



CANADIAN ROCKIES



ITINERARY

Day 1. THE CANADIAN ROCKIES

We arrive into Calgary mid-afternoon and have a 3 hour drive to our accommodation in the beautiful Lake Louise region, admiring the majestic scenery en route. In the evening we have a welcome meal, a briefing on the challenge ahead and meet the guides who will be with us for the next few days, before relaxing into our new surroundings.

Day 2. BANFF 2-4HRS TREKKING

Today we transfer East to Banff National Park for our first hiking challenge. We start off at Sunshine Village following the trail as it takes us across the continental divide at a height of 2,300m and into the stunning Mt. Assiniboine National Park. This 10km route is a lovely first day of trekking allowing us to prepare for the rest of our challenge. After the trek we transfer back to Banff for the night

Day 3. LAKE LOUISE 5-6HRS TREKKING

Our hike begins at the shore of Moraine Lake, climbing steadily through forest until it opens up into the beautiful Larch Valley, with it's fall foliage of golden larches blanketing the valley sides. Ahead of us is the imposing wall beneath Sentinel Pass and a faintly seen trail switchbacking its way to the top. From the pass we look down into Paradise Valley, and the rock pinnacles known as the "Sentinels". After lunch, we return to Moraine Lake with awe-inspiring views of the Ten Peaks ahead of us along the hike. We then transfer to Lake Louise for the night.

Day 4. LAKE AGNES 4-6HRS TREKKING

Today's climb follows a series of switchback trails to Parker Ridge, from where we enjoy spectacular views out across the Columbus Icefield. After time for photos and a picnic lunch, we head to Lake Agnes for our afternoon hike. The trail climbs parallel to the shoreline and offers stunning views of Mount Victoria and the emerald waters of Lake Agnes herself. After the trek we transfer back to Lake Louise for a second night.

Day 5.**COLUMBUS ICEFIELD****5-6HRS TREKKING**

This morning we set out for our first trek towards the mighty Columbus Icefield. We walk along one of the most beautiful highways in the world with its glittering glaciers, emerald lakes and dense conifer forests. In the afternoon we drive to the mountain resort of Jasper in the Athabasca River Valley. Here we are at the very heart of the Canadian Rockies, surrounded by majestic mountain peaks. This will be our base for two nights.

Day 6.**JASPER****5-6HRS TREKKING**

We start the day with a 5km trek to one of the finest views to be found in the area. From an abandoned log cabin at 2,170m, the greenish-blue waters of Maligne Lake stretch towards the hazy distance with the glacier-clad 3,000m summits rising beyond. We take an easy walk over the open meadows of this rolling mountainside, carpeted with alpine flowers during the summer months. The highest point is reached with a 500m climb to 2,600m. The rest of the day is spent exploring the shores of Maligne Lake and driving the valley road back to Jasper where we have a celebratory meal to mark the end of our treks.

Day 7.**CALGARY**

Today we transfer to Calgary known as the gateway to the Rockies. We have some free time in the afternoon and evening to take in the sights of Calgary before winding down and preparing for our trip home and the end of the challenge.

Day 8.**DEPARTURE**

We have some free time to enjoy Calgary before we transfer to the airport for an evening flight back to the UK.

Day 9.**ARRIVE HOME**



LOGISTICS

COSTS OF CHALLENGE

From £1,925

For groups less than 15, please get in touch.

CHALLENGE COST INCLUSIONS

Pre-trip briefing by Action Challenge staff

International flights

Action Challenge Representative

Action Challenge medic

Local guides

All accommodation

All meals, except in free time

All participant and luggage transfers

All National Park fees

3 litres of water provided daily

All entrance fees as per the itinerary

Pre-event client support

NOT INCLUDED

Alcoholic drinks

Travel insurance

Local departure tax

Fuel supplement

ABOUT ACTION CHALLENGE

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

Action Challenge UK Ltd, United House, North Road, London, N7 9DP
www.actionchallenge.com 020 7609 6695 events@actionchallenge.com

RATING

Moderate

FITNESS

This challenge requires a good level of fitness to walk the route

ACCOMMODATION

Accommodation will be in hostels, hotels and lodges. All accommodation is on a twin/triple, single-sex basis and dorm (possibly mixed).

FOOD

Breakfasts each morning will be at the hotel, lunch en-route and evening meals will be at the hotels or in a local restaurant.

WEATHER

Expect changeable mountain weather. In general, the weather is moderate with average temperatures of 16°C in late Sept./ early Oct