

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

**DAY 1**

**Arrive Calgary, Introductions and Welcome dinner**

Arrive in Calgary, in time to meet at our hotel at 5 p.m. We will gather in the lobby of our hotel for introductions and then go out together for a welcome dinner where we will continue getting to know each other and talk about our upcoming hiking adventure.

**Included Meals:** Dinner

**Accommodations:** Hampton Inn by Hilton Calgary Airport, or similar

**DAY 2**

**Wilderness Hostel and Hike Stanley Glacier**

After arriving at the Hostel, we will eat a quick lunch and get used to our new, gorgeous settings. When we feel ready, we'll drive to the nearby trailhead of Stanley Glacier to get our legs warmed up for the hiking days ahead. Upon the end of the trail, there will be sweeping views of the glacier and the valley; a photo-op moment! When we return back to the trailhead, we'll smile all the way back to the hostel. Once arriving, we'll get together for a group introduction to the hostel and dinner.

**Included Meals:** Breakfast, Lunch, Dinner

**Accommodations:** Castle Mountain Wilderness Hostel, Castle Junction

**Travel Time:** Driving (2 hours)

**Daily Activities:** Hiking (5.5 miles, 1,246 feet of elevation gain/loss)

**DAY 3**

**Hike the Plain of Six Glaciers in Banff National Park**

The Plain of Six Glaciers is an accurate name! From the forefront of the Lower Victoria glacier, six glaciers are visible. Passing through some of the most interesting glaciated scenery in Banff National Park, our trail rises from Lake Louise to a spectacular viewpoint at the base of Mount Victoria. The teahouse at the end of the trail was built in 1924 by Swiss guides who were employed by the railway to bring tourism to the area. The baked goods served there provide an extra reward for our hiking endeavors. Make sure to bring along some Canadian dollars to purchase delicious goods from the teahouse!

**Included Meals:** Breakfast, Lunch, Dinner

**Accommodations:** Castle Mountain Wilderness Hostel, Castle Junction

**Daily Activities:** Hiking (9 miles, 1,680 feet of elevation gain/loss)

**DAY 4**

**Guided Glacier Walk on Athabasca Glacier near Jasper National Park**

Today we'll see the Rockies from atop a glacier, one of the geologic forms that is responsible for carving out these majestic mountains. On our guided walk on the Athabasca Glacier in the Jasper area, we'll learn how to use crampons, which make walking on ice safe and enjoyable. We'll stop often to learn about the intricacies

Thabasca Glacier in the Jasper area, we'll learn how to use crampons, which make walking on ice safe and enjoyable. We'll stop often to learn about the intricacies; how glaciers are made, what moulins (glacier mills) are, what a crevasse is, how moraines are made, and much more. After our full day trip to the glacier we'll relax back at our hostel.

**Included Meals:** Breakfast, Lunch, Dinner  
**Accommodations:** Castle Mountain Wilderness Hostel, Castle Junction  
**Daily Activities:** Hiking (3 miles, 650 feet of elevation gain/loss)  
**DAY 5**

**Hike Iceline Trail with views of Takkakaw Falls and Yoho Valley**

Today will be more challenging, but waterfalls and vistas await us that are well worth the additional miles and potential river crossings we may encounter. In the morning we head for Takkakaw Falls, one of the most beautiful and dramatic falls in the Canadian Rockies as it plunges 850 feet over a rocky cliff. "Takakkaw" is loosely translated from Cree, meaning "it is magnificent." The Iceline trail is magnificent too! Our hike for the day on the Iceline trail offers simply spectacular vistas of the Yoho Valley. Scratched from glacial rubble, the trail follows a sensational line, contouring the edge of Emerald Glacier for 2 miles. Panoramic vistas of the Yoho valley (Yoho is from a Cree expression meaning awe and wonder) are our reward for venturing into this rocky domain.

**Included Meals:** Breakfast, Lunch, Dinner  
**Accommodations:** Castle Mountain Wilderness Hostel, Castle Junction  
**Daily Activities:** Hiking (11.2 miles, 2,525 feet of elevation gain/loss)  
**DAY 6**

**Visit Emerald Lake for a Day of Options or Relax at the Hostel**

Today is full of options! We will visit Emerald Lake where you can enjoy a peaceful hike around the sparkling blue-green water. If you want a longer hike, we will pick one of the many that leave from Emerald Lake. You may be interested in learning more about the Burgess Shale, famous well-preserved fossils over five hundred million years old, and attending a geology talk at the visitor center. Of course, relaxing at the hostel and exploring is also an excellent option.

**Included Meals:** Breakfast, Lunch, Dinner  
**Accommodations:** Castle Mountain Wilderness Hostel, Castle Junction  
**Daily Activities:** Hiking (Emerald Basin: 3-6 mile options, 854-1,200 feet of elevation gain/loss; Yoho Pass: 10 miles, 1,935 feet of elevation gain/loss; Lake Loop: 3.2 miles, 120 feet of elevation gain/loss)  
**DAY 7**

**Hike Sentinel Pass**

Of the major trails in the mountain parks, Sentinel Pass at 8,566 feet is the highest, making today's trek the most challenging of our trip. Sandwiched between two peaks, this barren pass offers us a glimpse into the world of mountaineers. Starting in the Valley of the Ten Peaks we walk above Moraine Lake to the beautiful Larch Valley and onto Sentinel Pass. After a picnic lunch at the pass we will turn around and head back along this beautiful trail. This hike feels long by the end but is so absolutely stunning that it is well worth tired feet.

**Included Meals:** Breakfast, Lunch, Dinner  
**Accommodations:** Castle Mountain Wilderness Hostel, Castle Junction  
**Daily Activities:** Hiking (7 miles, 2,457 feet of elevation gain/loss)

Day 8 Hike: Hike (2 miles, 175 feet of elevation gain/loss)  
**DAY 8**

**Hike Johnson Lake, Free Time in Banff, Return to Calgary**

After a leisurely morning, we will drive back to the city of Banff. Along the way we will stop to hike the Johnson Lake Loop, a lovely 2-mile hike with fantastic views of the iconic Mount Rundle. Once in town there are a number of possible things to do, including a visit to the famous Cave and Basin hot springs, a ride up the Sulphur mountain gondola, or a visit to the Whyte Museum. There will also be time to shop for last minute souvenirs. We will head back to Calgary for dinner and our final farewells.

**Included Meals:** Breakfast, Dinner

**Accommodations:** Hampton Inn by Hilton Calgary Airport, or similar

**Travel Time:** Driving (2 hours)

**Daily Activities:** Hiking (2 miles, 175 feet of elevation gain/loss)

**DAY 9**

**Depart Calgary Anytime**

We will be staying at an airport hotel, so you are free to depart at any time. Calgary is a thriving metropolis, and you might want to spend time touring the city before heading home.

**Included Meals:** Breakfast