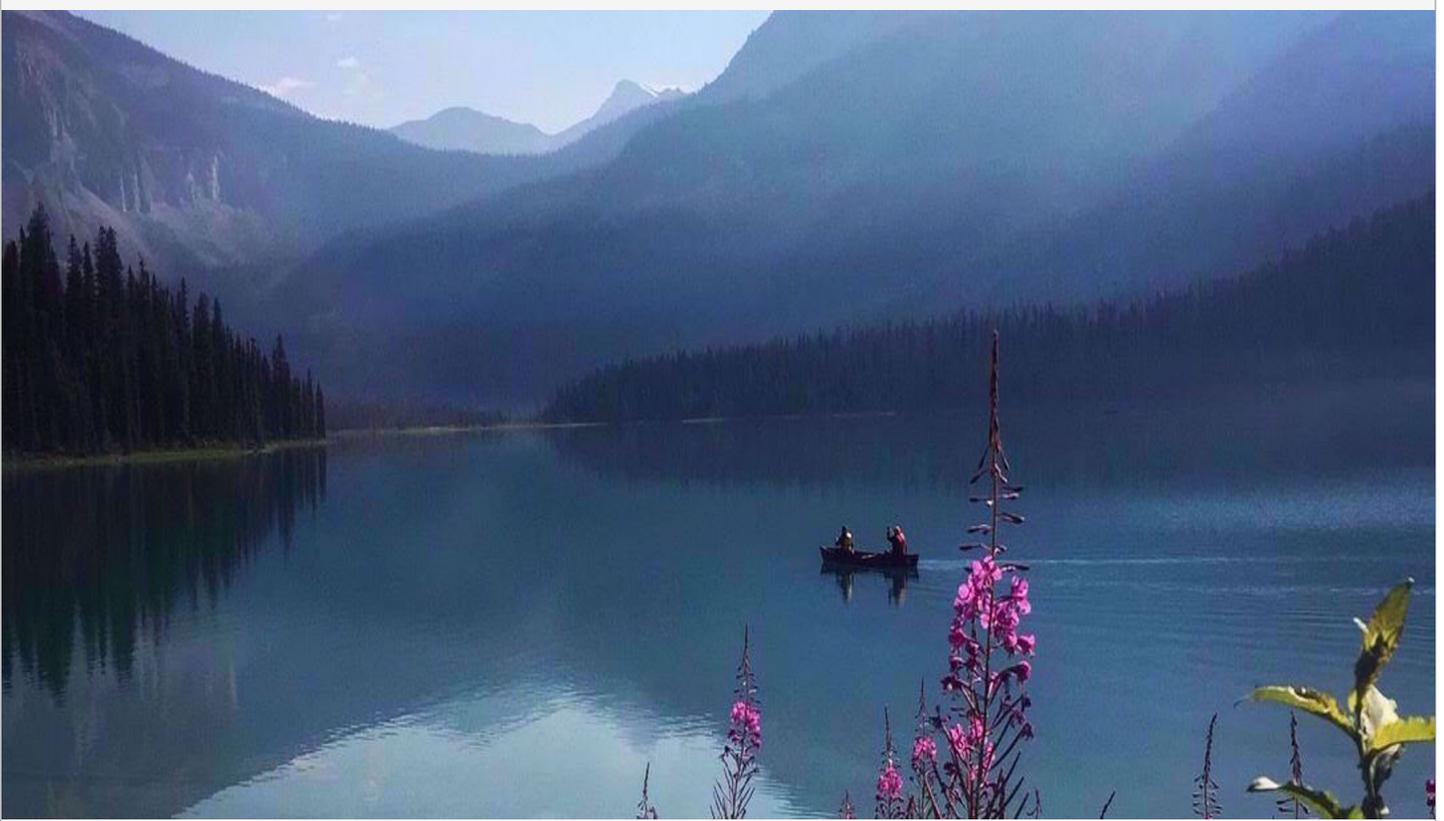




**ADVENTURES**  
IN GOOD COMPANY



## **CANADIAN ROCKIES HIKING HOLIDAY**

### **TRIP SUMMARY**

#### **HIGHLIGHTS**

- Being surrounded by stunning mountain scenery that is jaw droppingly beautiful
- Hiking well marked trails to glaciers, over passes, past waterfalls, and through forests of spruce, fir, and larch
- Walking in alpine meadows carpeted in an array of brightly colored wildflowers
- Visiting the town of Banff home of the Lake Louise Chateau
- Enjoying the camaraderie that staying in hostels makes possible

Phone: 877-439-4042

Outside the US: 970-833-3132

Email: [info@goodadventure.com](mailto:info@goodadventure.com)

## TRIP AT A GLANCE

<b>Location:</b>	Banff and Yoho National Parks, Canada
<b>Activities:</b>	Hiking
<b>Arrive:</b>	Arrive at our hotel (Holiday Inn Calgary-Airport) by 5 p.m. on Day 1
<b>Depart:</b>	Depart Calgary anytime (Holiday Inn Calgary-Airport has a free shuttle) on the last day

### TRIP OVERVIEW

The Canadian Rockies offer some of the most varied and scenic hiking anywhere in the world. This vast area features amazing mountain formations, ice capped peaks, glacially fed aquamarine lakes, and sparkling glaciers. Alpine meadows carpeted in bright wildflowers add color to an already stunning landscape, and forests of spruce, alpine fir, and larch add their sweet scent to the clean air. Hiking opportunities are practically unlimited so we've chosen the best of the best for our active exploration of this fabled land. Maximum group size: 12

### RATING

This trip is designed for women who enjoy hiking in the mountains surrounded by breathtaking scenery. We will be hiking 8 - 11 miles a day in hilly terrain with significant ascents and descents. One descent is especially steep and rocky. Previous hiking experience is extremely useful, as is having a sense of adventure, a desire to spend time in the mountains, and a good level of physical fitness. A rating of 4 requires aerobic conditioning for at least 40-50 minutes 4-5 times a week. Additional endurance exercise (e.g. going for a 2-hour hike once a week) and/or strength training is appropriate. **Rating:** 1 2 3 [4](#) 5.

### WHAT'S INCLUDED

- 1-2 guides based on group size, 1 local and 1 AGC guide
- Eight nights lodging in hostels and hotels
- All meals from dinner on Day 1 through breakfast on Day 9 with the exception of one lunch. We will go out to restaurants for a few meals and cook in the hostels for most other meals.
- Round-trip transportation from Calgary to the Parks
- Park entry fees

**Not included:** Travel to and from Calgary, one lunch, alcoholic beverages, guide gratuities and travel insurance

## OUR ITINERARY

Below is the itinerary we have planned 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.

## ADDITIONAL TRIP INFORMATION

### GETTING THERE

There is a free shuttle from the Calgary airport (YYC) to the Holiday Inn Calgary Airport, 1250 McKinnon Drive, (403)230-1999. Once you arrive at the airport and have your luggage you can call the hotel (403)230-1999 to request the shuttle. To meet the shuttle leave the airport from door #4 and go to Bay #17. The shuttle will meet you there. There is also a courtesy phone at Bay #17 that you can use to contact the hotel and request the shuttle. There is also a shuttle from the hotel to the airport that runs every 30 minutes except after midnight – 6 a.m. every 45 minutes.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exito, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

### GETTING HOME

At the end of the trip we will return to the Holiday Inn Calgary-Airport. They have a free airport shuttle. You will want to schedule it when you arrive from Banff (the night before you fly out).

### ACCOMMODATIONS

While in the Parks, we will stay at the Castle Mountain Wilderness Hostel which we will have to ourselves. Within view of the iconic Castle Mountain, the hostel gives you a taste of wilderness living with some of the comforts of home, like a cozy lounge with a wood-burning stove. [Castle Mountain Wilderness Hostel](#) Half way between Banff and Lake Louise. At the beginning and end of the trip we'll spend the night at a hotel near the Calgary airport with a free airport shuttle.

## TRAVEL INSURANCE

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit [www.travelexinsurance.com](http://www.travelexinsurance.com) or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

## CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

[Click here for our Cancellation & Payment Policies and Booking Terms & Conditions.](#)