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**THE CANADIAN ROCKIES**

# **HIKING GUIDE**

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[www.BanffLakeLouise.com](http://www.BanffLakeLouise.com)



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Situated in the heart of the Canadian Rockies, Banff National Park is a UNESCO World Heritage destination that delivers a healthy combination of unspoiled and protected wilderness, wildlife, modern amenities and opportunities for active adventure.

In summer, the Canadian Rockies offer over a thousand kilometres of trails just waiting to be explored. And the best way to do that is on foot. The slower pace of hiking will allow you to appreciate the scenery while you bask in the rewards of getting yourself to majestic, hard-to-reach places on your own strength.

The hiking in the Canadian Rockies is about as good as it gets – anywhere. What this spectacular mountain region has to boast is variety. Choose any difficulty level, length and duration and you’ve got a multitude of options. Here you can hike along the shores of dazzling blue lakes, up to quaint mountain teahouses, through carpets of wildflowers and up high to spectacular viewpoints.

*All photo credits in this publication: Banff Lake Louise Tourism/Paul Zizka, unless noted otherwise.*

## ICON LEGEND



**GLACIERS**



**WILDFLOWERS**



**LODGE/TEAHOUSE**



**HELI ACCESS**



**LARCH/FALL HIKE**



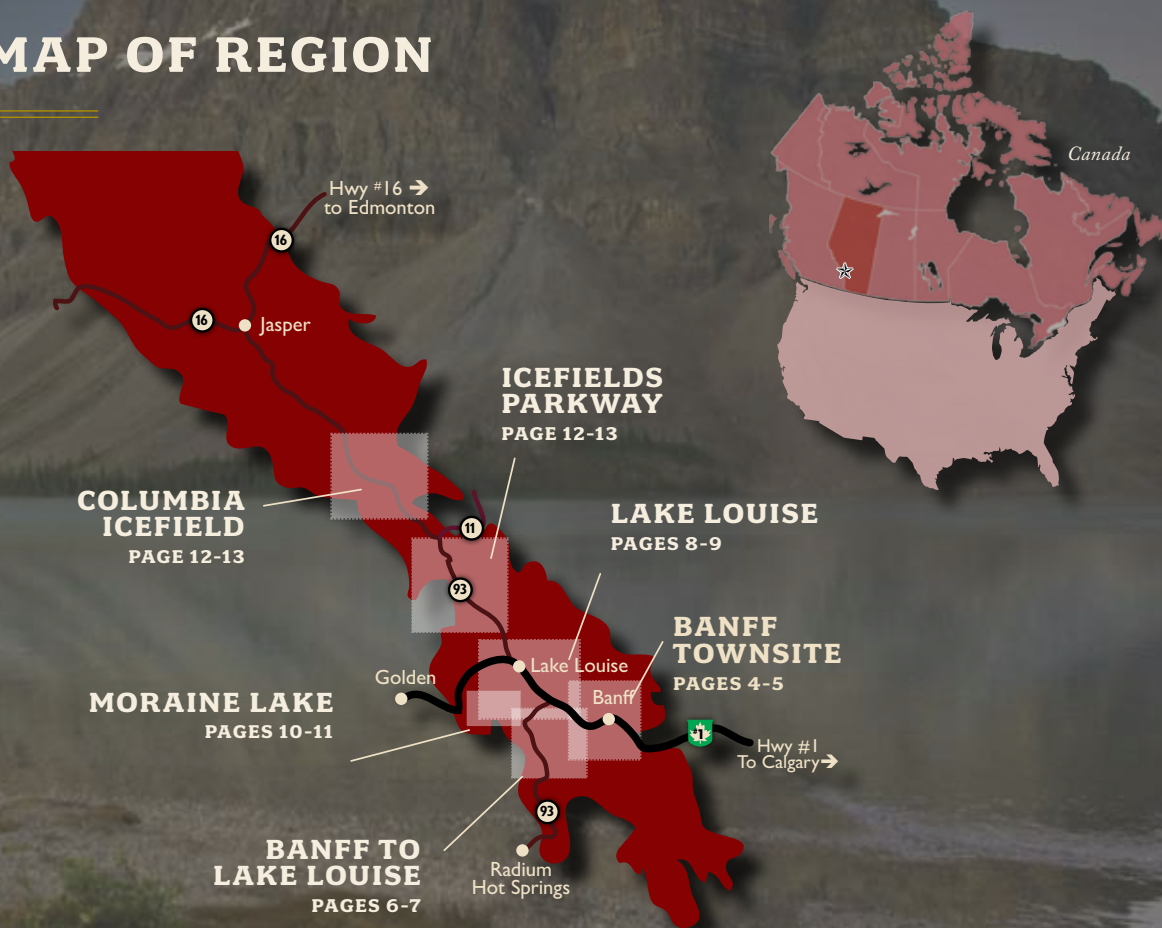
**EARLY/LATE SEASON**



**WATERFALL**

**RT = RETURN TRIP**

# MAP OF REGION



To make the hikes easier to choose from, this guide is divided into five distinct geographical areas: in and around the Banff town site, the road stretching from Banff to Lake Louise, the spectacular area around Lake Louise and the indigo waters of Moraine Lake and up the world-famous Icefields Parkway.

## Hiking Season

Though some of the easy walks in this guide can be done any time of year, the hiking season in The Canadian Rockies spans loosely from May to October. Conditions can change at a moments notice due to snowfall, snowmelt and mud. Hikes higher up in the alpine are generally in prime condition between July and September.

## For More Information

The information in this Hiking Guide will give you a good idea of which hikes might suit you best, but for more thorough descriptions, we recommend you contact the Banff Visitor Information Centre (403-762-8421, [info@banfflakelouise.com](mailto:info@banfflakelouise.com)).

## Banff National Park Pass

Visitors are required to purchase a Park Pass for travel inside Banff National Park. Entry and service fees are charged at most National Parks and National Historic Sites in Canada and are used to support visitor services and facilities. Park Passes can be purchased at any of the park entry gates or Visitor Information Centres. More information at [www.pc.gc.ca](http://www.pc.gc.ca)



Canada's Signature Experiences Collection® showcases high-quality Canadian tourism enterprises that deliver a wide range of extraordinary, once-in-a-lifetime experiences rarely found anywhere else on earth, and that meet rigorous criteria set by the CTC.

## EASY WALKS IN AND AROUND BANFF TOWN SITE

Nestled high in the Canadian Rockies, Banff is a town that makes you feel at home and exhilarated with wonder all at the same time. Well-known peaks like Cascade, Sulphur and Rundle surround and welcome visitors to this authentic mountain community. Easy, scenic walks can be accessed right from downtown, many without the use of a vehicle, making it quick and convenient to enjoy the surrounding beauty and gain an appreciation for Banff's spectacular location. Most are open for walking year-round - inquire about conditions at the Banff Visitor Information Centre prior to departing.

### 1 *Tunnel Mountain*

**DISTANCE:** 3.6 km  
**ELEVATION GAIN:** 200 m  
**TIME REQUIRED:** 1-2 hrs RT  
**DIFFICULTY:** Easy



Hike up this little peak that the First Nations call the "Sleeping Buffalo" to gain rewarding views of the Town of Banff and the mountains to the West. The trail starts somewhat steeply but

quickly relents into a series of switchbacks that get you high up in no time.





## Fenland Loop

Interpretive signs designed by a local artist, punctuate this flat trail as it winds its way through forest and marshland along the gentle waters of Forty Mile Creek. Located just on the edge of town, you will be pleasantly surprised by how quickly this trail lets you escape into the serenity of nature.



**DISTANCE:** 2.2 km loop  
**ELEVATION GAIN:** 0 m  
**TIME REQUIRED:** 30 min  
**DIFFICULTY:** Easy



## Johnson Lake

This shoreline trail is perfect for hikers looking for an easy stroll, but one that is slightly longer than other walks in and around the Banff town site. Catch Johnson Lake on a beautiful summer's day for reflections of Mt. Rundle and bring a picnic for a lakeside lunch.



**DISTANCE:** 3.5 km loop  
**ELEVATION GAIN:** 0 m  
**TIME REQUIRED:** 1-1½ hrs  
**DIFFICULTY:** Easy



## Hoodoos

Starting from Surprise Corner at the end of Buffalo Street in Banff, this trail descends to the milky blue waters of the Bow River and continues beneath the cliffs of Tunnel Mountain before joining up with Tunnel Mountain Road. Hoodoos – oddly shaped rock features – stand to greet you at the end of the trail.



**DISTANCE:** 8.4 km RT  
**ELEVATION GAIN:** 60 m  
**TIME REQUIRED:** 3 hours  
**DIFFICULTY:** Easy

Photo Credits: Stefanie Gignac/Parks Canada (#3)

## BANFF TOWNSITE



Signature Experience  
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**Canada**  
 keep exploring  
 Experience distinctive



## SOAKING UP HISTORY

Canadian Rockies Hot Springs

Slip inside the spring-fed waters of the Banff Upper Hot Springs to soak up bracing views of mythic peaks, lush forest, and towering cliffs at the restored 1930's Heritage Bathhouse where fresh alpine air and steaming waters soothe you.

[hot.springs@pc.gc.ca](mailto:hot.springs@pc.gc.ca)  
[www.hot springs.ca](http://www.hot springs.ca)

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# BANFF TO LAKE LOUISE

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These hikes, located between the Town of Banff and Lake Louise, either start close to the TransCanada Highway or the Bow Valley Parkway (HWY 1A). Some of the most popular in the region, these trails expose hikers to some of the best features the Rockies have to offer: stunning wildflowers, crumbling glaciers, surging canyons and iconic peaks. Each hike can be accessed as a daytrip from the Banff town site or Lake Louise, and varies in length and difficulty.

## 1 **Sunshine Meadows**



**DISTANCE:** 8.6 km RT

**ELEVATION GAIN:** 180 m



**TIME REQUIRED:** 3 hours

**DIFFICULTY:** Easy

Considered a premier hiking destination in the Rockies, Sunshine Meadows is a unique area on the Continental Divide that boasts carpets of alpine wildflowers in summer and golden larches in fall. Shuttle buses can take hikers up the Access Road from the base of the Sunshine Village gondola to the upper ski lodge where the trail begins.

*For more information on the shuttle bus, please check out [www.sunshinemeadowsbanff.com](http://www.sunshinemeadowsbanff.com) or contact White Mountain Adventures at [info@whitemountainadventures.com](mailto:info@whitemountainadventures.com)*





2

## Stanley Glacier

This easy hike takes you up to a rocky amphitheatre where an impressive icefall – the Stanley Glacier – crumbles its way down at the head of the valley. Look for flora and fauna along the way, including wildflowers, ptarmigans, pikas and marmots. In late spring you'll be treated with waterfalls that pour over the cliffs beneath Stanley Peak.



**DISTANCE:** 8.4 km RT  
**ELEVATION GAIN:** 365 m  
**TIME REQUIRED:** 3-4 hrs  
**DIFFICULTY:** Moderate



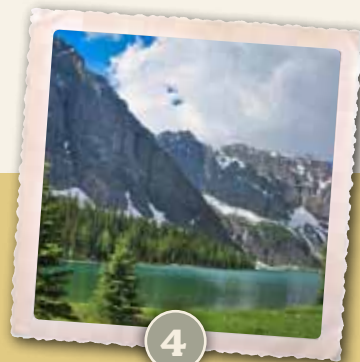
3

## Johnston Canyon & Ink Pots

An interpretive walkway follows the edge of Johnston Canyon – at times clinging to the walls of the canyon itself (handrails are included!) – leads hiker to the cascading waters of the Lower and Upper Falls. Continue beyond the falls to the Ink Pots, a series of small, aqua-tinted mineral pools. This hike is open in winter as well, but may require the use of ice cleats, available for rental in Banff.



**DISTANCE:** 11.6 km RT  
**ELEVATION GAIN:** 215 m  
**TIME REQUIRED:** 3-4 hrs  
**DIFFICULTY:** Moderate



4

## Taylor Lake

The hike to Taylor Lake involves a steady climb up switchbacks through a fairly dense forest of lodgepole pine and spruce trees, but is well worth the effort. Close to the lake's outlet, the trail gives way to a beautiful meadow – a perfect spot to stop for lunch and enjoy the scenery.



**DISTANCE:** 12.6 km RT  
**ELEVATION GAIN:** 650 m  
**TIME REQUIRED:** 4-5 hrs  
**DIFFICULTY:** Moderate

Photo Credits: Stefanie Gignac/Parks Canada (#2, #4), Jonathan Mueller (#3)

## BANFF TO LAKE LOUISE



Signature Experience  
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**Canada**  
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 Expérience distinctive



## JOHNSTON CANYON ICEWALK

Discover Banff Tours

A canyon full of rushing water in summer, Johnston Canyon freezes in winter to form sparkling walls of ice. Formed by ancient glaciers, this is a spectacular geological landmark that is well worth the visit on a guided tour.

[info@banfftours.com](mailto:info@banfftours.com)  
[www.banfftours.com](http://www.banfftours.com)



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## LAKE LOUISE

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Located 45 minutes from the Town of Banff, Lake Louise has become symbolic of the quintessentially Canadian mountain scene. This alpine lake, known for its sparkling blue waters, is situated at the base of impressive glacier-clad peaks that have long been at the heart of Canadian mountaineering. The scenic hikes and golden fall-time larches at Lake Louise, as well as the historic teahouses accessible along the way, are some of the most popular attractions in the Canadian Rockies.

### 1 *Lake Louise Shoreline*



**DISTANCE:** 4 km RT  
**ELEVATION GAIN:** 0 m



**TIME REQUIRED:** 1-2 hrs  
**DIFFICULTY:** Easy

Open year-round, this paved pathway is a pleasant walk accessible to all ability levels and offers perfect views of the glacier-fed waters that have made Lake Louise so famous.

In summer, the blue and green hues of this alpine lake, and other lakes in the Canadian Rockies, are created by the glacial silt in the water.





## Lake Agnes Teahouse

The hike to Lake Agnes and the historic teahouse situated on its shores is a relatively easy hike up forested switchbacks. A beautiful waterfall flows out Lake Agnes just below the teahouse, where you can enjoy a cup of tea and fresh piece of pie as a reward for your efforts.



**DISTANCE:** 7 km RT  
**ELEVATION GAIN:** 390 m  
**TIME REQUIRED:** 3-4 hrs  
**DIFFICULTY:** Moderate



## Saddleback Pass

The hike to this gap between Mt. Fairview and Saddle Peak promises stunning views of the 11,000-foot Mt. Temple and, like many locations in the Lake Louise area in fall, the stunning gold shimmer of alpine larches. Scramble up Saddle Peak to enhance your views of Mt. Temple and Paradise Valley below.



**DISTANCE:** 7.4 km RT  
**ELEVATION GAIN:** 600 m  
**TIME REQUIRED:** 3-4 hrs  
**DIFFICULTY:** Moderate



## Plain of Six Glaciers

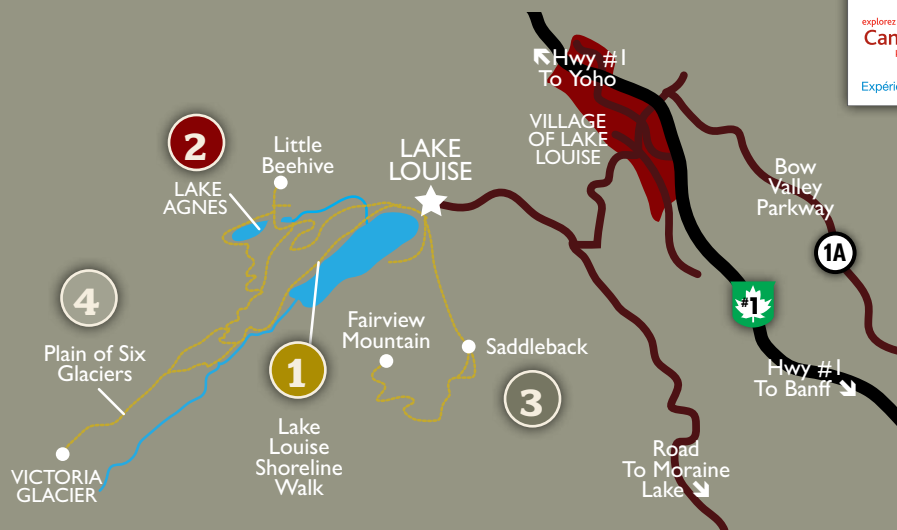
By far one of the most scenic hikes in the Canadian Rockies, the Plain of Six Glaciers hike offers expansive views of the impressive mountain features that surround Lake Louise, including Mt. Lefroy, Mt. Victoria and the Victoria Glacier. After your steady hike up, enjoy a snack at the Plain of Six Glaciers Teahouse.



**DISTANCE:** 10.6 km RT  
**ELEVATION GAIN:** 380 m  
**TIME REQUIRED:** 4-6 hrs  
**DIFFICULTY:** Moderate

Photo Credits: Stefanie Gignac/Parks Canada (#3), Discover Banff Tours (#4)

## LAKE LOUISE



Signature Experience



Expérience distinctive



## FONDUE WITH A VIEW

Great Divide Nature Interpretation

Satisfy your craving for the wonders of nature and the chocoholic side of you at the same time. After a hike to a historic site near Lake Louise, you'll be rewarded with an awe-inspiring view, a warm fire and a decadent chocolate fondue complete with delicious fruit.

[info@greatdivide.ca](mailto:info@greatdivide.ca)  
[www.greatdivide.ca](http://www.greatdivide.ca)

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## MORaine LAKE

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With its indigo blue waters surrounded by the Valley of the Ten Peaks, Moraine Lake is another one of Canada's most iconic lakes. Located in the Lake Louise region at the end of a scenic road that steadily climbs to the Valley of the Ten Peaks, the lakeside view of Moraine Lake once graced the back of Canada's twenty dollar bill. The hikes in this region vary in length and difficulty and are most popularly experienced in the autumn when the larches turn to a vibrant, golden colour. Due to wildlife activity at certain times of year, hikers may be required to trek in a group of four or more.

### 1 *Moraine Lake Shoreline*



**DISTANCE:** 3 km RT  
**ELEVATION GAIN:** 0 m  
**TIME REQUIRED:** 1-2 hrs  
**DIFFICULTY:** Easy

The hike around the Moraine Lake Shoreline is the easiest way to appreciate the beauty of this famous alpine lake. A flat, easy trail weaves its way through shoreline trees and

offers extraordinary views of the Ten Peaks – a series of encircling summits all over 10,000 feet – that loom dramatically above.

**Tip:** If you've got extra time, hike up the Rock Pile for an alternative view of these indigo waters and the nearby Tower of Babel.





2

### Eiffel Lake

Hike to this beauty of a lake and reap the rewards of its spectacular setting. The magnificence of the turquoise-blue Eiffel Lake is greatly enriched by its surrounding – a desolate, rock-filled shoreline encircled by the famous Valley of the Ten Peaks and Eiffel Peak, which dominates the view to the North.



**DISTANCE:** 11.2 km RT  
**ELEVATION GAIN:** 405 m  
**TIME REQUIRED:** 4-5 hrs  
**DIFFICULTY:** Moderate



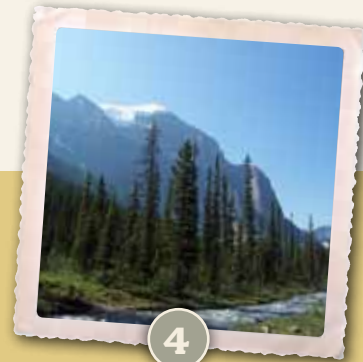
3

### Larch Valley/ Sentinel Pass

The hike into Larch Valley and Sentinel Pass is a must for any hiker wanting to have an experience that closely resembles the backcountry of Banff National Park. This moderate hike offers remarkable views of the Ten Peaks and, if you head up Sentinel Pass, the dreamlike vista of Paradise Valley.



**DISTANCE:** 11.6 km RT  
**ELEVATION GAIN:** 725 m  
**TIME REQUIRED:** 4-5 hrs  
**DIFFICULTY:** Moderate



4

### Paradise Valley

The name of this hike indicates the sublime nature of the landscape you'll pass through as you climb your way up to the other side of Sentinel Pass. This rigorous hike will take you to Lake Annette, situated under the North Face of Mount Temple, and eventually to the trail's highest point, where open views of Mt. Hungabee and the Horseshoe Glacier astound.



**DISTANCE:** 18.2 km RT  
**ELEVATION GAIN:** 400 m  
**TIME REQUIRED:** 7 hrs  
**DIFFICULTY:** Moderate

Photo Credits: Discover Banff Tours (#2), Lukas Prochazka (#3, #4)

## MORAINE LAKE



## FALL COLORS

Every autumn the larch trees in the Canadian Rockies put on a spectacular show as their soft needles turn from pale green to vibrant yellow, covering the upper mountains with a golden glow. There's a short window of time - about three weeks from mid-September to early October - to hike into larch country and revel in the fall colours. The best trails to enjoy the larch fall colors are Larch Valley (page 11), Eiffel Lake (page 11), Saddleback (page 9), Lake Agnes (page 9) and Taylor Lake (page 7).




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## ICEFIELDS PARKWAY

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National Geographic has rated the Icefields Parkway as one of the most scenic roads in the world. The Icefields Parkway is a journey through expansive mountain wilderness, ancient glaciers, sweeping valleys and mountain lakes of every shade of blue, and you can expect the same kind of scenery on the many trails that start right from the road. A variety of stops along the Parkway, such as Mistaya Canyon, offer short walks or roadside viewpoints, so keep your eyes open for other places to explore.

### 1 *Bow Glacier Falls*



**DISTANCE:** 9 km RT  
**ELEVATION GAIN:** 140 m  
**TIME REQUIRED:** 2-4 hrs  
**DIFFICULTY:** Moderate

up and over a surging canyon (well worth the quick visit!) before descending again to the rocky terrain at the base of the falls.





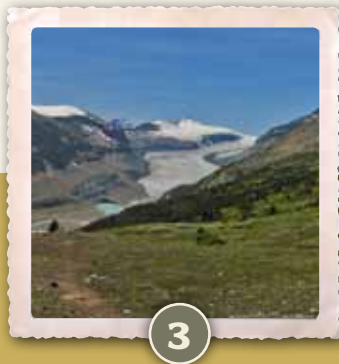
2

### Helen Lake

After a steady hike up through the forest, the Helen Lake trail emerges into an alpine wonderland that remains above tree line until you reach one of the Rockies' best lunch spots: Helen Lake. During a few weeks in summer, the resident marmots are joined by a stunning collection of colourful wildflowers.



**DISTANCE:** 12 km RT  
**ELEVATION GAIN:** 450 m  
**TIME REQUIRED:** 4-5 hrs  
**DIFFICULTY:** Moderate



3

### Parker Ridge

Viewed from below, the hike up Parker Ridge doesn't look like anything special. But, reach the top of this ridge and you'll see why it is a favourite hike along the Icefields Parkway. The crest of Parker Ridge offers awe-inspiring views of the Saskatchewan Glacier and the North Saskatchewan River flowing through the valley below.



**DISTANCE:** 4.8 km loop  
**ELEVATION GAIN:** 270 m  
**TIME REQUIRED:** 2 hrs  
**DIFFICULTY:** Easy



4

### Wilcox Pass

The views from Wilcox Pass are nothing short of remarkable, and as the tree line here is fairly low, you gain them quickly. The famous peaks surrounding the Athabasca glacier, including Mt. Athabasca and Snow Dome, dominate the panorama that unfolds atop this ridge. Look for a large rock cairn, which marks the highest point of the pass.



**DISTANCE:** 8 km RT  
**ELEVATION GAIN:** 335 m  
**TIME REQUIRED:** 3 hrs  
**DIFFICULTY:** Easy

Photo Credits: Stefanie Gignac/Parks Canada (#2, #3, #4)

## ICEFIELDS PARKWAY



Signature Experience  
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### COLUMBIA ICEFIELD GLACIER ADVENTURE

Brewster Travel Canada

On board a customized Brewster Ice Explorer "Snocoach" you can take a trip onto Athabasca Glacier and step out and walk safely on 10,000 year-old ice. Or sign up for a scenic two-hour guided walking tour to trek back in time along the Athabasca's retreating path.

[sightseeing@brewster.ca](mailto:sightseeing@brewster.ca)

[www.explorerochies.com/columbia-icefield](http://www.explorerochies.com/columbia-icefield)

ICEFIELDS PARKWAY

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# HELI HIKING AND BACKCOUNTRY EXPERIENCES

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## **Heli Hiking**

For an unparalleled, birds-eye view of the Canadian Rockies, helicopter tours are available for sightseeing and begin in the mountain areas neighbouring Banff National Park. Tours can be combined with a guided hike, giving you a convenient and scenic way to access the world-class trails available in the elevated wonderland of the backcountry. Helicopter-accessed, multi-day backcountry experiences are also available.

## **Backcountry Experiences**

The Canadian Rockies offer some of the best backcountry hiking in the world. A network of trails leaves right from roadside parking lots and takes you up and over high passes to remote and wild settings. Getting off the beaten track has its rewards for trekkers willing to put in the effort: a crowd-free, serene hiking experience in a world-famous landscape.

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## **High Flying Summer Adventures**

### **CMH HELI-SKIING & SUMMER ADVENTURES**

Gain exclusive airborne access to pristine trails and routes inaccessible by road. Get butterflies travelling across mountainous terrain in a helicopter. Follow seasoned mountain guides along high ridges and glacial moraines, and across flowery meadows. Stay at a spacious luxury alpine chalet with spectacular mountain views. Indulge in massage service, a sauna and a rooftop hot tub. Relax with a book on the patio and soak up the panoramic views of glacier-draped peaks.

*[info@cmbinc.com](mailto:info@cmbinc.com) • [www.cmhsummer.com](http://www.cmhsummer.com)*

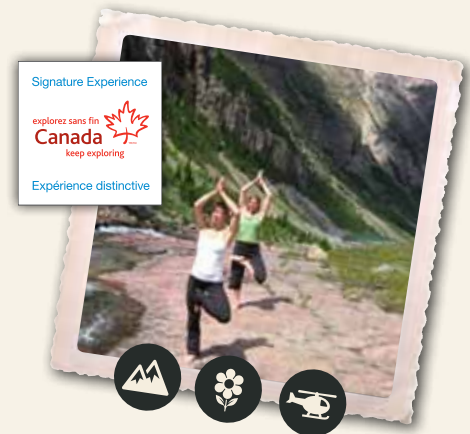


## Soaring Spirit Heli-Yoga

### ICEFIELD & KANANASKIS HELI TOURS

If health and fitness are your objective why not add a spectacular alpine location as an inspirational backdrop. Slow your pace, calm your mind, stretch your body, and inhale exquisitely fresh mountain air. Yoga will focus your mind and open your senses so you fully savor the sights, sounds and smells of nature in an outstanding mountain landscape. Reach up to the sky and balance on the earth in this gentle yet deeply satisfying session for all abilities.

[frontdesk@icefieldheli.com](mailto:frontdesk@icefieldheli.com) • [www.icefieldheli.com](http://www.icefieldheli.com)



## Mount Charles Stewart Heli-Hike/Alpine Walk

### ALPINE HELICOPTERS LTD./ WHITE MOUNTAIN ADVENTURES

Join an experienced guide for a half day or full day heli-hike that begins with a helicopter flight from Canmore and is followed by a drop-off in a remote alpine location.

Explore a wonderful world above treeline full of alpine wildflowers, lingering snowfields, and wildlife such as bighorn sheep, marmots and pika. The views are spectacular in all directions and you can choose from three different levels of hiking difficulty.

[canmore@alpinehelicopters.com](mailto:canmore@alpinehelicopters.com) • [www.alpinehelicopters.com](http://www.alpinehelicopters.com)



## Wapta Traverse Hut to Hut Trekking

### YAMNUSKA MOUNTAIN ADVENTURES

Not many hikes involve glacier travel - this one does. North of Lake Louise in Banff National Park a series of gentle Icefields stretch for miles across the Great Divide of the Canadian Rockies. Known collectively as the Wapta Icefields they provide a unique opportunity for fit walkers and hikers to enjoy amazing mountain scenery normally reserved for mountaineers. This unique program is ideal for those hikers wanting a more casual mountaineering experience without sacrificing the scenery.

[info@yamnuska.com](mailto:info@yamnuska.com) • [www.canadianrockieshiking.com](http://www.canadianrockieshiking.com)



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## BACKCOUNTRY LODGES

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Leave the tent, sleeping bag, cooking utensils and the dehydrated food at home. Backcountry luxury is really the best of both worlds in Banff National Park. Visualize a cozy wooden lodge with smoke feathering out the chimney or a private log cabin to call your very own. Tea is waiting, a feather duvet on the bed promises a restful sleep, and the morning brings a hearty breakfast to energize you for the day ahead.



### ***Brewster's Shadow Lake Lodge***

Situated in the high alpine meadows of Banff National Park, Brewster's Shadow Lake Lodge is a luxurious backcountry retreat nestled amidst glaciated peaks along the Continental Divide. This backcountry experience includes cozy private log cabins and down duvets, gourmet meals and an outdoor sauna. It is accessible via hike starting from the Redearth Creek trailhead.

*info@shadowlakelodge.com • [www.shadowlakelodge.com](http://www.shadowlakelodge.com)*

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### ***Skoki Lodge***

Leaving from the Lake Louise Ski Area, an 11-kilometre hike into this premiere backcountry destination in Banff National Park takes you to Skoki Lodge. A UNESCO World Heritage Site, this authentic mountain log cabin is the perfect base for outdoor exploration. Skoki Lodge offers a luxury backcountry experience with private log cabins, a cozy main room for reading by the fire and the best menu you could ever ask for.

*info@skoki.com • [www.skoki.com](http://www.skoki.com)*

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### ***Sundance Lodge***

A 16-kilometre hike along the Brewster Creek Trail brings you to Sundance Lodge, cozy backcountry accommodations nestled at the base of the Sundance Range. With 10 sleeping rooms, a large country kitchen, hot showers and a cozy living room area, Sundance Lodge will treat you with hearty, home-cooked meals and fresh-from-the-oven baked goods.

*warner@horseback.com • [www.horseback.com/sundance.html](http://www.horseback.com/sundance.html)*

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## DINING, SHOPPING & ACCOMMODATIONS

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### **Accommodations**

Banff National Park prides itself not only in its scenery but also in the variety and quality of available accommodations. Whether you're peeking out from a tent flap, out the window of a mountain lodge or off the veranda of a lavish hotel, the surrounding views will make you rub your eyes in disbelief. Make yourself at home at one of the local hotels, motels, bed & breakfasts or mountain lodges or, if you're looking to get closer to nature, get cozy at a tent or RV campsite or stay a few nights at a backcountry lodge. Luxury accommodations, featuring world-class dining, spa facilities and stunning views, are also available in both Banff and Lake Louise.

### **Dining**

This destination has attracted some of the very best in Canadian and internationally inspired foods, also known as Canadian Rocky Mountain Cuisine. Many restaurants help you sample the regional fare, bringing in organic and sustainably sourced Alberta beef and bison, fine cheeses

and wines. If you're in the mood for sushi, Thai, Mexican, Swiss fondue or kicking your heels at a local dance club, you've got more than enough choices to try. Various hotels and restaurants offer menus that cater to the needs of international travellers, who prefer to eat more ethnic foods, including Indian, Chinese and Japanese dishes.

### **Shopping**

If you're looking to shop, both Banff and Lake Louise have vendors to help you gear up for your next adventure, buy a perfect souvenir from a boutique shop or a piece of art from a first-class gallery. With the assortment of shopping experiences in in these mountain towns, you're sure to find something special to remind you of your trip to the Canadian Rockies.

## ICONIC CANADIAN HERITAGE

### *Fairmont Hotels and Resorts*

Imagine yourself a turn of the century railway baron at the European inspired Fairmont Chateau Lake Louise, nestled amidst the Rocky Mountains on the shores of the world's most famous emerald glacier lake. Ask about the rich history of the Banff Springs, the renowned "Castle in the Rockies", a National Historical Site located in the heart of Banff National Park.

**The Fairmont Banff Springs:**  
[banffsprings@fairmont.com](mailto:banffsprings@fairmont.com)  
[www.fairmont.com/bsh](http://www.fairmont.com/bsh)

**The Fairmont Chateau Lake Louise:**  
[chateaulakelouise@fairmont.com](mailto:chateaulakelouise@fairmont.com)  
[www.fairmont.com/cll](http://www.fairmont.com/cll)





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## LOCAL PROVIDERS

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### **Alpine Adventure Guide**

Small independent guiding company which offers personalized trips. By keeping group numbers small it allows us to provide you with a more memorable experience.

*info@alpineadventureguide.com*  
*www.alpineadventureguide.com*

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### **Alpine Helicopters**

Guides are provided by partner company White Mountain Adventures. Choose between a leisurely down slope stroll in the alpine meadows overlooking Lake Minnewanka or a more aggressive path.

*canmore@alpinehelicopters.com*  
*www.alpinehelicopters.com*

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### **Banff Top Tours**

Guided hiking tours for small groups offering unique nature experiences. Japanese and English speaking guides available.

*info@banfftoptours.com*  
*www.banfftoptours.com*

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### **CMH Summer Adventures**

Two to six day heli-hiking trips based from luxurious remote backcountry lodges. Each day guests are flown daily by helicopter to stroll, hike, explore or mountaineer in high alpine meadows, dramatic ridgelines, and ancient glaciers.

*info@cmhinc.com*  
*www.cmhsummer.com*

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### **Discover Banff Tours**

Four tour locations, each having its own charm and challenges. Every tour includes hotel pick up and drop off, a hearty packed lunch and use of hiking poles if you need them.

*info@banfftours.com*  
*www.banfftours.com*

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### **EcoYoga Adventures**

Experience Banff National Park through yoga, hiking, and meditation. With EcoYoga you can revel in spectacular mountain scenery, explore secret hiking trails and find peace through walking meditation.

*ronna@ecoyoga.ca*  
*www.ecoyoga.ca*

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## **Great Divide Nature Interpretation**

Interpretive guided walks and hikes that feature an equal mix of fun and knowledge. Breathing in clean mountain air while hiking against the dramatic backdrop of Banff National Park.

[info@greatdivide.ca](mailto:info@greatdivide.ca)  
[www.greatdivide.ca](http://www.greatdivide.ca)

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## **Icefield Heli Tours**

Paradise you can fly to - beautiful alpine and subalpine landscapes, carpets of wildflowers, lakes, waterfalls and snowy peaks, the sunniest slopes of the Canadian Rocky Mountains, and more wildlife than hikers.

[frontdesk@icefieldheli.com](mailto:frontdesk@icefieldheli.com)  
[www.icefieldheli.com](http://www.icefieldheli.com)

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## **Kananaskis Heli Tours**

With different areas to hike, we tailor trips to all schedules and abilities from gentle walks to wild and demanding adventures. Walk on meadows, over rock, and step across creeks, all with panoramic views.

[info@kbheli.com](mailto:info@kbheli.com)  
[www.kbheli.com](http://www.kbheli.com)

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## **Lake Louise Sightseeing Gondola & Hiking Adventures**

Hiking opportunities in the alpine, at the top of the Summer Gondola, with picturesque view of its world renowned surroundings, and access to the award winning Wildlife Interpretation Centre.

[www.lakelouise gondola.com](http://www.lakelouise gondola.com)  
[info@skilouise.com](mailto:info@skilouise.com)

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## **Nature in Focus Hiking**

Customized private guided hikes for small groups, families or single individuals. Trips are designed around clients' fitness levels, interests and preferences.

[info@natureinfofocus.ca](mailto:info@natureinfofocus.ca)  
[www.natureinfofocus.ca](http://www.natureinfofocus.ca)

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## **The Fairmont Chateau Lake Louise Heritage Guide Experience**

Relive the experiences of early adventurers with the award winning guided Mountain Heritage program. From casual walks around the lake, to hiking and mountaineering the tallest peaks.

[cll.concierge@fairmont.com](mailto:cll.concierge@fairmont.com)  
[www.fairmont.com/CLL](http://www.fairmont.com/CLL)

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## **White Mountain Adventures**

Incredible summer walking, hiking, and heli-hiking adventures. Take the time to really experience them with your guide. You choose the date, time, trip length, and go at your own pace.

[info@whitemountainadventures.com](mailto:info@whitemountainadventures.com)  
[www.whitemountainadventures.com](http://www.whitemountainadventures.com)

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## **Yamnuska Mountain Adventures**

Surrounded by towering peaks and with excellent wildlife viewing opportunities, our trips strive to provide guests with an exceptional active mountain adventure.

[info@yamnuska.com](mailto:info@yamnuska.com)  
[www.canadianrockieshiking.com](http://www.canadianrockieshiking.com)

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