Think back to the staggering sight of Plain of Six Glaciers. The thunder of Takakkaw Falls. Remember the meadows alive with wildflowers. The impossible blues of Lake Louise and Moraine Lake. In those brief seconds before you go back to real life, you'll realize your Canadian Rockies experience never really ends.
Day 1

US citizens need a valid passport for air travel to Canada.

On the first day of the trip, meet your Backroads Trip Leaders (the folks in Backroads T-shirts) at 8:30 a.m. at Banff Park Lodge (403-762-4433), located at 222 Lynx Street in Banff, Alberta in Canada. Please arrive dressed in your hiking clothes and bring your luggage and a daypack with your rain gear, a warm layer and anything else you may want for today’s hike (your luggage will be transported to our first night’s accommodations).

LATE TO THE TRIP START? See “Arriving & Departing” for more information.

Shuttle to Kootenay National Park 45 Minutes

Stanley Glacier Basin Route 5 Miles (1,100' elevation gain)

Shuttle to Lodge 1 Hour

Welcome to the Canadian Rockies! After a brief trip orientation in Banff, we shuttle west through the Bow Valley toward Lake Louise and continue over the Great Divide, which marks the border between Alberta and British Columbia. From here, water flows east to the Bow River and eventually to the Atlantic, or west to the Vermilion, Kootenay and Columbia Rivers en route to the Pacific.

Today we hike in Kootenay National Park, known for its varied climate, diverse topography and wealth of wildlife. Atop the rise at Vermilion Pass, you’ll see evidence of the devastating Tokumm-Verendrye fire, which burned nearly 13 percent of the park in 2003. The trail ascends steadily through the remnants of the burn before leveling off in a natural amphitheater. At Stanley Glacier Basin, take in magnificent Stanley Glacier, waterfalls and the sheer limestone cliffs bordering the southern reaches of the park. This is the perfect spot to enjoy lunch. After eating and making your way down from the basin, we shuttle to the grand timber-framed Cathedral Mountain Lodge in Yoho National Park.

Settle into your handcrafted log cabin, breathe in the scent of pine and perhaps curl up with a book by the fire. Later we gather in the main lodge for a wine reception featuring Okanagan vintages and artisan cheeses from British Columbia. Then we sit down to a meal at the lodge’s award-winning Riverside Dining Room. Lodging: Cathedral Mountain Lodge

Day 2

Walking & Hiking Options:
Sherbrooke Lake Route: 4 Miles (700' elevation gain)
Paget Lookout Route: 4.5 Miles (1,700')

You have two options for today’s hike: out to the sparkling shores of Sherbrooke Lake, the largest backcountry lake in Yoho National Park, or to the wrap-around vistas of Paget Lookout. Both trails begin with a steady climb through subalpine forest carpeted with buttercups, arnica and bunchberry. At a fork in the trail, choose whether to take the easier route to milky-blue Sherbrooke Lake, or to make the additional climb up to Paget Lookout. The Paget Peak trail ends at the Old Fire Lookout with impressive views of glaciers, soaring peaks and Kicking Horse valley.

Either option today affords time in the afternoon to visit the charming town of Field, take a photo excursion to Natural Bridge, as well as time to relax in your cabin. Of course, you don’t have to leave the comfort of the lodge today at all! You can while away the day on your balcony with a good book or explore the area around the lodge on your own.

Tonight we meet for another outstanding dinner in the lodge’s main dining room. Lodging: Cathedral Mountain Lodge
Day 3

Walking & Hiking Options:
Yoho Lake & Takakkaw Falls Route: 5.8 Miles (1,200' elevation gain)
Yoho Pass to Emerald Lake Route: 7 Miles (1,200')
Iceline & Highline Route: 7.8 Miles (1,600')

When this area's First Nations people wanted to express a sense of awe and wonder, they used the word *yoho*. As we explore the grandeur of Yoho Valley, sitting 5,000 feet above sea level, you'll know exactly what they meant. Today's hike is sure to be a highlight of the trip, taking us over Yoho Pass and right to the doorstep of our next lodge. Starting near the base of Takakkaw Falls, hike along a series of switchbacks that take you from the valley floor through lush, moss-draped forests of spruce, fir and cedar. The higher you climb, the more spectacular the vistas, which include the distant Daly Glacier and the thundering cascades of Takakkaw Falls. *Takakkaw* is a Cree Indian word meaning "it is magnificent"—an apt description for this dramatic waterfall.

Those looking for more miles can head even higher to follow the legendary Iceline Route before rejoining the group at Yoho Lake, nestled deep within the pass. Need a boost to finish the hike? Consider an invigorating polar bear plunge! Then descend to pristine Emerald Lake, the location of tonight's accommodations, Emerald Lake Lodge, perched idyllically along the shore.

After settling into your room, you might enjoy a soak in the huge outdoor hot tub, surrounded on all sides by alpine scenery. We reconvene prior to dinner to meet a local bear expert and researcher who joins us for a talk about animals and their adaptations to the Canadian Rockies. *Lodging: Emerald Lake Lodge*

Day 4

Shuttle to Helen Lake Trailhead 1 Hour

Walking & Hiking Options:
Meadow Route: 4 Miles (1,000' elevation gain)
Helen Lake Route: 7.1 Miles (1,400')
Dolomite Ridge Route: 8.3 Miles (1,800')

As we shuttle to the Helen Lake trailhead on the Icefields Parkway, you can look forward to an unforgettable hike into one of the most beautiful alpine meadows in Banff National Park. In peak season this plateau is carpeted with wildflowers, and marmots often approach within arm's reach. Begin with a moderate but steady ascent through a subalpine forest along the west-facing slopes of Bow Valley. The trail soon emerges from stands of Engelmann spruce and alpine fir, allowing for excellent views across to Crowfoot Glacier and Bow Lake. Once the trail enters the amphitheater harboring Helen Lake, it's not long before you reach the shore, a lovely setting for a lunch break. For unparalleled 360-degree views of Katherine Lake and the sea of peaks that compose the Waputik Mountains, you can climb farther onto Dolomite Ridge.

This afternoon we shuttle to the Post Hotel & Spa, tucked next to babbling Pipestone Creek. This *Travel + Leisure* favorite is known for its exceptional service and outstanding cuisine. After settling in, consider sipping a cup of tea in one of the Adirondack chairs on the lawn or treat yourself to a spa treatment at the magnificent Temple Mountain Spa. (Spa treatments are not included in the trip price. Advance
reservations are recommended.)

This evening we savor an elegant meal in the hotel's dining room, praised by Travel + Leisure as one of the best hotel dining experiences in North America. 

*Lodging: Post Hotel & Spa*

**Day 5**

**Walking & Hiking Options:**
- Rockpile & Moraine Lake Meadow Route: 4 Miles (1,300' elevation gain)
- Larch Valley Route: 5.5 Miles (1,800')
- Sentinel Pass Route: 7.2 Miles (2,400')

We begin today's hike at the iconic, improbably blue Moraine Lake. Ascend the Rockpile Trail, where you're soon rewarded with stunning views of Moraine Lake and the surrounding Wenkchemna Peaks, 10 glaciated mountains named from the Stoney Nakoda word meaning "ten." This magnificent panorama was once featured on Canada's 20-dollar bill and is one of the most photographed locations in all of Canada. From here, continue along a switchback trail to the meadowland of Larch Valley, named for the trees whose needles turn a brilliant gold in the fall, blanketing the valley in a dazzling hue. Climbing higher, you enter an alpine environment with views of the Wenkchemna Peaks at every turn. Refuel with lunch on the banks of Minnestimma Lake before continuing to the top of Sentinel Pass for a jaw-dropping vista of the Valley of Ten Peaks and Paradise Valley. The tall rock spires just beneath the pass—aptly named Sentinel Towers—are popular among rock climbers.

Back at the hotel this afternoon, relax in the lap of luxury and perhaps head to the spa for some TLC. If you're a wine connoisseur, ask your leaders about the possibility of a tour of the Post's award-winning wine cellar. We regroup for dinner this evening to sample more of the hotel's culinary delights and toast to our adventure in the Canadian Rockies. 

*Lodging: Post Hotel & Spa*

**Day 6**

**Plain of Six Glaciers Teahouse Route** 6.8 Miles (1,200' elevation gain)

**Shuttle to Banff 1 Hour**

We take a quick morning shuttle to Lake Louise, a World Heritage site located at 5,700 feet. You'll understand why when you see the reflection of Mount Victoria in its shimmering turquoise waters. Walk along the shoreline before ascending through the starkly beautiful landscape sculpted by the six glaciers in the area. Keep an eye out for mountain goats, pikas and hoary marmots that make their homes in the boulder fields, and be sure to take in the spectacular views of Lake Louise unfolding behind you. A 1,200-foot climb brings you to the Plain of Six Glaciers Teahouse, nestled among pine trees with views of Mount Victoria and the Victoria Glacier. The teahouse was built by Swiss guides in 1924, with the help of the Canadian Pacific Railway.

After lunch at the teahouse, hike down at your leisure to the lake and take some time to explore the historic Chateau. Later in the afternoon we shuttle to Banff, where our trip ends. Please see "Arriving & Departing" for end-of-trip logistics.

**KEEPING YOU UP TO DATE**

We are always seeking opportunities to enhance this itinerary. We'll be certain to notify you of any important changes prior to departure; other changes may be communicated on trip by your leaders.
Our trips are designed to be flexible, giving you the freedom to experience the best of the region the way YOU want. Feel like you're ready to go, go, go? We can show you the way! Want some downtime or prefer to head out on your own? No problem! Your Trip Leaders will make sure to tell you the best days to take time for yourself (if you want it) without feeling like you're missing out. So feel free to shift gears and make it your day!

Trip Accommodations

PREMIERE HOTELS*

2 Nights
Cathedral Mountain Lodge
The "romantic accommodations are in charmingly rustic and comfortable log cabins tucked among trees along the glacier-fed Kicking Horse River," reports Andrew Harper. | Yoho National Park | [www.cathedralmountain.com](http://www.cathedralmountain.com) | 866-619-6442 or 250-343-6442

1 Night (above - Casual Hotel)
Emerald Lake Lodge

2 Nights
Post Hotel & Spa
This European-style chalet set on the Pipestone and Bow Rivers is the epitome of old-world elegance. A Relais & Châteaux member. *Travel + Leisure* World's Best. (pool, spa) | Lake Louise | [www.posthotel.com](http://www.posthotel.com) | 800-661-1586 or 403-522-3989

*with 1 Casual Hotel night at Emerald Lake Lodge*
Arriving & Departing

After reviewing the following information, please inform us of your arrival and departure plans on your Personal Information Form.

To make our morning meeting time, plan to arrive in Banff at least one day before the trip starts.

All prices are in US dollars and subject to change.

The standard unit of currency in Canada is the Canadian dollar. At the time of printing, 1.26 CAD = 1 USD. For the most up-to-date exchange rate, visit www.xe.com (Universal Currency Converter).

MEETING TIME & LOCATION

On the first day of the trip, meet your Backroads Trip Leaders (the folks in Backroads T-shirts) at 8:30 a.m. at Banff Park Lodge (403-762-4433), located at 222 Lynx Street in Banff, Alberta in Canada. Please arrive dressed in your hiking clothes and bring your luggage and a daypack with your rain gear, a warm layer and anything else you may want for today's hike (your luggage will be transported to our first night's accommodations).

ARRIVING LATE TO THE TRIP START?

If you have a delay or emergency on the day your trip starts and need to contact Backroads, please email your Trip Leaders (you'll receive an email 24 hours prior to the trip start with their contact info) or call the Backroads office at 800-462-2848 (domestic) or 510-527-1555 (international), 6 a.m.–6 p.m. Pacific time.

CONCLUSION OF THE TRIP

Our trip ends in Banff between 4 p.m. and 5 p.m. with drop-offs at Banff Park Lodge, Rundlestone Lodge, Fairmont Banff Springs Hotel, Buffalo Mountain Lodge and The Fox Hotel & Suites. Banff Park Lodge is usually our first drop-off; if you are catching a shuttle to Calgary the day the trip ends, have it pick you up at the Banff Park Lodge. Travel time to Calgary is approximately 2 hours, so you may want to schedule your return flight for at least one day after the trip ends.

FLIGHT ARRANGEMENTS

This trip starts and ends in Banff, Alberta. We recommend flying into Calgary International Airport (airport code: YYC; www.calgaryairport.com) in Calgary, Alberta, and making your way to Banff using one of the below methods.

For help arranging air transport to and from your Backroads trip, please work with your own travel advisor or you may choose to work with the Backroads Travel Desk at Dimensions in Travel. Their professional expert travel advisors are ready to share their insiders' knowledge of Backroads and our worldwide destinations and are available to assist you with any of your travel needs. Call 800-GO-ACTIVE (462-2848) to be connected with an advisor. Please note that consulting or ticketing fees may apply, depending on the services requested. The Backroads Travel Desk at Dimensions in Travel is open Monday–Friday, 9 a.m.–5 p.m. Pacific time.

TRANSPORTATION FROM THE CALGARY AIRPORT TO DOWNTOWN CALGARY

If you are staying in Calgary before traveling to the trip start in Banff, a taxi to downtown Calgary costs about $45. Allied Downtown Shuttle Service provides transportation every 30 minutes to downtown drop-off points for $15 per person (www.airportshuttlecalgary.ca; 877-299-9555).

TRANSPORTATION BETWEEN CALGARY & BANFF

The prices and schedules listed may be subject to a 5 percent Canadian Goods and Services Tax (GST). Please contact the companies directly for the most current information and reservations.

Banff Airporter (www.banffairporter.com; 888-449-2901 or 403-762-3330) has multiple daily departures from the Calgary airport to Banff; travel time is about 2 hours. You can request to be dropped off at your hotel. With the Backroads 15 percent discount, tickets cost about $50 per person one-way and around $100 per person round-trip (GST not included).

To get this discount, call and identify yourself to the reservations agent as a Backroads guest. Or visit www.banffairporter.com/agents to make an online reservation. In the Promotional Code field, enter "backroads" and select "Apply Promotional Code." Your discounted rate will then appear.

Brewster (www.brewstertransportation.com; 800-760-6934 or 888-285-0376) provides shuttle service from the Calgary airport to Banff. Travel time to Banff is approximately 2 hours; you can request to be dropped off at your hotel. One-way tickets are approximately $69 per person plus tax. Reservations are recommended.
Discover Banff Tours (www.banfftours.com; 877-565-9372 or 403-760-5007) offers private transfers between Banff and Calgary. The trip between Calgary airport and Banff takes about 2 hours and costs approximately $360 for one to two passengers.

**CAR RENTAL AGENCIES**

Rental cars are available through companies in Calgary, Banff and Jasper, including Hertz (www.hertz.com; 800-654-3001), Avis (www.avis.com; 800-331-1084), National (www.nationalcar.com; 877-222-9058) and Budget (www.budget.com; 800-472-3325). One-way rentals are possible but are subject to a drop-off fee.

**DRIVING DIRECTIONS TO BANFF**

Banff is located about 80 miles (1½–2 hours by car) west of Calgary off Trans-Canada Highway 1. **Banff Park Lodge** is located at 222 Lynx Street.

**From the east/Calgary:** Follow Trans-Canada Highway 1 West and take the first Banff exit. Head south (left) toward Banff; the road becomes Banff Avenue (the main street through town). Turn right onto Elk Street, left onto Squirrel Street and left onto Lynx Street.

**From the west:** Follow Trans-Canada Highway 1 East and take the Banff exit onto Mount Norquay Road. Turn right onto Mount Norquay Road, and then continue straight as the road curves to become Gopher and then Lynx Streets.

**From the north or south:** Take Route 93 to Trans-Canada Highway 1 East and follow the directions above.

Note: Banff Townsite is located within Banff National Park. A permit is required to enter the park.

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**DURING YOUR TRIP**

**TRIP LEADERS**

Each of your Trip Leaders plays many roles during your vacation: guide, host, caretaker, naturalist, chef, historian, troubleshooter, interpreter. These remarkable individuals have highly developed instincts for making people comfortable, for seamlessly handling the logistics of travel and for successfully navigating a wide range of unexpected situations. They’re passionately committed to ensuring you enjoy an exceptional vacation—smooth, flexible and tailored to your needs. According to past guests, the caliber of our leaders is what sets Backroads apart from all other travel companies. With their knowledge, professionalism, enthusiasm and service ethic, they’re the number-one reason people return to travel with us again and again. We look forward to having you meet them.

**A WORD ABOUT GRATUITIES**

We think our leaders are unparalleled at what they do—you be the judge.

Gratuities for most services during your trip are included in the price. While we’ve thought about including a Trip Leader tip as part of the overall trip cost, we acknowledge that gratuities are customary in the industry as a way to recognize excellent service on a more personal level.

We offer specific Trip Leader tip recommendations because our guests have consistently asked for them. The exact amount is up to you.

Our **recommended gratuity for this trip is $170 per guest.**

This amount can be covered via cash or PayPal. The gratuity is then divided among your Trip Leaders and other Backroads support staff (van drivers, etc.).

**ACCOMMODATIONS**

All rooms have private baths. Single room availability is limited.

Our accommodations reflect the natural surroundings of Banff and Yoho National Parks. We’ve chosen them for either their historic mountain lodge charm and/or their proximity to our activities. Due to the cooler mountain climate, most of our properties in the Canadian Rockies are equipped with in-room fans only and screened windows, rather than air-conditioning.
Also, some of our properties face the railway lines, which can be noisy; light sleepers are encouraged to bring and use earplugs.

**CELL SERVICE & INTERNET ACCESS**
Cell phone and data service is limited in some of the locations we visit on this trip; service is unavailable on Day 3 and most of Day 4. There are no landlines in the guest rooms on Days 1 and 2 in Cathedral Mountain Lodge.

![Image of a table setup](image)

**MEALS**
Food is an important part of the Backroads experience. For lunch we look for the best way to capture the essence of the region. It may be a Backroads Grand Picnic, when your Trip Leaders prepare the freshest and healthiest local fare at a carefully chosen setting along the day’s route; a boxed lunch; a packed lunch; a meal together at a favorite restaurant; or the opportunity to have lunch on your own.

Our dinners feature regional specialties and an array of local and international cuisine.

All breakfasts, six lunches and five dinners are included in the trip price.

Be aware that vegetarian/vegan, gluten-free and low-carb dishes are not always available. If you have special dietary requirements, please indicate them on the *Personal Information Form*. Your Trip Consultant will pass on the information to your Trip Leaders. Alcoholic beverages at meals are not included in the trip price, unless otherwise noted.

**RECOMMENDED DINNER ATTIRE**

The dress code for dining at the Post Hotel is fairly elegant. For men we recommend collared shirts and slacks (jackets are appropriate but not required). For women we suggest dresses, skirts or dressy pants. No athletic attire, T-shirts or shorts, please. Casual attire is appropriate at all other restaurants.

**LOST LUGGAGE**
On any flight, there is the possibility of lost luggage. Backroads believes that it's a great idea to take a small carry-on bag with enough clothing and supplies to last a day or two. Also be sure to bring with you any personal gear you deem indispensable on the trip. This way, in the event of lost luggage you won't have to spend time replacing essential items and miss activities while you wait for your bags to catch up. Please note that Backroads does not assume responsibility for any luggage lost or damaged during your trip.

**SPA TREATMENTS**
Spa treatments are not included in the trip price. Advance reservations are recommended. Also, be sure to review the spa’s cancellation policy to avoid any unexpected charges on your credit card.

**Days 4 & 5**
*Post Hotel & Spa:* On **Day 4** book an appointment for 5 p.m. or 5:30 p.m. and let your Trip Leaders know you need a dinner seating for 7 p.m. or later. On **Day 5** book an appointment starting between 3:30–5 p.m.; dinner starts at 7 p.m.

**HIKING**
Because we hike in sensitive plant and animal habitats, we will hike in groups no larger than 12 people.
CLIMATE

The only rule about weather in the Canadian Rockies is that there is no rule! Summer and early fall weather can be warm and sunny; however, mountain weather is very unpredictable and can change drastically with little warning. Cold rain and snow are possible at all times of the year, and temperatures can dip to freezing as weather conditions change.

It’s essential that you bring appropriate clothing! Rain gear and plenty of warm clothes will help ensure that you are prepared for any and all weather conditions.

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<th>Average:</th>
<th>Jan</th>
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<tr>
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</tbody>
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Temperatures in this region are measured in degrees Celsius. Zero degrees Celsius is 32 degrees Fahrenheit. For a quick conversion, double the Celsius reading and add 30 to determine the approximate temperature in degrees Fahrenheit.

Alberta, Canada, is on mountain time, which is 1 hour ahead of Pacific time and 2 hours behind eastern time.

ALTITUDE

Banff is at 4,500 feet and Lake Louise is at 5,700 feet. Normally it does not take long for most people to acclimate to the higher elevations; however, you may experience mild altitude sickness when you first arrive. Symptoms to watch for include headaches, light-headedness, dizziness, mild nausea and fainting. To help relieve any symptoms, you should drink plenty of water, get adequate rest and try not to overexert yourself during the first couple of days. If you know you are sensitive to altitude, we recommend arriving in the Rockies a few days before your Backroads trip begins.

It’s also worth noting that batteries don’t last as long at high altitude. We recommend bringing extra
batteries or chargers for your electronics.

**PHONE FACTS**

To call a Canadian phone number from the US and vice versa, simply dial as you would to call a US number domestically. Please be aware that higher long distance charges may apply.

Many US cell phones can operate internationally.

Check with your service provider before leaving home about international calling and data plans, and on making and receiving international calls. If your cell phone is unlocked and operates using a SIM card, you may want to consider purchasing a SIM card from a local cell phone company. These should be readily available at airports and convenience stores, and typically come loaded with prepaid credit which can be used for domestic and international calls and data service. Rates will vary.

Alternatively, it may also be possible to rent a phone for use during your international travels. We recommend Cellhire, which offers a wide range of wireless rental options in more than 180 countries. Visit [www.cellhire.com](http://www.cellhire.com) or call 877-244-7242 for details and reservations.

**MONEY MATTERS**

The standard unit of currency in Canada is the Canadian dollar. At the time of printing, 1.26 CAD = 1 USD. For the most up-to-date exchange rate, visit [www.xe.com](http://www.xe.com) (Universal Currency Converter).

The best way to access cash is to use ATMs. Before you leave home, it’s a good idea to verify with your bank that your card will work and inquire whether or not your financial institution has a local partner bank that will waive ATM fees. Most international ATM keyboards have only numbers, so if your PIN contains letters, make note of the corresponding numbers. Additionally, most international ATMs only accept four-character PINs, so if yours is longer, arrange to have it changed before your trip.

**ELECTRIC CURRENT**

Canada uses the same outlet configuration and voltage as the US. You will not need any special adapters or converters.

**BANFF NATIONAL PARK FEES**

If you spend time in Banff National Park before or after your Backroads trip, you’ll need to purchase a permit at the park entrance. Let the park attendant know that Backroads has paid your fees for the 6 days you’ll be on your Backroads trip. Day-entry fees are about $10 for adults, $5 for kids (6–16 years old) and $8 for seniors (65 years and older). Prices are subject to change. Visit the Parks Canada website at [www.pc.gc.ca](http://www.pc.gc.ca) or call 403-762-1550 for more information.

**HELPFUL INFORMATION**

Visit [www.backroads.com/trip_prep](http://www.backroads.com/trip_prep) for links to other websites offering helpful travel information.

**TOURIST INFORMATION**

**Alberta Tourism Information**
[www.travelalberta.com](http://www.travelalberta.com)

**British Columbia Tourism Information Line**
[www.hellobc.com](http://www.hellobc.com)

**Banff/Lake Louise Tourism Bureau**
[www.banfflakelouise.com](http://www.banfflakelouise.com)

**Visit Calgary**
[www.visitcalgary.com](http://www.visitcalgary.com)

The more you know about your destination before you go, the more you’ll appreciate all that you’ll see when you get there. In collaboration with Longitude, a specialty bookstore for travelers, we’ve compiled a selection of favorite, new and hard-to-find books for your journey. Place your order online or by calling 800-342-2164. Visit [www.reading.longitudebooks.com/B49762](http://www.reading.longitudebooks.com/B49762) for prices and the latest, most comprehensive selection of books for your trip.
TRAVEL DOCUMENTS

US citizens must have a valid passport for air travel to Canada. For more information about the Western Hemisphere Travel Initiative and acceptable documents denoting identity and citizenship for land and sea travel, visit www.dhs.gov. Passports issued to minors under the age of 16 are set to expire every 5 years. Check your expiration dates carefully!

Please be aware that you are personally responsible for your own admittance to and exit from Canada. They are strict with some of their policies, for instance, possible denial of entry due to past DUIs. To ensure you have the most current information on entry eligibility requirements, check the US State Department's website: travel.state.gov.

Please note that non-US citizens may require a visa for entry; visit the above resource for more information.

IMPORTANT: Each time you renew your passport, you are issued a new passport number. Depending on the trip, some of our service providers (like hotels or airlines) may require current passport information for each guest, so if you renew your passport after booking your trip, please make sure to update us with the new information prior to your departure date.

We recommend that you make two photocopies of your airline ticket/e-ticket confirmation and your passport. Leave one set of copies at home with a friend or relative, and bring one set with you, keeping it separate from the original documents.

TRAVEL PROTECTION PLAN

Inside your Pre-Departure Packet is a brochure describing the Travel Protection Plan that Backroads offers. The plan helps provide coverage for trip cancellation/trip interruption, trip delay, medical expenses and evacuation/repatriation, lost baggage, and more. We recommend that you purchase travel protection to help protect you and your travel investment against the unexpected. If you are interested in purchasing the Travel Protection Plan that Backroads offers, please remit the additional amount noted on your invoice.

CANCELLATIONS & REFUNDS

If you must cancel your reservation, a fee will be charged. Please review your trip invoice for cancellation policy details. Exceptions to this policy...
cannot be made for any reason, including those of weather or personal emergencies. There is no refund for joining a trip late or leaving early. Private rooms and staterooms, bike rentals and internal air charges are considered part of the trip price and are subject to cancellation fees. You are required to provide a signed Release of Liability, Assumption of All Risks and Arbitration Agreement and a completed Personal Information Form prior to your trip departure. If you fail to provide a signed release form, you will not be allowed to join the trip and will be subject to Backroads' cancellation policy.

On the rare occasions when Backroads must cancel a trip, all payments received to date will be refunded, which constitutes full settlement. Backroads is not responsible for expenses incurred in preparation for any cancelled trips, such as airline tickets or for costs incurred due to travel delays, flight cancellations or illness.

ITINERARY CHANGES
If unforeseen circumstances require a change in the trip itinerary, Backroads will make every effort to select alternative accommodations of the same quality and to keep the activity modifications minimal.

ELECTRONICS & OTHER VALUABLES
It is best to leave valuables at home. If you must bring valuables on the trip, please understand that they are 100 percent your responsibility, regardless of what anyone (including leaders) might tell you. Cash, jewelry and passports are especially important to keep in your possession. It's not safe to leave valuables in Backroads vans; while not common, break-ins do happen. You may choose to lock them in your room's safe, if one is available to you. If you're concerned about forgetting items in the safe (easy to do!), a good trick is to leave something on top of it that you can't forget, such as a single shoe.

Although we will transport your valuables during your trip as a convenience, we do not assume responsibility for any damage or loss. This policy applies to personal electronics as well as other items, such as luggage, jewelry, and fragile and delicate accessories, whether purchased on the trip or otherwise.
Getting Active for Your Trip

NAVIGATION OPTIONS ON THIS TRIP
Turn-by-turn paper directions included.
Downloadable GPS files available for use on your own device—log into your account at My.Backroads.com for more details.

TERRAIN
On this trip we hike on well-maintained alpine trails with some rocky sections and steep descents. There is elevation gain on every hike, with up to 2,500 feet of elevation gain/loss on individual hikes.

Remember, take your time and go at your own pace—you’re on vacation! Your Backroads Trip Leaders will be available at intersecting routes when you’re ready for a snack, a cool drink, or a lift back if you’re done for the day. Most days you’ll have a choice of mileage options, so you can decide how active you want to be—it’s always up to you.

CONDITIONING TIPS
Every Backroads trip is designed to appeal to a wide variety of interests and fitness levels. We know your pace may vary from one day to the next—and your traveling companions’ may differ somewhat from yours. So we present a range of mileage options, and each day you decide exactly what and how much you want to do.

Before your trip, we suggest walking and hiking regularly and hitting a few hills whenever you can. Review the route options in the daily itinerary for the range of mileages offered on this trip. But mostly, just show up and have fun!

PACING & ENDURANCE
Here are a few suggestions for increasing your endurance while on your Backroads trip:

• Make sure your muscles are warmed up before you start walking.

• Walk and hike at a steady pace that you can maintain throughout your walk—don’t push yourself too hard at the beginning.

• Eat high-energy snacks throughout your walk or hike, and drink water often—before you are thirsty—to avoid dehydration. (Your leaders will have plenty of food and water on hand.) Some people find that a water-pack hydration system, worn like a backpack and equipped with a plastic tube for drinking, is a good accessory on long outings or in hot climates, since it enables you to carry more water and drink regularly without having to stop.

• Perhaps most important, make sure your shoes fit properly and have been broken in before the start of the trip.

ROUTE RATINGS
The routes on this trip are rated Levels 2–4.

RESOURCES
The American Hiking Society website is packed with all sorts of useful information related to walking and hiking. Visit americanhiking.org.

Your local outdoor store can be an excellent resource too; ask to speak with an experienced employee.

STAYING COMFORTABLE: FAQS
Q: Do I need to bring hiking boots for my trip?

A: Varying weather conditions and terrain can make
any trail challenging, whether you're hiking up a mountain or walking through a valley. We recommend hiking boots or sturdy hiking shoes (sometimes called "light hikers") with robust tread, ample ankle support and waterproofing. Your average running shoes often have inadequate tread and stability for terrain like gravel and mud—though even these may be suitable if you know that's what works for you. Most importantly, your shoes should be comfortable and well broken in before your trip starts.

**Q: It’s not really going to rain during the trip, is it?**

**A:** Well, it just might! Rain is possible no matter where you travel. Your best bet for staying comfortable during a shower is to wear quality rain gear that is both waterproof and breathable.

**Q: Does wearing layers really make a difference?**

**A:** Yes! The trick for staying comfortable in fluctuating temperatures is to wear three basic non-cotton layers of lightweight clothing: innerwear (to wick moisture away from your skin), insulating garments (for warmth) and outerwear (to protect against wind or rain). The different layers let you add or remove clothing in response to changes in the weather or your internal temperature.

Where to Stay Before & After Your Trip

For help making hotel reservations for before and after your Backroads trip:

- Work with your own professional travel advisor.
- Contact the Backroads Travel Desk at Dimensions in Travel by calling 800-GO-ACTIVE (462-2848), Monday–Friday, 9 a.m.–5 p.m. Pacific time. Please note that consulting or ticketing fees may apply, depending on the services requested.
- Book directly with the hotel or through a discount website.

Please note that Backroads does not block rooms and does not offer special rates for pre- and post-trip stays. If you plan on extending your stay at our first night’s hotel before the trip starts or our last night’s hotel when the trip ends, let the hotel reservations agent know that you’re traveling with Backroads—you may be able to avoid changing rooms. We recommend booking your rooms as early as possible, especially during peak travel season!

The following is a selection of recommended properties that span a range of prices, amenities and locations. Refer to the Hotel Room Rate Guide for the starting double-occupancy rates, which were accurate at time of printing. Note that rates are subject to change and some hotels may require a minimum stay.

**HOTEL ROOM RATE GUIDE**

<table>
<thead>
<tr>
<th>Price Range</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>$501 and up</td>
<td>5⭐⭐⭐⭐⭐</td>
</tr>
<tr>
<td>$300 to $500</td>
<td>4⭐⭐⭐⭐⭐</td>
</tr>
<tr>
<td>$201 to $300</td>
<td>3⭐⭐⭐⭐⭐</td>
</tr>
<tr>
<td>Up to $200</td>
<td>2⭐⭐⭐⭐⭐</td>
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</tbody>
</table>

**Banff Park Lodge** in Banff is our meeting location on Day 1 and a drop-off location on Day 6. **Rundlestone Lodge, Fairmont Banff Springs, Buffalo Mountain Lodge** and **Fox Hotel & Suites** in Banff are additional drop-off locations on Day 6.
See the following for more information on these hotels.

**BANFF**

Hotel map: [bit.ly/BanffHotels](bit.ly/BanffHotels)

**Fairmont Banff Springs**
Built in the style of a Scottish baronial castle, this exquisite hotel is located in the heart of Banff National Park and offers magnificent panoramic views, luxurious guest rooms and an award-winning 35,000-square-foot-spa. *Travel + Leisure* World's Best. (pool, spa) | 405 Spray Avenue | www.fairmont.com/banff-springs | 866-540-4406 or 403-762-2211 | 770 rooms & suites | Rates: ✦✦✦✦✦

**Buffalo Mountain Lodge**
If you’ve imagined yourself in the Canadian Rockies kicking back by a large stone fireplace, this quintessential lodge was made for you. For an extra-romantic stay, request a premiere guest room with a wood-burning fireplace, heated slate floor and claw-foot tub. | 700 Tunnel Mountain Drive | www.buffalomountainlodge.com | 800-661-1367 or 403-762-2400 | 85 rooms | Rates: ✦✦✦✦✦

**Rimrock Resort Hotel**
A grand contemporary lodge on Sulphur Mountain with awe-inspiring views of Bow Valley and the surrounding Rockies. *Travel + Leisure* World's Best. (pool, spa) | 300 Mountain Avenue | www.rimrockresort.com | 888-746-7625 or 403-762-3356 | 343 rooms | Rates: ✦✦✦✦✦

**Banff Caribou Lodge & Spa**
Offering free and easy access to Banff’s attractions via the town’s comfortable Roam Bus system, Banff Caribou Lodge emanates alpine warmth and comfort with country pine furniture and brightly colored fabrics. (spa) | 521 Banff Avenue | www.banffcariboulodge.com | 800-563-8764 or 403-762-5887 | 190 rooms & suites | Rates: ✦✦✦✦

**Banff Park Lodge**
Its location in the heart of downtown, within walking distance of shops, restaurants, galleries and museums, puts Banff Park Lodge in an ideal spot for exploring the lively town. Each room features a balcony or patio with a view of Banff National Park. (pool) | 222 Lynx Street | www.banffparklodge.com | 800-661-9266 or 403-762-4433 | 211 rooms & suites | Rates: ✦✦✦✦

**Rundlestone Lodge**
Reminiscent of a classic European mountain lodge, the Rundlestone is a great place to begin or end your vacation in the Canadian Rockies. (pool) | 537 Banff Avenue | [www.rundlestone.com](http://www.rundlestone.com) | 800-661-8630 or 403-762-2201 | 96 rooms & suites | Rates: ✦✦✦

**Fox Hotel & Suites**
The hotel's centerpiece is the hot pool, inspired by Banff National Park's original Cave and Basin site commemorating the birth of Canada's National Park system. Please note that hotel rooms are not air-conditioned. | 461 Banff Avenue | [www.foxhotelandsuites.com](http://www.foxhotelandsuites.com) | 800-661-8310 or 403-760-8500 | 116 rooms & suites | Rates: ✦✦

**CALGARY**

Hotel map: [bit.ly/CalgaryHotels](bit.ly/CalgaryHotels)

**Fairmont Palliser**
Built in 1914, this hotel is a historic landmark. And with its location in downtown Calgary, the Palliser is ideally situated for you to discover the city's warmth and thriving cultural scene. (pool, spa) | 133 Ninth Avenue SW | [www.fairmont.com/palliser-calgary](http://www.fairmont.com/palliser-calgary) | 866-540-4477 or 403-262-1234 | 407 rooms & suites |

**Kensington Riverside Inn**
Located on the scenic Bow River in Calgary, this charming inn combines luxurious amenities with friendly personalized service to ensure an exceptional experience. | 1126 Memorial Drive NW | [www.kensingtonriversideinn.com](http://www.kensingtonriversideinn.com) | 877-313-3733 or 403-228-4442 | 19 rooms & suites | Rates: ✦✦✦

**Delta Calgary Airport In-Terminal Hotel**
This convenient hotel is directly connected to the departure terminal in Calgary International Airport. Enjoy the indoor saltwater pool and fitness center. (pool) | 2001 Airport Road NE | [www.marriott.com](http://www.marriott.com) | 888-236-2427 or 403-291-2600 | 296 rooms & suites | Rates: ✦✦

**Hôtel Le Germain**
This state-of-the-art boutique hotel is located in the heart of bustling downtown Calgary and offers a warm welcome and personalized service. (spa) | 899 Centre Street SW, Calgary | [www.germaincalgary.com](http://www.germaincalgary.com) | 877-362-8990 or 403-264-8990 | 143 rooms & suites | Rates: ✦✦


**Residence Inn Calgary Airport**
With a handy location 15 minutes from the Calgary International Airport, and a complimentary airport shuttle, this is an ideal location for weary travelers.
(pool) | 2530 48th Avenue NE | [www.marriott.com](http://www.marriott.com) | 877-515-4108 or 403-278-1000 | 157 suites | Rates: ✦ ✦
Suggested Packing List

LUGGAGE REMINDERS
Please limit your luggage to one medium-sized suitcase (we recommend 25”–28”, preferably not hard case) and one small carry-on bag. Be sure to mark your luggage with your contact information.

ESSENTIAL

Travel Items
- international travel documents (i.e. passport, visa, etc.)
- photocopy of front page of passport (kept in a separate place from passport)
- wallet (credit cards, bank cards & ID)
- cash for incidentals & leader gratuities
- airline tickets/e-ticket confirmation details
- sealable, quart-size plastic bags for stowing small liquid containers, swimsuit, etc.
- toiletries (including sunscreen & lip ointment)
- medications & copies of prescriptions
- list of important addresses & contact numbers

Active Clothing & Gear
- light hikers or boots
- hiking socks
- walking/hiking shorts and/or lightweight pants
- non-cotton base layers of varying weights
- lightweight hiking jacket or vest
- hat with brim, bandana or sweatband
- daypack/waistpack (for water, camera, snacks, etc.)
- sunglasses (with retention strap)
- sport sandals and/or flip-flops
- swimsuit

Rain Gear & Cold Weather Clothing
You may not need all of the items listed here, but they are necessary to stay comfortable in case of rain or unseasonably cold weather.
- waterproof (breathable) rain jacket & pants
- waterproof/water-resistant warm gloves

Non-Active Clothing
- clothing & shoes for downtime & restaurants
- lightweight jacket (like fleece) or warm sweater

Backroads provides water bottles & walking sticks.

OPTIONAL
- camera & charger (remember to enter our Guest Photo Contest!)
- cell phone & charger
- alarm clock
- CamelBak or similar hydration backpack
- guidebook and/or field guides
- notebook/travel journal & pens
- reading material
- earplugs
- insect repellent

GREAT GEAR VENDORS
For a list of some of our favorite gear and gadget retailers, visit www.backroads.com/gearup.
Upon receipt of this form and your deposit, Backroads will reserve a space (based on space availability) on the trip of your choice and send a Backroads Travel Planner and final invoice.

Please return completed reservations form to:
Backroads, Attn: Private Trips, PrivateTripGroup@backroads.com, 801 Cedar Street, Berkeley, CA 94710, United States, or fax to 510-527-1444