



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Canada- Hiking in the Rockies (2025-2026)

13 Days/ 12 Nights

Group Guided



Enjoy hiking in the awe-inspiring Rocky Mountains through some of the most beautiful landscapes on earth. Visit spectacular national parks to discover unspoilt wilderness and views of jagged mountain peaks, glaciers and waterfalls.

Highlights Include

- **Jasper National Park** - Trekking on the Edith Cavell and Bald Hill trails
- **Banff National Park** - Enjoy picturesque trails in the World Heritage scenery of Canada's oldest national park
- **Kootenay National Park** - Trek the scenic Stanley Glacier Trail and hike to the Kindersley-Sinclair summit

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

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TICO Ontario Registration No: 50022848



Day by Day

DAY 1 - Join trip Calgary

Arrive in Calgary, home to the world renowned Calgary Stampede, this most dynamic of cities is a rich fusion of modern architecture and traditional heritage, where the pioneering history of the Canadian west is woven into everyday life.

Due to the number of evening flights into Calgary, your Leader plans to do the welcome meeting on the morning of day two, and will leave a message in reception with details on timings and everything else that you'll need for the day. There are no activities planned today, so you are free to arrive in Calgary at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Calgary International Airport (YYC), which is around 20 minutes' drive.

If your flight arrives earlier in the day, perhaps you might like to explore the city and soak up the friendly ambience of this spectacularly located community. Filled with museums, shops and cafes, the centre of the city is a great place to just wander and take in its majestic setting against the backdrop of those ever present mountains. ACCOMMODATION: Grade: Comfortable Hotel SINGLE ROOM AVAILABLE
SWIMMING POOL AVAILABLE MEALS PROVIDED: NONE

DAY 2 - Drive to Banff; hike Kananaskis Lookout Trail- 12 km

To the west of Calgary lie the stunning landscapes of Kananaskis Country, Alberta's breathtaking mountain playground. Driving out of the city we head along the Trans-Canada Highway (Highway 1) towards the Peter Lougheed Provincial Park. This landscape is home to bears, elk, moose and mountain lion.

We plan to hike out along the Kananaskis Lookout Trail later this morning that takes us through the forest and up to a fire lookout point. This offers some spectacular panoramas across the park to a sea of trees, barren peaks, wide valleys and large lakes.



A note on our campsites: all sites used throughout the trip have toilet and shower blocks, and are in beautiful natural locations. You'll help to set up and break camp, as well as loading and unloading the trailer. Meanwhile, your tour leader will cook you up some tasty food in the evenings. Some campsites include launderette and kitchen areas, and others have space for barbecues and fire pits. Today's 12 kilometre walk is expected to take around four hours with 420 metres of ascent. ACCOMMODATION:

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Banff Camping (or similar) Grade: Simple Camping SINGLE ROOM AVAILABLE MEALS PROVIDED: LUNCH & DINNER

DAY 3 - Hiking in the Kananaskis Valley.- 16 km

Today we continue our exploration of the mountain landscapes of the beautiful Kananaskis Valley, making our way through the forests and willow flats of the Burstall Pass Trail. The wide trail climbs steeply, heading towards a patchwork of alpine meadows, passing Burstall Lakes. Crossing Burstall Creek we continue through a wildflower alpine meadow ascending to the viewpoint. On a clear day will be rewarded with views out towards Mount Sir Donald to the south, Mount Birdwood to the north and the peaks of Mount Galatea, The Fortress and Mount Chester. Today's 16 kilometre walk is expected to take around five-and-a-half hours with 475 metres of ascent. ACCOMMODATION: Banff Camping (or similar) Grade: Simple Camping SINGLE ROOM AVAILABLE MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 4 - Hiking on the Edith and Cory Pass Trail- 13 km

We continue hiking in the Banff region today. Set in the heart of the Canadian Rockies and site of the country's oldest national park, Banff is an expansive wilderness of some 6641 square kilometres, encompassing a stunning landscape of spectacular mountain vistas, alpine meadows and crystal lakes. One of the country's most spectacular wilderness areas, it is home to nearly 60 different species of mammals, including grizzlies, black bears, wolverines, marmots and moose. It can also boast some 280 species of birds including golden eagles, ospreys and white-tailed ptarmigan.



Today's route that takes us on the Cory and Edith passes. An often overlooked gem in the area, just five minutes from Banff's town centre, this route offers heart pounding ascents (around 900 meters gain), well worn switch backs, dense forest and stunning alpine views. Today's loop trail take us up to the Cory Pass - considered by many to be the most spectacular hike along the Bow Valley Parkway - around Mt Edith and past Mt Louis; easily noted by the towering grey slabs of limestone that form its east face. The trail climbs steadily into Cory Pass where natural rock pillars guard the way. Eventually the trail will become a wide and gentle path covered with pine needles, we return back to the trailhead on the Edith Pass. Today's 13 kilometre walk is expected to take around six-and-a-half hours with 915 metres of ascent. ACCOMMODATION: Banff Camping (or similar) Grade: Simple Camping SINGLE ROOM AVAILABLE MEALS PROVIDED: BREAKFAST & LUNCH



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DAY 5 - Morning drive to Kootenay N.P. Hike the Stanley Glacier Trail- 11km

Our next destination is Kootenay National Park, one of four protected reserves that form the Canadian Rocky Mountain Parks. On arrival we take a hike along the scenic Stanley Glacier Trail, a moderate trail that follows a series of switchbacks through a huge burn area that is covered in wildflowers and lodgepole pine, before crossing the creek and meandering our way towards the open expanse of the Stanley basin. After the obvious evidence of fire presented to us on the lower part of the trail, this later section offers us the contrasting views of the Stanley Glacier and its meltwater run-offs. After our hike we make our way to our campsite for a two-night stay.

Today's 11 km walk is expected to take around three hours with 610 metres of ascent.

ACCOMMODATION: Redstreak Campground (or similar) Grade: Simple Camping SINGLE ROOM

AVAILABLE MEALS PROVIDED: BREAKFAST, LUNCH & DINNER



DAY 6 - Hike the Kindersley Pass-Sinclair Creek Trail. Optional visit to Radium Hot Spring- 18 km

Continuing our exploration of Kootenay National Park this morning, we begin our hike on the Kindersley Pass Trail, heading up towards the Kindersley-Sinclair summit, where we join the Sinclair Creek Trail. Passing through alpine meadows and forests of Douglas fir, the trail is dappled with wild roses, blue clematis and yellow columbine. As we reach the 2,395 metre Kindersley-Sinclair Pass we will hopefully be rewarded with some spectacular views of Mounts Sinclair and Kindersley, as well as the Devil's Tooth.

Later we have the option to pay a visit to the Radium Hot Spring, Canada's largest hot springs pool.

Today's 18 kilometre walk is expected to take around six-and-a-half hours with 1,304 metres of ascent.

ACCOMMODATION: Redstreak Campground (or similar) Grade: Simple Camping SINGLE ROOM

AVAILABLE MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

Day 7- Drive to Lake Louise; walks at Marble Canyon and Moraine Lake

We'll take on two relaxed hikes today, aimed at regaining our energy and enjoying the stunning mountain scenery. In the morning, we drive into Kootenay National Park and follow the rugged, water-hewn Marble Canyon, cut through by Tokkum Creek. The walk is predominantly flat, and we'll cross over the water on wooden bridges at various points, taking in the canyon surroundings. Returning to our vehicle, we'll continue to Lake Louise, home to one of the most photographed glacial lakes in Canada.

In the afternoon, we head to Moraine Lake, Lake Louise's emerald-hued neighbour, for a hike to Consolation Lake. Part of the hike passes through a (flat) boulder field, which does require some

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concentration as you navigate the uneven rocks, but otherwise the path is easy, very well-maintained and in the constant peaceful shadow of the Rockies.

Our two leisurely hikes today are 1.9km / 1 mile and 5.8km / 3.6 miles. The first hike is predominantly flat and the second has an elevation of 135m / 440ft. They should take approximately 45 minutes and 2 hours respectively.



During your two nights at the Lake Louise Alpine Centre the hostel rooms are all multi-share, with shared bathroom facilities. You will be in the smaller 4 bed dorms, which we will endeavour to keep private and same-sex where possible, although there may be other travellers outside of the group. The hostel is simple, but sociable - facilities include a living room and kitchen where meals will be cooked for the group. MEALS PROVIDED: BREAKFAST & DINNER

DAY 8 - Hike on the Plain of Six Glaciers trail in Banff National Park

Today we undertake a classic hike in Banff National Park that gives us spectacular views of the world-famous Lake Louise area, as we walk on the Plain of Six Glaciers trail. Walking around the lake in summer, we'll most likely be met by crowds of people that quickly start thinning out as we get further away from the entrance. This lakeside section of the hike is completely flat, before we veer off the lake and start slowly climbing past tall cliffs (look up and you may catch a glimpse of daring rock climbers here) and continuing through forest and onto open, rocky mountain paths. The hike climbs steeply up to a traditional Canadian teahouse, and offers stunning glacier views and a look back across Lake Louise and the iconic Chateau. From the teahouse, views of some of the tallest mountains in the Canadian Rockies are plentiful.

Today's 15 kilometre trek on the Plain of Six Glaciers trail is expected to take around five hours with 590 metres of ascent and descent. MEALS PROVIDED: BREAKFAST & LUNCH

Day 9 - Hike at the Emerald Basin in Yoho National Park

We'll drive to Yoho National Park today, starting our hike at the breathtaking Emerald Lake, which looks exactly as it sounds. Ringed by a forest trail, the lake has a gorgeous setting, and we begin our hike through the woods, skirting the shoreline of the lake. After a walk of around 2km / 1.5 miles, the trail starts to climb. Nearly all of the hike's elevation takes place in this short but steep section, as we make our way out above the treeline. We'll find ourselves coming closer to the glacial bowl of the Emerald

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Basin, with the towering peak of El Presidente in front of us, and views of Emerald Glacier next door (receding, but still visible in the distance). The further we walk into the basin, we'll come across waterfalls and small creeks, as well as barren boulders and scree as the vegetation thins. The return walk is back the way we came, and on our return we drive to Revelstoke, with our final stop for the night at the Hot Springs Campground.

Today's moderate 10 kilometre/6.5 mile hike is expected to take around 3 hours with 240 metres/800 feet of ascent. Accommodation: Canyon Hot Springs Campground (or similar) Grade: Lodge Single room available Meals Provided: Breakfast, Lunch & Dinner

Day 10 - Day in Glacier National Park and hike the Balu Pass trail

Today we'll add a new national park to our list, with hikes in Glacier National Park, just a short drive away from Revelstoke. We'll visit the Rogers Pass Visitor Centre on our way into the park, a fascinating look of the geology of the region, which has been carved out by glaciers over millennia. Our hiking trail takes us along the Balu Pass, a lightly-trodden route with



incredible alpine scenery and a varied terrain that includes an uphill climb through dense forest before opening out into glorious open meadows with panoramic mountain vistas.

Today's 11.5 kilometre/7 mile hike is expected to take around 5-6 hours with 860 metres/2,825 feet of ascent. Accommodation: Canyon Hot Springs Campground (or similar) Grade: Lodge Single room available Meals Provided: Breakfast, Lunch & Dinner

Day 11 - Day in Revelstoke National Park and hike at Eva Lake

We'll stay in Revelstoke today, a national park that has gained renown as one of Canada's first ever designated ski areas. The town of the same name is seriously charming, with wooden facaded buildings providing an old-world feel, and lots of cafes, restaurants and outdoor shops to enjoy. We'll have the chance to explore the town during our three nights here.

Today, however, we're getting into the mountains around Revelstoke National Park with a hike at Eva Lake. To get to the trailhead, we take the evocatively-named Meadows in the Sky Parkway; a 26-kilometre route that takes us past dense forest of fir, spruce and cedar, before opening out on expansive subalpine wildflower meadows. Flowers are at their most brilliant in August, but blooms may last into September. We drive up to an elevation of 1,835 metres to Balsam Lake, and start our hike nearby. The out-and-back walk has a fantastic mix of terrain including forest, alpine meadows and the picturesque waters of the mountain-top Eva Lake. Due to the start elevation, mountain vistas are superb throughout

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the hike, and the remaining hike elevation is low. The paths are well-marked, with occasional rocky sections but predominantly very well maintained.

Today's 15 kilometre/9.3 mile hike is expected to take around 5 hours with 493 metres/1,617 feet of ascent .Accommodation: Canyon Hot Springs Campground (or similar) Grade: Lodge Single room available Meals Provided: Breakfast & Lunch

DAY 11 - In Jasper National Park; hike the Edith Cavell Trail- 8 km

Our last hike in Jasper National Park today takes us onto the Edith Cavell Trail. Mount Edith Cavell was named in 1916 after an English nurse who was executed by the Germans in World War I for having helped allied soldiers escape from occupied Belgium. The mountain is easily viewed after a short way into our hike we reach Cavell Meadows. Also viewed from this area is the Angel Glacier which flows down the north face of Mt Edith Cavell and is named as such due



to its appearance of an angel with outstretched wings. Named in the 19th century when it was much larger, the glacier is slowly melting and will soon no longer have its distinctive appearance. Today's 8 km walk is expected to take around three hours with 400 metres of ascent. ACCOMMODATION: Whistlers Camping (or similar) Grade: Simple Camping SINGLE ROOM AVAILABLE MEALS PROVIDED: BREAKFAST & LUNCH

Day 12 - Optional whitewater rafting; drive to Banff and visit Wapta Falls or Takkakaw Falls

This morning, we'll drive to Golden, where we'll have an opportunity to take a rafting trip down the Kicking Horse River. Running through iconic British Columbian scenery of pine forests and jagged mountains, the Kicking Horse River showcases Canada's landscapes at their finest. Class II-IV rapids are on the menu, and there's the option to have a BBQ lunch after the trip.

For those who aren't keen on rafting, there's the option to visit the Takkakaw Falls or the Wapta Falls, in Yoho National Park.

In the afternoon, we'll travel back to Banff National Park. We may have time to explore the town before we journey on to picturesque Canmore for our final night. Accommodation: Grade: Comfortable Hotel Single room available Swimming pool available Meals Provided: Breakfast & Lunch

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Day 13 - Trip ends in Calgary

This morning, we'll leave our hotel in Canmore after breakfast and drive to Calgary, where our trip ends. We'll arrive at the Ramada Downtown Hotel in Calgary at around 10am, from where you'll be transferred to the airport according to your departure time. If you'd like an airport transfer, you'll need to depart from Calgary International Airport (YYC). The earliest your flight can depart is 1pm.

If your flight departs later in the day, luggage storage facilities are available at the Ramada Downtown Hotel. Meals Provided: None



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Route



Walking grade

Moderate

Trek details

Walks on 10 days for between 3 and 6.5 hours each day. The off-road trails are well-defined with some short steep ascents to viewpoints. Maximum altitude of 2,650 m.

Max walking altitude (m) 1304

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Transport Information

Maxiwagon

Accommodation notes

During our tour of the Rockies, we'll stay at a selection of hotels, hostels, and camps. All our accommodation is chosen based on comfort, location and authenticity.

We'll get closer to nature, with eight nights of camping. All camping equipment is provided, except for a sleeping bag. Everybody is expected to help out with basic camp duties, including setting up and breaking camp, as well as loading and unloading the trailer, meal prep and washing up. Each camp has toilets and showers, and some have laundrette and kitchen areas.

During our two nights at the Lake Louise Alpine Centre, the hostel rooms will be multi-share, with shared bathroom facilities. We'll be staying in four-bed dorms, and we'll endeavour to keep these private to our group, and same-sex shared, however, at times, they might be shared with other visitors.

Dates and Prices: *all prices subject to confirmation on booking*

Price per person

Date	Double Occupancy	Optional Single Room
2025		
June 21	\$5630	\$720
July 12	\$5720	\$780
August 2	\$5630	\$720
August 30	\$5630	\$720
2026		
June 27	\$5980	\$740
July 25	\$5980	\$740
August 15	\$5980	\$740
September 5	\$5980	\$740

Included

- 5 Nights simple camping
- 2 nights simple hostel
- 2 nights comfortable hotel
- # nights lodge
- Tour leader
- 10 breakfasts, 10 lunches; 7 dinners
- Group size 8-12

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Not Included

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for locally and do not form part of your Explore holiday contract.

There are a number of exciting optional excursions you can do on your trip:

Banff - Gondola CAD\$ 65; Hot Springs CAD\$ 9.50; Canoeing on the Bow River CAD\$50 (1hr) CAD\$80 (2 hrs); Three Sisters Peaks Helicopter tour CAD\$ 129 (15mins);
Kootenay - Radium Hot Springs CAD\$9.25; Rafting CAD\$92 for a half day, or CAD\$128 for a full day (class 1 to 3 rapids)
Kicking Horse - Rafting CAD\$128 (without barbecue) CAD\$179 (with barbecue) (option of class 2&3; class 2 to 4+; or class 4 rapids)
Lake Louise - Canoe rental CAD\$135 per half hour, CAD\$145 per hour
Jasper - Skytram CAD\$ 69; Maligne Lake boat tour CAD\$ 72; Rafting trip CAD\$ 69-102 (option of class 2 or class 3 rapids); Miette Hot Spring CAD\$ 7.50

All optional excursion costs are subject to change at the discretion of the local supplier.

Assisting people in realizing their touring dreams worldwide is our passion.



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THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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