations. Then stretch your legs with a peaceful stroll through the surrounding aspen grove, where you can observe the many beehives and the busy hum of bees at work in their natural environment.

This afternoon, travel to your accommodations for the next two nights—a secluded and charming inn nestled along the banks of the Ghost River. This evening, gather in the inn's dining room for a warm welcome dinner. The chef will greet you personally and present the lovingly prepared dishes that showcase the region's fresh, local flavors.

Included Meals: Lunch, Dinner

DAY 2

Alberta Foothills

Mount Yamnuska; 2–4 miles, moderate, 1,200-ft. elevation gain/loss. Indigenous Medicine Walk; 2 miles, easy

Satisfied from a hearty breakfast, set out on a hike to Mount Yamnuska. Translating to “wall of stone” in Stoney Nakoda, Mount Yamnuska rises 7,349 feet above the Alberta prairie. In 1961, at the request of the Stoney Nakoda First Nation, the mountain was officially renamed Mount John Laurie in honor of John Lee Laurie, a political activist and founder of the Indian Association of Alberta.

As you hike toward the summit through birch forests and wildflower meadows, keep an eye out for mountain goats, which can often be seen scampering along the rocky slopes. Along the way, pause to enjoy a packed picnic lunch in this picturesque Canadian wilderness.

This afternoon, return to Ghost River and meet a local guide for an engaging exploration of plant medicine from an Indigenous perspective. Afterwards, relax at the hotel or join your guides for a peaceful stroll down to the river—perhaps even a refreshing dip—before enjoying another delicious dinner at The Crossing. Either way, you’ll be basking in the peace and serenity of the Alberta Foothills.

Included Meals: Breakfast, Lunch, Dinner

DAY 3

Kananaskis. Independent Exploration of Canmore. Lake Louise

Grassi Lakes Trail; 2 miles, easy to moderate. Lake Louise; 1-2 miles, easy with steep sections

Savor another full breakfast at The Crossing. Then shuttle through Kananaskis Country to your first hike of the day at the scenic Grassi Lakes, before continuing on to the quaint village of Canmore.

A former coal mining center, Canmore is now an enchanting mountain town. Enjoy lunch on your own at one of the many local eateries, such as Crazyweed Kitchen or the Grizzly Paw Pub. Afterwards, enjoy free time to visit the Canmore Museum to learn about the cultural heritage of the Canadian Rockies, or browse for gifts at the Rocky Mountain Soap Company’s flagship store, Stonewaters for home goods, or the Art Country Canada Rocky Mountain Gallery. You may also want to stop by Canmore Brewing’s tasting room for a flight of local artisanal beer.

Depart Canmore and make your way toward Lake Louise via the magnificent Bow Valley Parkway. This stunning wilderness corridor is celebrated for preserving Banff's scenic heritage. The route is popular with local wildlife, and you may spot elk, deer, bald eagles, bears, or foxes along the drive. Time permitting, upon arrival in Lake Louise, embark on a short hike with your leaders along the Fairview Lookout Trail. This glacier-fed lake—named for Princess Louise Caroline Alberta, the fourth daughter of Queen Victoria—is a favorite among hikers, paddlers, and, in winter, cross-country skiers.

Check in to your nearby lodge for the next two nights and unwind before rejoining your group for dinner.

Included Meals: Breakfast, Dinner

DAY 4

Banff National Park

Moraine Lake; 2-4 miles, easy. Lake Louise; 3-4 miles, moderate with up to 1,300-ft. elevation gain/loss

A glittering blue jewel encircled by rugged peaks in breathtaking Banff National Park, Moraine Lake sets the standard for alpine beauty. You'll rise early this morning to experience its serenity before the crowds arrive. Enjoy a peaceful walk along trails that wind through cool spruce and subalpine fir forests, and past rocky hillsides dotted with vibrant wildflowers. Keep an eye out for local wildlife—you may spot hoary marmots, Clark's nutcrackers, or gray jays along the way.

Afterward, return to your lodge for breakfast and time to rest. In the late morning, reconvene with your leaders to set off on a hike along one of Lake Louise's iconic trails. Your leaders will select the best route for your small group based on weather and trail conditions. You may stroll along the lakeshore or ascend a former horse path to Lake Agnes, where Mirror Lake and sweeping alpine views await.

Continue your adventure along the Icefields Parkway, pausing for a scenic picnic lunch at Bow Lake—a spectacular setting framed by towering peaks and glacial waters.

The rest of the afternoon is yours to enjoy at leisure. You might return to Lake Louise to rent a canoe, indulge in afternoon tea at the Fairmont Chateau Lake Louise, book a horseback ride, or ride a gondola or chairlift to the summit of Mount Whitehorn. Your hotel also offers complimentary bike rentals and mini golf.

Dinner is on your own this evening.

Included Meals: Breakfast, Lunch

DAY 5

Yoho National Park

Emerald Lake; 3 miles, easy

This morning, after a hearty mountain breakfast, travel about 30 minutes to Emerald Lake. Named for its vibrant blue-green hue, Emerald Lake gets its color from glacial silt suspended in the water, which reflects sunlight in brilliant shades of turquoise. Set off on an easy walk along the lakeshore, taking in the serene beauty of the surrounding peaks. Your walk ends at the lodge's lakeside restaurant, where you'll settle in for a relaxed lunch with your group.

After lunch, depart for the town of Banff, a scenic drive of approximately 1.5 hours. Upon arrival, check in to your hotel and take some time to unwind before rejoining your group for a special farewell dinner at one of Banff's most celebrated restaurants—complete with exceptional views to toast your final evening in the Canadian Rockies.

Included Meals: Breakfast, Lunch, Dinner

DAY 6

Your Country Walkers Vacation Ends

Tunnel Mountain; 2 miles, easy to moderate, 750-ft. elevation gain/loss

After breakfast, join your leaders for a final walk in Banff National Park. After a short shuttle to the trailhead, hike up Tunnel Mountain to enjoy a breathtaking view of the town and surrounding wilderness. Your tour concludes back at the hotel before lunch. From here, you may make connections for onward travel or continue your explorations independently.

Included Meals: Breakfast

What's Included

Air Package

Tour Only

Exceptional boutique accommodations	✓	✓
13 on-tour meals: 5 breakfasts, 4 lunches, 4 dinners	✓	✓
Local leaders with you throughout tour	✓	✓
Local wine and/or beer with dinner	✓	✓
Entrance fees and special events as noted in the itinerary	✓	✓
Telescopic walking sticks provided on tour	✓	✓
Roundtrip airfare	✓	
One night in Calgary and one night in Banff with daily breakfast	✓	
Airport arrival and departure transportation	✓	
Business-class upgrades available	✓	