Walking Highlights of the Canadian Rockies

Trip Code: RWH

Version:

WALK & TREK	GUIDED GROUP	5 MODERATE



HIGHLIGHTS

- Walk in the stunning National Parks of Kananaskis, Yoho, Jasper and Banff
- Hike to Moraine Lake and the Wenkchemna Pass, one of the most photographed views in the Rockies
- Conquer the iconic Plain of Six Glaciers at Lake Louise

- Travel the world-famous Icefields Parkway to Jasper, exploring Maligne Lake & the Bald Hills Loop
- Stand beneath Mount Robson, the tallest peak in the Canadian Rockies, on the Kinney Lake hike
- Tackle the spectacular high-alpine hikes of Cory Pass and Cascade Amphitheatre near Banff

AT A GLANCE

- 11 days walking
- 2350m Maximum altitude
- Join at Calgary

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Forming a natural boundary between the provinces of Alberta and British Columbia and rising to over 3,500 metres, the snow-capped Canadian Rockies include some of the world's finest mountain scenery. To make the most of this dramatic region, we have devised a walking holiday that explores a variety of trails and areas that showcase the natural wonders on offer. Traversing forested valleys to flower-filled alpine meadows and pretty glacial lakes, each of our day-walks will take us into the middle mountains allowing access to some of the most coveted and iconic views and experiences.

We begin our journey in the quieter landscapes of Kananaskis National Park, spending time on some of its finest trails, including the scenic hikes to Chester Lake and Burstall Pass. From here we travel to the iconic heart of the Rockies, basing ourselves around Lake Louise to explore classic routes such as the Plain of Six Glaciers before continuing into the Yoho National Park. A highlight of this section is a visit to Moraine Lake, where we hike the spectacular Wenkchemna Pass, surrounded by soaring peaks and turquoise waters. Our route then turns north as we follow the legendary Icefields Parkway toward Jasper, one of the most scenic drives in the world. Along the way we stop to stretch our legs with a hike at Parker Ridge or an Athabasca Glacier walk, offering close-up views of this dramatic icefield environment. We spend several nights in Jasper National Park, discovering its diverse alpine scenery on hikes such as Maligne Lake and the panoramic Bald Hills Loop. Continuing west, we visit Mount Robson Provincial Park to enjoy the beautiful Kinney Lake hike, set beneath the towering presence of Mount Robson, the highest peak in the Canadian Rockies. To round off the adventure, we return south to Banff, where our journey concludes with outstanding high-level hikes at Cory Pass and the Cascade Amphitheatre–a spectacular finale to an unforgettable exploration of the Canadian Rockies.

Is this holiday for you?

This holiday is a series of moderate day hikes in the Canadian Rocky Mountains, reaching spectacular viewpoints, mountain lakes, forests and passes to get a stunning overview of these epic mountains ranges. The selected walks are designed to be achievable for a weekend walker, ranging from 4 to 6 hours daily with moderate elevation gain. There are a couple of longer days as well as easier days, and it would be possible to opt out of certain walks if in need of a rest. The routes are on good well-trodden trail, with a few optional extensions that use steeper trails to reach passes or viewpoints. The Cory Pass trail is the toughest day at 1100m elevation and 8 hours hiking, partly on easy forest trail and partly on

rocky scree path. The walks have been selected to balance the key highlights of visiting the Canadian Rockies with exploring some quieter trails to experience the peace and nature of the mountains. During this holiday we will be using the national park campgrounds, staying in tents (with the exception of our time in Lake Louise, where we stay in the Alpine Centre Hostel in shared dormitories). The camping is on a participatory basis so you will be expected to put up your tent and assist with daily camp chores such as food preparation and washing up.

Itinerary

Version:

Holiday Information

What's Included

- A professional mountain guide (2 guides over groups of 6)
- All accommodation as described
- Meals as detailed in the Meal Plan
- A single timed airport transfer
- All land transport required by the itinerary
- All activities/excursions/entrance fees mentioned except where specified as ‘optional’
- National Park entrance fees

What's not Included

- Travel insurance
- Visas (if applicable)
- Departure Taxes (if applicable)
- Some meals as described in the Meal Plan
- Any additional activities/excursions indicated as optional
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc
- Sleeping Bag Hire

Joining Arrangements & Transfers

The group will meet at the hotel in Calgary.

A single transfer from / to Calgary Airport is provided.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are provided except for 6 dinners and one lunch. These are when we are in the main towns where there is a choice of restaurants and food. Our guide will recommend good establishments and we can eat together as a group. Whilst camping the group will need to assist with camp chores such as food preparation and washing up.

Food & Water

Food in local restaurants in Western Canada is quite typical to the UK. A variety of choices and prices to cater to all walks. As you venture into the smaller areas, the choices become more limited. For example, Lake Louise is quite limited, but still has an excellent cafe restaurant at the hostel. There is a local pub in the village centre, and other hotels/resorts to choose from. Your typical restaurant dinner menu is burgers/hand held sandwiches, pizzas, pastas, salads, and main dishes.

Camp dinner is typically hearty, easy to prepare, warm meals, that people can choose exactly what ingredients they want, for example, Tacos. Other meals could include pastas, curries, BBQ's (hotdogs/burgers), and hot salads. We leave it up to the guides to create their own menus as this allows them to add their own flavour to the trips they lead. Your guide will be aware of any individual dietary requirements and cater to appease everyone.

Picnic lunches are typically sandwiches, wraps and salads, accompanied by fruit/veggies/nuts/granola/bars. For the most part, during camp breakfast, the guide will set up a lunch station and guests can prepare what they want from the choices provided.

Camp breakfasts are typically quick, cold meals to help get the day going. For example, fruit and cereal/oatmeal, with coffee/tea. However, when time allows, sometimes guides will do a bigger morning camp cook up: bacon, eggs, potatoes, etc.

As far as catering to special diets, we don't currently cater to vegans or celiacs, as we can't guarantee sourcing 100% vegan products and/or no cross contamination when cooking. We do however cater to vegetarians, at no added cost, and gluten free guests at a supplement of $10/day/person to offset the cost of gluten free products.

Accommodation

The group will have one night at the start of the holiday in a hotel in Calgary where we stay in comfortable twin-bedded rooms with private bathroom, 8 nights camping at National Park campgrounds, and 3 nights at the Lake Louise Alpine Centre Hostel in shared dormitories.

Comfortable 3 person tents are used on a 2 person basis while camping. As a participatory camping trip you will be expected to put up your own tents. Sleeping mats are provided, but you must bring your own sleeping bag, travel pillow, towel etc.

During our stay in the Lake Louise Alpine Centre Hostel, the dormitories are shared between 4 to 8 people with shared bathroom and shower facilities. Some of the dormitories are mixed male and female.There is a large kitchen area and a communal lounge area.

If you are travelling by yourself, you will be paired up with another single client of the same sex for the 1 hotel night. Single rooms are available for a supplementary cost for these nights. You will also be paired up to share a tent with another single client of the same sex, Single tents are also available at a supplementary cost for the nights camping.

If you are planning on extending your holiday additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be led by a professional mountain guide. For groups of 6 and over there will also be an assistant guide. The guides also drive the minibus and cook meals whilst camping.

Altitude

The altitudes on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may 'feel' the altitude the first time you trek above 2,000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2,000 metres.

Spending Money

We recommend you allow £300-350 for your personal expenses, tips and non included dinners, bar bills etc. Your money can be carried in the form of cash (Canadian Dollars) or it is possible to withdraw your money from ATMs using your debit and credit card. There are ATMs in all towns.

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' for good service. It is important to remember that tipping is voluntary and should be dependent on good service. In North America it is the norm to tip for most services and we recommend that you may wish to set aside around CAD$10-$15 per day per guide and have a few dollars to tip for meals and other services.

Baggage Allowance

There is no strict weight limit on this holiday other than that imposed by your airline. We do ask you to restrict your luggage to one main bag and a rucksack/backpack. Your main bag will be transported in the support vehicle or attached trailer.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

If your flights pass through the USA, even if only in transit, you will require either a visa or an ESTA (Electronic System for Travel Authorisation). Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can apply for an ESTA under certain conditions*. This must be done online via https://esta.cbp.dhs.gov, no later than 72 hours prior to travel and applies whether entering the country by sea or by air. You will need to have a biometric passport to apply for an ESTA. The fee is currently US$40 *(as of 30/09/25).* Travellers who have not registered before their trip are likely be refused boarding.

*If you have visited Iran, Iraq, Libya, North Korea, Somalia, Sudan, Syria and Yemen since 2011 or have dual nationality with any of these countries, you cannot travel with an ESTA. You will need to apply for a visa from the nearest US Embassy or Consulate instead. Additionally, if you have travelled to or have been in Cuba since the 12th of January 2021, you will not be eligible for an ESTA visa waiver and will need to apply for a US visa. You should consult the US State Department website to determine which you will need.

When completing the ESTA application form you will be asked to enter your 'Point of Contact' information. This is not required if you are only transiting through the USA.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

UK citizens will require an ETA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD$7 and you should apply for it at http://www.cic.gc.ca/english/visit/eta-start.asp. Other nationalities should consult their local embassy or consular office

Entry requirements can change regularly so please ensure you have the most up to date information before travelling by checking visa entry requirements at the relevant embassy in your country of residence: (US Embassy in London: http://london.usembassy.gov/niv/apply.html)

Visa Canada

All citizens (except for USA citizens) will require an eTA (Electronic Travel Authorisation). You must get this before boarding any Canada-bound aircraft or ship. The fee is CAD$7 and you should apply for it at http://www.cic.gc.ca/english/visit/eta-start.asp

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Canada is the Canadian Dollar.

Climate

The weather in the Canadian Mountains is ever-changing and always unpredictable. Summer days are long, but the summer season is short. July is the warmest month with a mean daily maximum temperature of 22°C. We can expect to encounter temperatures during the day ranging from 18°C to 27°C. Naturally, at the higher elevations on our trip, the daytime temperatures will be lower than this. At night, the temperatures will typically drop to around 10°C. Although the weather is relatively stable at this time of year, we can expect some rainfall as mountains produce their own weather.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should try to keep the weight of your equipment to a minimum. Please take only one main bag and one rucksack/backpack.

YOU SHOULD BRING THE FOLLOWING ITEMS:

- Hiking boots
- Trainers for travelling and casual wear

- Socks Underwear
- Trekking trousers
- Waterproof jacket
- Waterproof overtrousers
- Baselayer shirt(s)
- T-shirts / casual shirts / tops
- Fleece jacket or warm jumper
- Sunhat
- Warm hat
- Sunglasses
- Gloves
- Daypack
- Sleeping bag (comfort rating 0 degrees Celsius)
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottle (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash

- Travel towel
- Small padlock
- Insect repellent
- Emergency Whistle
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, insect repellent, plasters, and blister treatment.

THE FOLLOWING ITEMS ARE OPTIONAL:

- Shorts
- Gaiters
- Travel clothes
- Travel pillow (inflatable)
- Trekking poles (recommended)
- Pen-knife (always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining at the hotel in Calgary. A single transfer is included from/to Calgary Airport.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London Heathrow to Calgary with Westjet. Outbound flights depart the UK in the afternoon arriving later the same day (day 1 of the Land Only itinerary) and return flights depart Calgary evening of the last day of the Land Only itinerary, arriving in the UK in the morning of the following day.

Why Choose KE

Why KE

This unique-to-KE itinerary takes in the best of the Canadian Rockies. Striking a balance between bucket-list locations and quieter hiking trails, we immerse ourselves in nature and the great outdoors on this spectacular walking holiday. A mixture of camping and hostel nights allows us convenient access as we travel through many of Canada's premier national parks along the famous Icefields Parkway. Jaw-dropping panoramas will be our constant companion as we explore the lakes, glaciers, forests and passes of this mountain lover's paradise.

Please Note This document was downloaded on 31/10/2026 and the trip is subject to change