

Big Banff & Lake Louise 8-Day Multi-Sport Adventure

July 29 - August 5, 2023



Day 1: Saturday July 29, 2023

Arrival and Transfer

- Arrive anytime in Calgary
- Overnight Accommodation at Residence Inn Calgary

Day 2: Sunday July 30, 2023

Lake Louise

- Transfer to Lake Louise
- Visit Chateau Lake Louise and take a short hike
- Orientation and Dinner
- Overnight Accommodation at Lake Louise Inn

Day 3: Monday July 31, 2023

Glacier Hike

- Breakfast
- Depart on Glacier Day – Stops include Bow Lake, Peyto Lake, Waterfalls
- Trail Lunch
- Afternoon Hike on the Athabasca Glacier
- Dinner
- Overnight Accommodation at Lake Louise Inn

Day 4: Tuesday August 1, 2023

Hiking at Moraine Lake

- Breakfast
- Pack your Bags - We're moving!
- Hike in Larch Valley
- Trail Lunch
- Dinner
- Overnight Accommodation at Kananaskis

Day 5: Wednesday August 2, 2023

Mountain Biking and Hiking

- Breakfast
- Mountain biking
- Trail Lunch
- Option 1: Kananaskis Nordic Spa
- Option 2: Hike to Troll Falls
- Dinner
- Overnight Accommodation at Kananaskis

Day 6: Thursday August 3, 2023

White Water Rafting

- Breakfast
- Pack your Bags - We're moving!
- White water rafting
- Lunch in Canmore
- Free time and dinner on your own
- Overnight Accommodation in Banff

Day 7: Friday August 4, 2023

Via Ferrata

- Breakfast
- Via Ferrata at Mt. Norquay
- Lunch
- Afternoon Option 1: Banff Upper Hot Springs
- Afternoon Option 2: Free time in Banff
- Farewell dinner
- Overnight Accommodation in Banff

Day 8: Saturday August 5, 2023

Transfer back to Calgary

- Breakfast
- Depart for Calgary Airport or Calgary Hotel
- We miss you already!

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Day 1: Saturday July 29, 2023

Arrive in Calgary at your leisure, then check into the Residence Hotel. A free shuttle will pick you up at the airport and transfer you to your comfortable room. Get a good night's sleep, because tomorrow the adventure begins!

Day 2: Sunday July 30, 2023

Welcome to the Canadian Rockies! First stop: Lake Louise, Alberta. We'll take in the lake views, then go for a short hike. The village of Lake Louise sits just below world-famous Chateau Lake Louise on the shores of its namesake. We'll have dinner in the hotel this evening, then go over all the fabulous adventures to come!



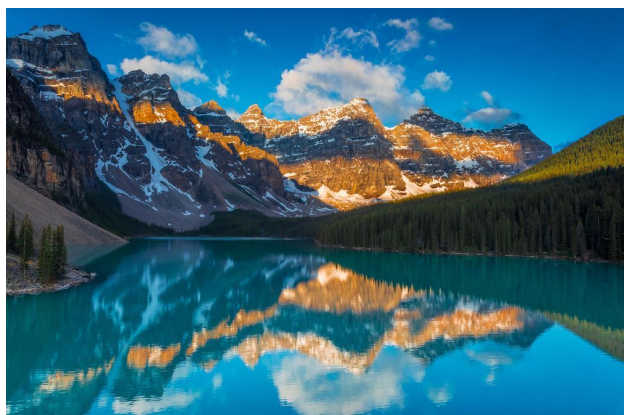
Day 3: Monday July 31, 2023



Today we will make our way North to Jasper National Park. We'll visit the Columbia Icefield, which is the largest mass of ice in the Canadian Rockies. Walking on the Athabasca glacier, one of 30 glaciers born of the icefield, is a unique experience. We'll wear ice crampons to give us grip as we explore the glacier from its toe, and cover approximately 3 miles and 650 feet of elevation gain. On the way up from Lake Louise, we'll make several stops at scenic emerald coloured lakes and waterfalls, all fed by glaciers hanging high above the valley floor. The day will finish with a delicious dinner in Lake Louise and a comfortable sleep in the Lake Louise Inn.

Day 4: Tuesday August 1, 2023

Today we will hike on one of the world's premier trails! Moraine Lake is nestled in the Valley of the Ten Peaks, and offers views that have to be seen to be believed. Your friends back home will think you photoshopped the colour of the water, but it's all natural! We will make our way up to Larch Valley, a hanging valley above Moraine Lake. The trail snakes its way through sub alpine forests, then breaks out into the unique larch trees that give the valley its name. We'll hike above the treeline, then make our way to Sentinel Pass, which



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sits at 9400 feet above sea level. The views from here are indescribable.

In total, we will cover 7 miles and gain about 2500 feet of elevation. We will make our way to Kananaskis Village following the hike, where a warm meal and bed await our arrival.

Day 5: Wednesday August 2, 2023



Today we will wake up to the Eastern Slopes of the Canadian Rockies in Kananaskis Country, an area of Provincial Parks and protected areas south of Banff National Park. We will explore the area on E-assisted mountain bikes as we wind our way through single and double track trails, along tranquil creeks and pine forests. Mountain biking is exhilarating, so what better way to relax afterward than a 1 hour massage and dip in the outdoor hydrotherapy pools and saunas of Kananaskis Nordic Spa*? Spend as much time as

you please in the healing waters and enjoy the onsite Two Trees Bistro for dinner at your own leisure. If the spa isn't your style, not to worry! Instead, take a 4km (2.5 mile) hike to Troll Falls.

* The Kananaskis Nordic Spa experience is optional for an additional cost.

Day 6: Thursday August 3, 2023

Say farewell to Kananaskis Country. After breakfast we'll transfer to Banff. But first, some white water rafting on the Bow River! Horseshoe Canyon creates thrilling class 3 and 4 rapids, and there's an optional cliff jump. The views from the raft are tough to beat. We'll head into Canmore after rafting for lunch, then make our way to Banff. The rest of the afternoon is yours to explore the town at your own pace. There's plenty to see; including museums, shops and an endless list of fantastic dining establishments. Dinner is on your own tonight, and you won't be disappointed by the Banff food scene.

Day 7: Friday August 4, 2023

Banff, Alberta is a bustling little town nestled in the Bow Valley of the Canadian Rockies. In the early 1900s, the town was nothing more than a railway station and staff accommodation for the magnificent Banff Springs Hotel on the hill. Today it is the adventure and cultural hub of the national park. The town and surrounding area are best viewed from above, so today we will be getting high up on Mount Norquay on the Via Ferrata. We'll climb ladders, cross suspension bridges and wonder at the incredible landscape below.



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The Canadian Rockies seemingly go on forever as you gaze out onto the sea of peaks in every direction. Following the Via Ferrata, you have the option to visit the Banff Upper Hot Springs outdoor hot pool, or check out the Banff Springs Hotel, also known as the Castle of the Rockies! A 20 minute walk from the hotel will take you past stunning Bow Falls and into the Banff townsite. Later, we'll meet up for our final dinner together.

Day 8: Saturday August 5, 2023

Say farewell to your guides over breakfast. All great trips must come to an end. After breakfast we will transfer you back to Calgary, either to the airport or your next hotel. We miss you already!

What's included in your trip?

- Professional Guide and Driver
- 5 double occupancy rooms, 2 single occupancy rooms (7 rooms) at each location
- Private group transportation throughout
- Meals:
 - 7 Breakfasts
 - 6 Lunches
 - 6 Dinners
- Gratuities included for hotel staff, wait staff, luggage porters, non-Big Nature Guides
- Water and snacks
- Activities outlined in the itinerary

What's not included in your trip?

- Your flight
- Activities not outlined in the itinerary
- Alcoholic beverages
- Extra nights
- July 29th dinner
- Gratuity for Big Nature Guide/Driver

Cancellation Policy

To secure your spot on the Big Banff & Lake Louise 8-Day Multi-Sport Adventure, a transferable, non-refundable deposit is required. [You can pay this deposit here](#), or any time by visiting the [Trip Page](#) on www.bignature.ca.

Full Payment is required 45 days prior to trip departure. Cancellations any time prior to 45 days before departure will receive a full refund. Cancellations 44-30 days prior to departure will receive a 50% refund. Cancellations 29-1 day prior to departure will not be refunded

Please feel free to reach out should you have any questions regarding the trip, trip policies, or getting to Calgary. We also offer Custom trips should you feel inspired to work with us to plan a trip that differs from this itinerary.

We look forward to connecting you to the beauty of the Western Canadian Rockies.

Warm regards,



The Big Nature Team

(403) 242 - 8725

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