

## Canada: Banff, Yoho & the Canadian Rockies

### Tour-Only Itinerary

Exceptional alpine scenery and deep valleys filled with ancient forests, moss-draped old-growth cedars, or mountain meadows strewn with lichen-covered boulders await in Banff, Yoho, and Glacier National Parks. Nestled in the Rocky Mountain foothills west of Calgary lie native pastures on expansive ranches. Wildlife and breathtaking views are par for the course on this Rockies walking tour. Moose outnumber people some mornings at your wilderness lodge, and “traffic jam” just means families of bighorn sheep crossing the road. Walk along the shores of the brilliantly colored Lake Louise and Emerald Lake. North American nature doesn’t get any grander.



### Highlights

- Discover Alberta’s ranchlands in the foothills of the Rockies.
- Enjoy a tour and tasting at Fallentimber Meadery.
- Join a local guide 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.

## On all 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.



Flight + Tour Combos 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 of 2 to 6 miles per day. All walks and destinations in this tour are considered high altitude, ranging from 2,500 to 5,600 feet. The trails feature a combination of hardpack trails and easy terrain, mixed with moderate hills and uneven footpaths. This tour includes both walks on flat, paved or gravel trails and classic hikes through forests with elevation gain and loss. A few of the hikes have ascents and descents of up to 1,200 feet, which are mostly gradual but some portions are steep. On rainy days the footpaths and trails can be wet and muddy. This tour covers a large area and therefore involves a few long shuttles which are broken up with walks and cultural visits.

## DAY 1

### Join your *Canada: Banff, Yoho & the Canadian Rockies* tour

*Glenbow Ranch Provincial Park; 2-4 miles, easy. Fallentimber Meadery; 1 mile, easy*

Your guides meet you at 9:00 a.m. in the lobby of your designated meeting point hotel in Calgary. They'll be wearing Country Walkers shirts. Please be dressed for walking.

Once you arrive at Glenbow Ranch Provincial Park enjoy a first walk on some of the many trails in the park led by a guide from the park foundation. During your walk you'll learn about the history, wildlife, and flora of this park. After an abundant picnic prepared by your guides, drive to Fallentimber Meadery for a tour and tasting. Upon arrival, take a tranquil stroll through the aspen grove, admiring the many beehives and hardworking bees as you go. Afterwards, regroup in the production facility to learn about honey, mead and the importance of bees to Alberta's economy.

Continue on to your home for the next two nights, a secluded and charming inn nestled along the Ghost River. Tonight, gather for a welcome dinner in the property's dining room. The chef greets you to present the lovingly prepared dishes for tonight's meal.

**Included Meals:** Lunch, Dinner

## DAY 2

### Alberta Foothills

*Mount Yamnuska; 2-4 miles, easy to 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 towers at 7,349 feet above the Alberta prairie. At the request of the Stoney Nakoda First Nation, in 1961 the mountain was officially renamed to Mount John Laurie in honor of John Lee Laurie, a political activist and founder of the Indian Association of Alberta. While hiking towards the summit through birch forests and wildflower meadows, keep your eyes out for mountain goats, which can sometimes be seen scampering on the rocky mountain face. Along the way, stop to enjoy a packed

picnic lunch in this picturesque Canadian wilderness.

This afternoon, head back to Ghost River and meet a local guide for an exploration of plant medicine from an Indigenous lens. After, sit back and relax at the hotel, or take a stroll with your guides down to the river for a late afternoon dip before enjoying another 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; 1-3 miles, easy*

Savor another full breakfast at The Crossing. Shuttle through Kananaskis Country to your first hike of the day at the scenic Grassi Lakes before continue on towards the quaint village of Canmore.

A former coal mining center, Canmore is now an enchanting mountain town. Lunch on your own at one of the many eateries including Crazyweed Kitchen or the Grizzly Paw Pub. Enjoy free time to visit the Canmore Museum and learn about the cultural heritage of the Canadian Rockies or spend your time perusing for gifts at Rocky Mountain Soap Company's flagship store, Stonewater's for home goods or Art Country Canada Rocky Mountain Gallery.

Depart Canmore and make your way towards British Columbia. En route, stop for a hike at the scenic Lake Louise. The glacier-fed lake was named for Princess Louise Caroline Alberta, the fourth daughter of Queen Victoria. Walk with your guides along the shore of this stunning mountain lake.

Continue to your lodge for the next two nights. Upon arrival, check-in and unwind before joining your group for dinner at the lodge.

**Included Meals:** Breakfast, Dinner

## DAY 4

### Glacier National Park

*Great Glacier Trail; 4 miles, moderate, 1,053-ft. elevation gain*

Awake to the cool mountain air and another full breakfast. Today we drive to Rogers Pass Discovery Center in Glacier National Park. Rogers Pass has been designated a National Historic Site in commemoration of its role as an essential link in the building of the transcontinental railway.

We begin our hike on the Great Glacier Trail. The Illecillewaet Glacier, which has become known simply as the Great Glacier, is the biggest of 131 named glaciers in the park, and its name is Okanagan for “swift water.” The hike starts on a portion of a rail trail, which is what remains of the great Canadian Pacific Railroad in this area, passing the ruins of the Glacier House, once a 90-room luxury hotel. Flora along this trail include Dwarf Dogwood, Leatherleaf Saxifrage, and Lewis Monkeyflower. The view exposes Illecillewaet Glacier Falls to the east and Cheops, Ursus Minor and Grizzly Mountains to the north. Pause here for your box lunch before retracing your way back.

Once you are back at the lodge, unwind in your uncomplicated alpine hideaway. Later, enjoy another gourmet cabin-style dinner.

**Included Meals:** Breakfast, Lunch, Dinner

## **DAY 5**

### **Emerald Lake**

*3 miles, easy*

This morning, after a hearty mountain breakfast, travel (1.5 hours driving time) to Emerald Lake. Named for the stunning blue-green hue of the water, Emerald Lake’s color is caused by a glacial silt reflecting from the sun. Set off on an easy walk tracing along the lakeshore, ending at the lodge’s lakeside restaurant where you settle in for lunch with your group.

After lunch, depart for Banff (approximately 1.5 hours driving time) via the magnificent Bow Valley Parkway. This stunning wilderness corridor is celebrated for its preservation of Banff’s scenic heritage. This route is popular with local wildlife, and you may see elk, deer, bald eagles, bear, and fox along the drive. Upon arrival in Banff, check in and unwind before joining your group for a special farewell dinner at one of the town’s most celebrate restaurants (and views!).

**Included Meals:** Breakfast, Lunch, Dinner

## **DAY 6**

### **Your *Canada: Banff, Yoho & the Canadian Rockies* tour concludes**

*Banff National Park; 2-4 miles, easy to moderate*

After breakfast, join your guides for a final walk in Banff National Park. Your tour ends 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

### Tour Only

Exceptional boutique accommodations	✓
14 on-tour meals: 5 breakfasts, 4 lunches, 5 dinners	✓
Local guides 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	✓