

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

All our trips are designed to provide a challenge. 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 are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

[Trip grading explained](#)



logo aito



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 5 Jul 2025, and the challenge is subject to change.