

# Great Explorations



## Trip Dates

### 2012

July 20-26

### 2013

July 19-25

Self-guided and custom trips also available and can start any day. Call or email for details.

## Trip Size

8-16 participants

## Total Days:

7 days/ 6 nights

## Arrive/Depart:

Banff/Field

## Activity Level:

Cycling: 45 to 50 km average (28 to 31 miles)  
Walking: 10 to 18 km (6 to 11 miles)

White Water Rafting:  
Along the Kicking Horse River, Through Class II to IV + rapids

## Canadian Rockies, Multisport Banff and Lake Louise

Embark on a high-altitude adventure. Explore the scenic roads, forested walking paths and spirited waterways of the Canadian Rocky Mountain Parks. Cycle along the most spectacular parkway in the country, lined with dazzling snow-capped peaks and abundant wildlife. Retreat to the peace and tranquility of the walking trail as you discover stunning mountain passes rising from the shores of iridescent blue lakes. Feel the energy of the living landscape as you paddle the glacier-fed waters clear enough to reflect the wooded slopes around you. Immerse yourself in the beauty of the ancient rocky landscape by day, and enjoy the luxurious comfort of mountain lodges at night. The magnificence of these dramatic surroundings will leave an impression that is bound to last a lifetime.

## Itinerary

### Getting there :

Banff: There is regularly scheduled air service to Calgary from across North America, with non-stop flights to Calgary from all major Canadian and many US centres. Additionally, non-stop international flights are available from London and Frankfurt. A number of companies offer an airport shuttle service to Banff from the Calgary Airport.

### DAY 1:

*Banff* - This vibrant little town is at the centre of some of the most scenic cycling routes found anywhere in the Rocky Mountains National Parks. Stroll about town searching for that perfect souvenir or visiting the excellent museums. If you arrive early enough enjoy a warm-up cycle out to The Cave and Basin - the location of the first hot mineral springs discovered in 1883.



### DAY 2:

*Banff* - Pedal the scenic network of roads around Banff - exploring Tunnel Mountain and the weirdly shaped Hoodoos. Add on a loop up to Lake Minnewanka, one of the largest and deepest lakes in the Rockies. Once known as Devil's Lake or Cannibal Lake, Minnewanka is the site of many ghostly occurrences in native legends.

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## Terrain:

Cycling covers hilly terrain. Walking is through mountainous terrain. No previous experience necessary.

## Cost

### Land Cost (current year):

CAD \$3390/US \$3390  
Includes 6B/2L/5D

### Single Supplement:

CAD \$530/US \$530

### Bike Rental:

CAD \$72/US \$72

## DAYS 3:

*Lake Louise* - Continue your cycling journey north along the Bow Valley Parkway to the staggeringly beautiful scenery of Lake Louise - the gem of Banff National Park. As we twist and climb along the Parkway take in the magnificent views of the Sawback, Sundance and the Massive mountain ranges. Upon arrival in Lake Louise, soak up the natural splendour, of the area.



Lake Louise. Perhaps choose to transfer to the quieter Moraine Lake in the Valley of the Ten Peaks for its magnificent views.

## DAY 4:

*Lake Louise* - You have a number of choices today to explore the incredible beauty of Lake Louise. Step out of your lodge and begin with a hike to the highest teahouse in Canada, hidden in a picturesque alpine valley. Take in the Plain of Six Glaciers and the Beehive formations. You could also take a canoe onto the lake to enjoy a leisurely paddle on the crystalline

## DAY 5:

*Kicking Horse River* - Experience the thrill of white-water paddling as you are picked up from your accommodation for a day of instruction and excitement on one of Canada's premier whitewater rivers. Feel yourself whisked downstream by the power of the Kicking Horse River as it carves a path through the rugged wilderness. After the day's adventure, you will be transferred back to Cathedral Mountain Chalets.



## DAY 6:

*Yoho National Park* - Beginning with a transfer to Takkakkaw Falls in Yoho National Park, we will embark on an exhilarating trek considered to be one of the 5 best hikes in the Rockies. Enjoy the rugged, rocky trail along the breath-taking glaciers before descending the tree-lined path passing hidden lakes and glacier-fed rivers. End your day at the beautiful Cathedral Mountain Chalets for a quiet evening of relaxation.

**DAY 7:** Take a final stroll through this unforgettable landscape before your transfer arrives to return you to Banff and onward to home or your next adventure.

## What's Included in the Cost of Your Trip?

- services of one or more experienced Great Explorations guides and support vehicle
- 6 nights lodging
- all breakfasts, 2 lunches, and all dinners but 1
- entrance fees for selected historical sites and museums
- detailed map and route instructions
- all baggage transportation
- all transportation from initial meeting point to final drop-off (see arrive/depart cities)

*Goods and Services Tax (GST) of 5% must be charged on trips in Canada.*

Please note: Final itinerary is subject to revision; any changes made are done so in an attempt to provide the best possible trip given route conditions and available services. Due to the nature of our business and exchange rates, prices are subject to change. All prices quoted are U.S. dollars but we gladly accept payment in Canadian dollars also. Due to cancellations and waiting lists, trip availability fluctuates daily. If you have any questions or would like to confirm space on this trip before making your reservation, please contact us at [info@great-explorations.com](mailto:info@great-explorations.com) or by telephone at **604.730.1247**

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## Accommodations



### **Brewster's Mountain Lodge, Banff**

This western-inspired inn is located in the heart of downtown Banff and is surrounded by the beauty of the Rocky Mountains. Relax in an authentic Western atmosphere, with each guest room featuring historic photographs and artwork and hand-crafted custom log furnishings. Many of these romantic rooms feature Jacuzzi tubs and unyielding magnificent views



### **Mountaineer Lodge, Lake Louise**

Nestled in a forest with tremendous views of Mt. Temple and its summit glacier, this charming lodge offers a relaxing atmosphere for your Rocky Mountain adventure. Unwind in the whirlpool and steam room area after your day in the fresh mountain air. Though the property feels secluded, it is a scenic 5 minute walk from a variety of services and shopping in the Village of Lake Louise.



### **Cathedral Mountain Lodge, Field**

Nestled in the forest at the edge of the glacier-fed Kicking Horse River, the lodge guestrooms and cabins are perfectly appointed to create an oasis of luxury, including handmade log beds, down duvets, wood burning and gas fireplaces, soaker tubs and more. Guests can enjoy canoeing on turquoise Moraine Lake.