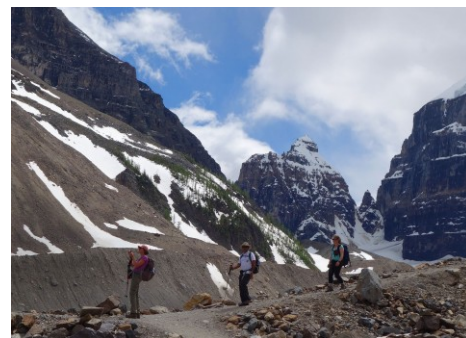


Trek The Rockies



Duration: 9 days

The Canadian Rockies are justifiably world-famous for their magnificent scenery: the combination of impressive, jagged mountains, bright turquoise glacial lakes and dark green forest is hard to resist.

Some steep hills and long days on rugged trails make for a demanding adventure, but with a relatively low tree-line allowing us to savour the views, and no high altitudes to worry about, this natural mountain wilderness is a trekker's paradise.

DETAILED ITINERARY

Day 1: Fly London to Calgary

On arrival transfer to the small town of Canmore, at the foot of the Rockies. Night hostel.

Day 2: Canmore - Mt Yamnuska - Canmore

After a hearty breakfast we transfer (approx. 20 mins) to the foot of Mount Yamnuska, on the edge of the Rockies. Its slopes provide a gentle, steady warm-up hike to kick-start our Rockies adventure! The views over the Bow Valley and the foothills of the Rockies are wonderful, and only serve to whet our appetites for the days to come! Night hostel.

Trek approx. 4-5 hours / 12km

Day 3: Canmore - Helen Lake Hike - Lake Louise

We drive along the Icefields Parkway into the heart of the Rockies, with magnificent views, to our trailhead. We have a gradual, steady ascent through trees before the trail winds up into a large open alpine meadows, blooming with wildflowers in the summer months. From here Helen Creek flows down into the Bow Valley, giving us stunning views down to its turquoise lake. We cross the meadow, views of the surrounding peaks opening up around us, and arrive at the lake. It's a spectacular setting, with the almost-symmetrical Cirque Peak and jagged Dolomite Peak dominating the views. After soaking up the views, we return to the trailhead and transfer to our hostel at the beautiful Lake Louise, where we'll stay for three nights. Night hostel.

Drive approx. 1.5 hour; trek approx. 5-6 hrs / 12km

Day 4: Wilcox Pass & Tangle Creek Hike

A short drive sees us walking through forests of spruce and firs before our steadily-ascending path becomes steeper. Where the views open up between the trees, we can see Mt Athabasca across the valley. Continuing through thinning trees and over alpine meadows, where we are likely to see bighorn sheep grazing, we follow a ridge to the pass. Here we enjoy unparalleled views across to the dazzlingly-bright Athabasca Glacier. At Wilcox Pass (2428m) – named after one of the explorers who made the first recorded trip here in 1896 – we soak up the wonderful views of the glacier-scoured valley before us, and the surrounding peaks, before continuing along less-trodden paths, again accompanied by stunning views, downhill to Tangle Creek and Falls. Night hostel.

Trek approx. 6-7 hours / 11km

Day 5: Iceline Trail Hike

Dubbed one of the most spectacular hikes in the Rockies, this long and challenging trekking route in Yoho National Park takes us up close to breathtakingly beautiful glaciers, peaks and impressive high waterfalls as it follows the edge of several glaciers. A steep ascent takes us through dense forest up above the treeline, and we trek through more exposed, wild terrain over rocky glacial moraines. As the glaciers have advanced and retreated, they have left boulders and moraines across the slopes, and it's a fascinating insight to these mighty forces of nature. We continue on to pass the impressive Twin Falls, before a short drive brings us back to Lake Louise. Night hostel.

Trek approx. 8-9 hours / 22km

Day 6: Lake Louise - Paradise Valley - Banff

Our route today takes us past picture-perfect glacial lakes of bright turquoise, and beautiful green valleys dwarfed by inspiring peaks. Heading out through forest, we come to Lake Annette, a small lake, with great views of Mount Temple and the surrounding mountains. Our trail climbs higher, its switchbacks taking us to Sentinel Pass, where we drink in the views of dramatic rock formations and the Valley of the Ten Peaks. Here we drop past more small lakes into Larch Valley, named for its forests of larch, which are especially beautiful in autumn. Night hostel.

Trek approx. 7-8 hours / 17km

Day 7: Cory & Edith Passes

Our last day of trekking is a strenuous one – we're going out on a literal high! The trail starts misleadingly easily, on a flat path through forest in the Bow Valley, before climbing steadily to emerge from the tree-line. Jaw-dropping views surround us – snow-capped mountains rising from the forested valley, glaciers, rocky pinnacles, and unobstructed views of the jagged fang-shaped Mount Louis. Our trail continues over the rocky ridge, passing large boulders to Cory Pass (2350m). It's a long haul, gaining over 900m in height, but we eventually come to the pass and pause to enjoy the panoramic views. A rough, high trail then contours around Mount Edith, taking us over loose rock and scree trails, before coming to Edith Pass. We then descend through forest on the flanks of Mount Edith – fairly steeply at first, but then becoming a wonderful yomp on a nice smooth trail! We are whisked back to Banff, where we have time to shower before meeting up for dinner to celebrate our big achievements. Night hostel.

Trek approx. 13km / 6-7 hours

Day 8: Free time Banff; Flight departs

We have some free time to explore the charming mountain town of Banff, with its many shops and cafés, before transferring to Calgary in time for our international flight. *(Lunch and Dinner not included)*

Day 9: Arrive UK

Arrive back in the UK.

WHAT'S INCLUDED

- All transport from London to Calgary
- All meals except where specified, and accommodation
- Discover Adventure leaders; doctor with a group of 15 or more participants; local guides and drivers
- Local support and back-up equipment
- Entry to National Park and any other sites included in the itinerary

WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Travel insurance
- Personal spending money, souvenirs and drinks
- Tips for the local guides and support crew
- Inbound airport departure tax
- Fees for any optional sites, attractions and activities
- Airline taxes: we cap these so £225.00 is the maximum you will pay
- Any applicable surcharges as per Terms and Conditions

GRADE | ORANGE

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any medical incidents. They help the crew to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group.

Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local lifestyles. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely. In some destinations we work together as a team with local guides to help set up or break camp, or prepare meals. Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline

amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something!

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Flight Information

Group flights usually leave from London Heathrow or Gatwick on scheduled airlines and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Your journey may involve a transit en route; details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

Accommodation

We stay in hostels throughout the trip. Hostels in the region are wonderful – well-located with good facilities and a sociable buzz. We stay in hostels throughout the trip. Hostels in the region are wonderful – well-located with good facilities and a sociable buzz. Rooms will be dorm-style, often sleeping up to 6 or 8, though sometimes smaller, with shared facilities.

Roomshare Arrangements

Some accommodation will be twin-share. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

On some nights we are likely to sleep in more communal accommodation such as dormitories/hostels, huts, local

homestays or monasteries, depending on the trip, and you may be sharing with a larger number of participants or the whole group; this type of accommodation cannot always be single-sex.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical groups run with approximately 15-25 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten at our accommodation each evening. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas, or among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

PREPARING FOR THE CHALLENGE

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you with all necessary information 6 weeks prior to departure to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8 months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and

then you can go on your adventure not having to worry about the what-if's. For more details click [here](#).

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 19 Apr 2024, and the challenge is subject to change.