



SIX MOUNTAIN PARKS TO THE WESTCOAST

TOUR D

This two-week hotel-based tour with a small group highlights day hikes in six National Parks in the Canadian Rocky Mountains through stunning scenery. From the Rocky Mountains through the high plains of central and coastal mountains of British Columbia on to Vancouver, the gem city on the West Coast. During visits and excursions you explore the different landscapes between the mountains and the ocean. There are seemingly endless forests, clear lakes, fruit plantations, vineyards and miles of unpopulated land with excellent chances to see animals in their natural habitats. Guide day hikes ensure the scenery can be fully appreciated.

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

Included:

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

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

Suggested Options:

Banff Hot Springs
Sulphur Mountain Gondola in Banff
Banff Via Ferrata
Lightening Lake boat rental
Whale Watching Tour
Float Plane Vancouver
Capilano Park



Tour Length: 14 days

Group Size: 6 to 12 persons

Single travelers can book as "willing to share". They will be partnered with another solo traveler and pay twin price.

Combinable with Vancouver Island Explorer, 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 (3mi) loop trail with a gain of 205 m (672 ft) beckons as another hike for the afternoon. 3 nights hotel stay 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, take the Icefields Parkway, the famous high mountain road, to the immense glacier field, the crown of the North American continent. The modern highway from 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. The first kilometer of this path is quite steep, but then opens on the ridge above the tree line in a wide-open flower meadow with wonderful views of the surrounding glaciers and peaks. Bighorn sheep also love this area and are not bothered by hikers. Hiking time 2-3 hrs, 5 km 269 m gain (93 mi, 882 ft) Drive 370 km (229mi) 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. To Castle Lookout it 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, or boost adrenaline on Mt Norquay's via Ferrata, ride the Sulphur Mountain Gondola or soak in the hot springs.

Hiking time 4 hrs

Drive 70 km (43 mi) 2 hrs.

Day 5: GOLDEN- THROUGH KOOTENAY NATIONAL PARK - Kootenay National Park on the western flank of the Rockies offer easy hikes to unique destinations. Marble Canyon, (1.5 km), where the rushing water causes the rocks to tremble, or Stanley Glacier in an alpine cirque where meltwater bubbles down massive rock faces. After the two excursions continue 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 (149mi) 3 hrs.

Day 6: SIDE TRIP TO YOHO NATIONAL PARK AND LAKE LOUISE - A drive East through Yoho National Park. The destination is the most famous glacial lakes 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 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 discovered 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, 2610 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 to the "Meadows in the Sky", at an altitude of 1835 m (6020 ft). There are 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 with ±465 m gain (8.7 mi, 1525 ft)

Drive 75 km (46 mi) 1 hr.

Day 9: KELOWNA - To the southwest lies the sunny plateau of British Columbia with huge lakes, wine and fruit cultivation, a popular holiday destination for many Canadians. A loop hike is planned near the city of Vernon, Okanagan Viewpoint Trail, Granit Trail and Ridge Trail with several rewarding viewpoints. Kelowna, on Okanagan Lake, is the center of this area. 2 nights hotel stay in Kelowna.

Hiking time 3 hrs, 9.2 km 270 m gain (5.7 mi, 885 ft)

Drive 200 km (124 mi) 3 hrs.

Day 10: KETTLE VALLEY BIKING - 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, 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. The Lightning Lake trail is suggested, 9 km return with minimal gain. Overnight hotel in the town of 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 - Driving Trans Canada Highway through the Fraser Valley leads 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 with 800 m gain and plenty of stairs leading to the nickname, Mother Nature's Stairmaster. The reward is the panoramic views of the West Coast from 1090 m at the summit. Check into downtown Vancouver hotel for 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 - Vancouver offers something for everyone; from thrills of Capilano Suspension Bridge Park, a whale watching excursion, a float plane flight seeing trip or strolling downtown's shops and parks. 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 airport on own from the downtown hotel. It is possible to combine this tour with Vancouver Island Explorer, Tour V10, a ten-day adventure on Vancouver Island.