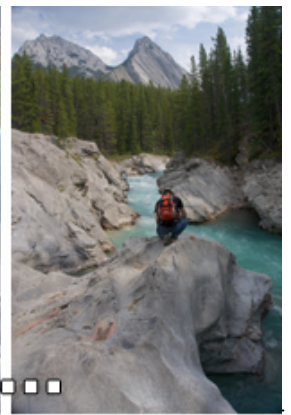




Canada

Rocky Mountain Adventure – Into the Wild



Do something extraordinary.....

Itinerary

Canada Rocky Mountain Adventure – Into the Wild

15 days / 14 nights

Calgary – Kananaskis Country – Spray Lake – Canmore – Banff – Lake Louise – Moraine Lake – Jasper – North Saskatchewan – Calgary

HIGHLIGHTS

- Enjoy some of Canada's best NP – Banff, Jasper and the Icefields parkway
- Experience some great off the beaten track treasures – Kananaskis Lakes Provincial Park
- Option of Rafting on the Kicking Horse or Fraser Rivers
- 4 day canoe expedition down the North Saskatchewan River

TOUR ESSENTIALS

Tour Style	Trekking/Adventure
Tour Start	Calgary
Tour End	Calgary
Accommodation	Hostels & Camping
Included Meals	not included
Difficulty Level	Moderate/Difficult

Summary

Join us on an amazing adventure and come discover some of the most remote areas of the Canadian Rockies. Go off the beaten path and experience the breathtaking beauty of serene and untouched corners in this dramatic landscape. Our two-week trip will immerse travelers into the spectacular surroundings of Banff, Lake Louise, Jasper, the breathtaking Icefields Parkway, as well as the lesser known Kananaskis Lakes Provincial Park the Spray Lake valley and the David Thompson corridor. Participants will have an unforgettable experience camping, canoeing, hiking and whitewater river rafting.

After arriving in Calgary (host to the 1988 Winter Olympics) we travel west, spending two days in the rugged mountains of the Kananaskis Valley as well as two more spectacular days spent hiking off the beaten path taking in the highlights of the Sprays Lakes area and surroundings; home to grizzlies, Moose and wolves. From these more remote off the beaten path corners of the Rockies we continue on to the world famous mountain towns of Banff and Lake Louise, with their iconic mountain images and spectacular sceneries. From Lake Louise we travel north up the one of a kind Icefields Parkway past mountain peaks glaciers and turquoise blue lake waters to Jasper and Jasper National Park. After spending two days exploring around Jasper we once again travel off the beaten path as we explore the spectacular and far lesser



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known North Saskatchewan River Valley and David Thompson Highway to the small hamlet of Nordegg and two beautiful nights spent at the Shunda Creek Hostel as we prepare for our 4 day canoe expeditions. This trip culminates with our 4-day canoe trip down the beautiful North Saskatchewan River the prime river tripping destination in the central Rockies.

Itinerary

DAY 1: CALGARY

Arrival in Calgary, check in/shuttle to hotel.

In the evening you will have an introduction to trip leaders/guides and all the other participants of the group. Your guides will outline the expectations, as well as the itinerary for the next 16 days.

Overnight hotel

DAY 2: Kananaskis Country

After an early breakfast we take a short tour of the city of Calgary.

In Calgary we organise and procure our provisions for the next couple of days. From Calgary we drive (approx. 150 km) west on the TransCanada Hwy 1 past the Native reservation of Morley and continue on south into the so called Kananaskis Country. Here the Peter Loughead and Spray Lakes Provincial Parks form a wild alpine and mountain environment. We set up camp at the Kananaskis Lakes Campground for the next two nights.

In the evening we enjoy a campfire and tenting under the stars.

Overnight camp

DAY 3: Kananaskis Country

A full day hike in the breathtaking Peter Loughead Provincial Park. Hiking options include "Pocatera Ridge" (500 meter elevation over 9km), or possibly Baldy Pass (600 meter elevation over 8km / 16km return trip) . Both hikes allow for amazing views of the rugged isolated mountain peaks of this area. In Kananaskis Country we are surrounded by pure wilderness and the natural home of Grizzlies, bighorn sheep, moose, and wolves.

Overnight camp



DAY 4: Spray Lakes



Today after breakfast we break camp and travel (approx. 60 km) on gravel roads from Kananaskis Lakes to the Spray Lake Valley. On this stretch of road there are good opportunities to view Moose, and bears.

On arrival we first set up our new camp at Spray Lakes Campground and from there we double back to our staging areas for the hike up to Burstall Pass. The trail and elevation gain up to the alpine meadows and pass remains moderate (Hiking time approx. 5-6 hours, 14-16 km return, elevation 350 m), and with good weather there is the possibility to see Mt Assiniboine and amazing views of the "The Haige " glacier. Burstall Pass is one of the top hikes of this area and provides visitors a deep and lasting

impression of the rough beauty of this area . In the evening we once again enjoy the comforts of our campfire along side the calls of " Loons " on Spray Lake.

Overnight camp

DAY 5: Canmore

Today we take the day at a more relaxed pace. There is the possibility to undertake a half day hike up to Ha Ling Peak (hiking time approx. 3 hours, elevation 700m over a distance of 4.5 km one way) or possibly up to West Wind Pass (hiking time approx. 3 hours, elevation 350m over a distance of 4.5 km return), allowing for fantastic views over the Bow valley valley. In the afternoon an approximately 40km drive from Spray Lake brings us down into the lovely mountain town of Canmore nestled between the mountain peaks of the Bow Valley. In Canmore we resupply with provisions and there is the opportunity to stroll or enjoy a cappuccino in one of the many nice cafes.

Overnight camp

DAY 6: Banff / Lake Louise / Moraine Lake

After breakfast we take down our camp and from Spray lakes it is about a 60 km drive to the world famous town of Banff. Over the next 4 days we will also be traveling within the Rocky Mountain National Park system. One of the largest protected mountain park systems in the world. Banff itself was made famous through its natural hot springs and as a picturesque Alpine destination. Walking down the streets of Banff offers panoramic views of Cascade Mountain. From Banff we continue another 50 km to Lake Louise and Moraine Lake providing some of the most iconic images of the Canadian Rockies. A short walk along the shore of Lake Louise or a short hike up to Lake Agnes Teahouse gives us numerous picture opportunities and impressions of the surrounding mountains and glaciers. There is also the possibility of a hike to Sentinel Pass (approx 4-5 hours) or up Mt Fairview (about 4-5 hours). We camp 2 nights at Johnston Canyon Campground.

Overnight camp



DAY 7: Lake Louise - Yoho National Park

From Lake Louise we make our way to the Takakkaw waterfall (350m) and Emerald Lake in Yoho National Park. Hiking opportunities abound in Yoho. Some options include hiking from Takakkaw falls up the Little Yoho Valley to Twin Falls (approx 4 hours) and possibly back over the Whaleback Trail (approx 5-6 hours) with spectacular views of Yoho Glacier. It is also possible to spend the day white water rafting on the Kicking Horse River.

Overnight camp

DAY 8: Icefield Parkway - Jasper

From Johnston Canyon we drive (approx 150 km) over Bow Pass and past Peyto Lake to the Columbia Icefields. Here we stop to hike Wilcox Pass (approx 4 hours, 12 km), which leading over a spectacular subalpine pass affords breathtaking views of the Athabasca Glacier. Ending up at Tangle Falls, we continue on by van (approx another 100 km), arriving by evening in the small town of Jasper, our base for the next two days.

Overnight camp

DAY 9: Jasper

Today is spent exploring Jasper and Jasper National Park. Options include mountain biking in and around Jasper, or hiking up Bald Hills (approx 3-4 hours) which overlooks the blue waters of Maligne Lake. We also visit Maligne Canyon with inspiring depths of over 40 m.

Overnight camp

DAY 10: North Saskatchewan Valley

We return by van along the Icefields Parkway past the Columbia Icefields and from Saskatchewan Crossing another 80 km down the David Thompson Highway along Abraham Lake to the remote and picturesque Shunda Creek Hostel, our home for the next two nights. En route a possible option includes a short hike up Parkers Ridge (approx 1-2 hours), affording stunning views of the Saskatchewan Glacier.

Overnight hostel



DAY 11: Nordeg/Canoe Training



After breakfast we start our first day of canoe training on Goldeye Lake. We spend a full day learning basic canoeing skills. After some instruction and theory, we spend the day practicing on the crystal blue waters. Everyone will learn and improve their paddling skills by playing various games and performing various canoe challenges. We also cover basic rescue and self-rescue techniques as your guides teach you all the necessary skills. In the evening we prepare for the following four-day canoe trip.

Overnight hostel

DAY 12: North Saskatchewan River

Our first day spent on the beautiful North Saskatchewan River with its open valleys and high mountain peaks. We spend the first day getting comfortable on the river. In the evening we set up camp at the river's edge on one of the many islands that dot its course. We cook by the campfire, tell stories, and enjoy our romantic surroundings.

Overnight camp



DAY 13-14: North Saskatchewan River

We continue our canoe expedition, encountering the occasional rapid. With luck we spot bald eagles, wolves, bears, and caribou in their natural habitat. We wind our way down the North Saskatchewan as it flows out from the heart of the mountains into the rolling foothills of the Rockies. We camp under starry skies accompanied by the crackling sound of the campfire.

Overnight camp



DAY 15: Calgary

After breakfast, and saying our last goodbyes, shuttle to the Calgary airport. Return flight home.



Important Information

INCLUDED

- 2 nights hotel accommodation in Calgary (3 or 4 star hotel with double room occupancy)
- 2 nights accommodation at the remote Shunda Creek Wilderness Hostel (showers & outdoor hot tub included)
- 11 nights accommodation in 2-person three season tents
- All group camping equipment (excluding personal gear)
- Transportation by air-conditioned 15 seater van/minibus
- Experienced guided
- All National park fees as well as all camping fees
- All necessary canoe equipment including paddles, lifejackets, and waterproof dry-bags/barrels

NOT INCLUDED

- Meals (approx. \$200 CAD per person for the entire 16 day trip).
- Personal expenses,
- Personal equipment such as sleeping bag camping mattress (a suggested equipment list is provide upon booking)
- alcoholic beverages
- fishing equipment and fishing license
- mountain bike rental (approx. \$45.00 CAD),
- whitewater rafting (approx.\$120.00 CAD)
- Single Room & Tent Surcharge: \$390.00

Trip Expectations

Active adventure holiday with medium to moderately strenuous hikes. Most hikes vary in length between 5 -7 hours. In the Rockies most hikes are at elevation meaning they go up often substantially, this though affords for rewarding and spectacular views. No previous outdoor hiking or canoeing experience required. Participants will need to carry a light day pack during day hikes. Trip leaders/guides will teach all required canoeing/hiking skills and will accompany guests on hikes and canoe trips.

This trip requires self supported camping, you will be responsible for putting up your own tents, helping with dinner, camp admin etc.

