



SIX MOUNTAIN PARKS TO THE WEST COAST

TOUR D

This two-week tour highlights day hikes in the stunning scenery of the Rocky Mountain National Park. From the Rockies the route leads into the high plains of central British Columbia and crossing the coastal mountains the tour ends in Vancouver, the gem city on the West Coast. Days are filled with hikes, sightseeing and activities in National and Provincial Parks, evenings are for relaxing in good hotels in big and small towns of western Canada.

Demands: moderate day hikes with daypack, led by trip leader.

Included:

- ✓ Transportation in 15 passenger van
- ✓ 13 nights in standard hotels
- ✓ Welcome gift
- ✓ Admission to the National Parks
- ✓ Bike rental at Myra Canyon
- ✓ Grouse Mountain Skyride downhill
- ✓ English and French or German speaking trip leader who is also the driver.

Not Included: personal equipment including day pack, meals, optional activities, gratuities.

Approximate costs of options

Banff Hot Springs: \$18.00
 Sulphur Mountain Gondola in Banff: \$70.00
 Banff Via Ferrata: \$190
 Lightening Lake boat rental 2 hrs: \$40
 Whale watching tour 5 hrs zodiac: \$199.00
 Float plane Vancouver 30 min.: \$160.00
 Capilano Park: \$55.00



Tour length 14 days

Group size: 6 to 12 people

First meeting: 18:30 in the lobby of our hotel in Calgary.

Combinable with Roundtrip on Vancouver Island, Tour V10

Dates and prices can be found in the price list and on our website.

Day 1: CALGARY - transfer to the first hotel with the hotel operated shuttle bus. Meet the guide and the rest of the group in the hotel lobby this evening at 18:30.

Day 2: BANFF - Through ranches in the foothills into Banff National Park. On the first easy hike along a blue-green lake, you are immediately in the middle of nature. If you're lucky, you'll come across the first animals today. At Mt. Norquay, Banff's local mountain, a 5 km (3 mi) loop trail with a gain of 205m (672 ft) beckons as another hike for the afternoon. 3 nights hotel in Banff.
 Hiking time 3-4 hrs Drive 145 km (90 mi) 1.5 hrs.

Day 3: ICEFIELDS PARKWAY TO COLUMBIA ICEFIELDS IN JASPER NATIONAL PARK - With several photo stops and short walks, you take the Icefields Parkway, the famous high alpine road, to the immense glacier field, the crown of the North American continent. This road connects Lake Louise to Jasper, with bridges over once impassable canyons, is not even 100 years old. In the past, local First Nations and travelers on horseback had to make arduous detours. One of these routes is named after mountaineer Walter Wilcox and bypasses the Sunwapta River Gorge. After hiking the first kilometer, the view opens on the ridge above the tree line in a wide flower meadow with wonderful views of the surrounding glaciers and peaks. Bighorn sheep also love this area and are not bothered by visitors.
 Hiking time 2-3 hrs, 5 km 269 m gain (93 mi, 882 ft) Drive 370 km (229 mi) 4.5 hrs.

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Day 4: BANFF - Wooden fire lookout towers once stood at strategic heights in the mountains surrounding Banff to detect forest fires as early as possible. Today only the paths to these places remain. Today's hike is a slightly more demanding, 7.2 km return with 520 m gain, (4.5 mi, 1706 ft) but rewards with the view over the Bow River valley. The afternoon is free to stroll through the many shops and boutiques in the town of Banff. Recommended is the adrenaline boost of the Via Ferrata on Mt. Norquay, the gondola ride to the top of the Sulphur Mountain, or a relaxing soak in the pool of the Sulphur Mountain Hot Springs. Hiking time 4 hrs Drive 70 km (43 mi) 2 hrs.

Day 5: GOLDEN- THROUGH KOOTENAY PARK NATIONAL PARK - Kootenay National Park on the western flank of the Rockies offers easy hikes to unique destinations. You descend into Marble Canyon, (1.5 km), where the rushing water causes the rocks to tremble. The hike up to Stanley Glacier leads into an alpine cirque where meltwater bubbles down massive rock faces. After the two excursions continue along the western flank of the Rockies to the ski and mountain town of Golden for 2 nights. Hiking time 4 hrs, 9 km with 385 m gain (5.5 mi, 1263 ft) Drive 240 km (149 mi) 3 hrs.

Day 6: SIDE TRIP TO YOHO NATIONAL PARK AND LAKE LOUISE - The destination is the most famous glacial lake in the high alpine of the Rocky Mountain National Parks. Moraine Lake can be reached via a small mountain road. The lake is hidden and surrounded by jagged mountain giants. A little further, at Lake Louise, the scenery is similarly impressive. On the drive back to Golden, stop at the shimmering Emerald Lake in Yoho Park. Here the hike up to a smaller lake in Yoho Pass which offers views across the valley to the picturesque Takakkaw Falls. Hiking time 5 hrs, 13 km, 530 m gain (8 mi, 1738 ft) Drive 170 km (105 mi) 2 hrs.

Day 7: REVELSTOKE AND GLACIER NATIONAL PARK - West of Golden lies Glacier National Park with its narrow valleys and hundreds of glaciers. In the search for a route for the railway through the mountains, Rogers Pass was chosen in 1881. On the steep mountain slopes, treeless avalanche paths are clearly visible, a constant danger to the Trans-Canada Highway and the railway from November to May. Here a hike into a pass between Avalanche Crest and Eagle Peak, home to marmots, porcupines, jays and pikas. Woodpeckers are at work in burned forest patches. 2 nights in Revelstoke. Hiking time 5 hrs, 11 km with 795 m gain (6.8 mi, 869 ft) Drive 155 km (96 mi) 2 hrs.

Day 8: REVELSTOKE NATIONAL PARK - Revelstoke National Park in the Monashee Mountains range is interesting with its different climate zones. Ancient cedars, hemlocks and Douglas firs in the valleys, further higher spruces and pines up to the tree line with alpine pastures and low scrub. A winding road leads up to the "Meadows in the Sky", at an altitude of 1835 m (6020 ft). From here you have the choice of several hiking trails here with wonderful views of the Columbia River Valley and the peaks of the Monashee and Selkirk Mountains. Hiking time 5-7 hrs, 14 km ± 465 m (8.7 mi, 1525 ft) Drive 75 km (46 mi) 1hr.

Day 9: KELOWNA - To the southwest lies the sunny and dry high plateau of British Columbia with huge lakes, vineyards and orchards, a popular holiday destination for many Canadians. A loop hike is planned near the city of Vernon with several rewarding viewpoints. Kelowna, on Okanagan Lake, is the agricultural and supply center of this area. 2 nights hotel in Kelowna. Hiking time 3 hrs, 9.2 km 270 m gain (5.7 mi, 885 ft) Drive 200km (124 mi) 3 hrs.

Day 10: KETTLE VALLEY TRAIL - Silver mining was once the Okanagan region's most important industry. The Kettle Valley Railway brought ore from several smaller mines far inland to the Trans Canada rails. It was an engineering marvel with dozens of tunnels and wooden bridges at dizzying heights. The rails are gone today, but the route is the popular Kettle Valley Bike Trail with the most spectacular part in Myra Canyon. The bikes have already been rented, don't miss this day trip. The construction of the ancient wooden bridges and the fantastic views are truly unique. Drive 60 km (37 mi) 1 hr.

Day 11: MANNING PARK TO HOPE - This provincial park, right on the border with the USA, is a nature reserve of over 70 thousand hectares with mountains, lakes and rivers with a variety of animal and plant species and a wide range of easy and more demanding hiking trails. Here it is best to rely on the guide's suggestions: on some hikes you will be rewarded with indescribable panoramic views, while others, along the lakes, invite a swim. There are rental boats or find a secluded bay to meditate. Suggested is the 9 km return trail with minimal gain. Hotel in Hope. Hiking time 3 hrs, 9 km (5.5 mi) Drive 300 km (186 mi) 4.5 hrs.

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Day 12: VANCOUVER - You take the Trans Canada Highway through the fertile Fraser Valley with farms, ranches and berry plantations to Vancouver where the last hike awaits. The Grouse Grind is an iconic trail for local mountaineers, who use it for training. Only 2.5 km one way, but with 800 m gain and plenty of stairs, this challenge has led to the nickname "Mother Nature's Stairmaster". The reward is the panoramic view of the west coast from the 1090 m summit. The gondola ride back down is included, now you check into your downtown hotel for the last two nights. Hiking time 3 hrs, 2.5 km 800 m gain (1.55 mi, 2624 ft) Drive 160 km (99 mi) 2.5 hrs.

Day 13: VANCOUVER - This city offers something for everyone; from the thrills in Capilano Suspension Bridge Park, whale watching excursions, float plane flight seeing trips, museums, interesting restaurants, or last-minute shopping in the stores and boutiques along busy Robson Street. The day is open for optional activities which the guide is happy to organize. Perhaps the group will meet up this evening to share stories of all the adventures.

Day 14: Transfer to the airport on own from downtown hotel. It is possible to combine this tour with Vancouver Island Explorer, Tour V10, a ten-day roundtrip on Vancouver Island.