

## Canadian Parks Walk



### Tour Overview

On the first day, the trail at Paul Lake Provincial Park offers a lovely setting for a chance to get acquainted, while loosening those legs for the rich variety of trails that lie ahead. Fill the next three days with some fine walks and hikes like Maligne Canyon, Bald Hills, Opal Hills, and Five Lakes, that define the utter serenity of Jasper National Park.

Leaving Jasper for Banff National Park, witness one of the world's most beautiful drives, the Icefields Parkway, and experience some of its jewels close up. Walk along the brink of Sunwapta or Athabasca Falls, explore the Athabasca Glacier on our included, guided tour, and stand in awe high above the powder-blue Peyto Lake. We have three days to explore the incredible diversity of this splendid national park. Consider hiking to one of the famous teahouses near the Plain of Six Glaciers or Lake Agnes. Both offer spectacular views of the surrounding mountain scenery, while the extra effort required to reach Plain of Six Glaciers will be soon forgotten when you are photographing the nearby glacier. Hike through Sentinel Pass to the startling views of Lake Moraine or take the easier route and just stroll the shoreline. Revive those muscles with a soak in Banff's naturally heated hot pools, before you rent a canoe, get back on the trail or just enjoy the views of this wondrous park.

Heading into Yoho National Park, consider getting your feet wet whitewater rafting on the Kicking Horse River. Yoho also offers one of the world's great one-day walks, the Iceline Trail (conditions permitting). For an easier, but still glorious day, walk to the base of Takakkaw Falls and relax under a pine tree as the highest waterfall in the Canadian Rockies free falls over 300 metres. No matter what the option chosen, all will agree that Yoho National Park is wild and wonderful. It's Canada at its very best!

Leaving Yoho we head back towards civilisation, visiting British Columbia's Provincial Park en route for one last beautiful trail. The next day is spent at Canada's west coast and one of North America's most vibrant and livable cities, Vancouver. Take in the magnificent skyline from the footpaths of Stanley Park and stroll along English Bay Beach at sunset. Top off the evening with dinner and some nightlife in historic Gastown, before returning to the Emerald City, Seattle.

### Tour Itinerary

Departs our Seattle Hotel at 0730hrs

- 1 Seattle >> Paul Lake PP
- 2 Jasper NP
- 3 Jasper NP
- 4 Jasper NP
- 5 Banff NP
- 6 Banff NP
- 7 Banff NP
- 8 Yoho NP
- 9 Yoho NP
- 10 British Columbia PP
- 11 Vancouver
- 12 Vancouver >> Seattle

(HP) = Hotel night included in the price

### Included Highlights

- ✓ Guided glacier trekking tour
- ✓ Scenic day walks/hikes in Paul Lake, Jasper, Banff, Yoho, British Columbia
- ✓ Sightseeing in Vancouver and Seattle
- ✓ National and provincial parks – Paul Lake, Jasper, Banff, Yoho and British Columbia
- ✓ All meals whilst camping
- ✓ 2 Professional tour leaders, camping fees/equipment and transportation

### Is This Tour For Me?

A marvellous diversity of natural wonders are found throughout this trek...from Jasper's mountains, Banff's Athabasca Glacier and Yoho's Emerald Lake you will be amazed.

### Tour Matrix

Please find below our Tour Matrix, designed to rate the focus of this tour. We hope this will help you to choose the tour that is right for you.

Canadian Parks Walk	Mild Focus	Moderate Focus	High Focus
National Parks Visited			
City Sights			
Activities			
Hiking Opportunities			
Adventure Level			
Fun, Freedom & Flexibility			

# Canadian Parks Walk Tour Information

## DESTINATIONS

Please find below more detailed information on the destinations this tour visits. In alphabetical order:

**Banff National Park** - Located in the heart of the Canadian Rockies, Banff National Park is an outdoor enthusiast's paradise with opportunities for hiking, canoeing, white water rafting, mountain biking, or a ride up the gondola to the top of Sulphur Mountain. There is nothing better after a hard day of fun than a soak in the Sulphur Mountain Hot Springs.

**Jasper National Park** - One of the Canadian Rockies' largest National Parks, Jasper is much less developed than other areas of Western Canada. The park's tourist focus, Jasper Townsite, is a relaxing alternative to the resorts lying to the south. Jasper offers many nearby attractions such as Maligne Lake, the Miette Hot Springs, Mt. Edith Cavell and the Icefields Parkway.

**Paul Lake Provincial Park** - Nestled in a mixed forest of Douglas-fir, pine and aspen this is a popular area for bird-watching, with osprey, swallows, and white-throated swifts. The park protects habitat for the falcon, white-throated swift, bald eagle, coyote and mule deer. Offered within the park itself is a large campground and over seven kilometres of hiking trails.

**Seattle** - Seattle is the northwest's largest city and the region's commercial, cultural and industrial hub. In 1962 Seattle hosted the world's fair which resulted in the construction of the Space Needle whose silhouette peaks the city's skyline. Seattle's position on the Puget Sound provides stunning waterfront views.

**Vancouver** - On the edge of the Canadian wilderness lies the metropolitan city of Vancouver. Native American culture is still present here evident by totem poles in the famous Stanley Park. You can roller blade, bicycle or stroll the many shops of the popular Gastown, before enjoying an evening out on the town.

**Yoho National Park** - Overshadowed by the neighbouring parks of Banff and Jasper, Yoho is the hidden gem of the Canada Parks system. A photographer's dream, you will be able to hike amongst Yoho's pristine alpine landscape offering up mountains, lakes and waterfalls for your enjoyment and amazement.

PLEASE NOTE: On this tour, the second leader will be locally-based and certified by the Canadian Park Service to guide the group in Jasper, Banff and Yoho National Parks. (Days 1-2 and 11-13 are guided by only one leader).

## ARRIVAL / DEPARTURE HOTELS

Our arrival and departure hotels are conveniently located and serve as your tour's start and end points. Rooms are comfortable and spacious, with two double beds and en-suite facilities. They make good bases for sightseeing and offer an opportunity to informally meet with your fellow trekkers.

The tour begins at 07:30hrs in the hotel lobby, where you will meet your group and tour guide. You should have packed your bags and eaten breakfast so that you are fresh and ready to start the journey.

The tour ends between 17:00-18:00hrs on the final day. Please do not reserve flights until at least 21:00hrs or the following day.

If you would like to reserve additional nights in our hotel before or after the holiday, or if you would prefer to have your own room throughout, please contact our sales team for additional information and associated costs.

## CAMPING ACCOMMODATION

Camping allows us to stay in the heart of the most breathtaking natural scenery, away from fast food outlets and the encroaching development; and Grand American Adventure's experienced tour leaders and top quality equipment will surely enhance your experience.

Your comfort is important to us and we know that starts with using high quality camping gear. We only use top of the range, spacious two-person tents and thick (air/foam-filled) sleeping pads to ensure your evenings are comfortable and restful. Sturdy camp chairs are often available for those evening chats as the group prepares delicious meals (using state of the art camping stoves). All you need to bring is a warm sleeping bag and a sense of adventure and you will be sure to enjoy the trip of a lifetime!

Nearly all of our local campgrounds provide modern conveniences and amenities such as hot showers (paid locally approx \$2) and flush toilets; whilst others will have swimming pools, shops and launderettes. On special occasions, our groups may utilize rustic, wilderness sites in order to fully appreciate more remote areas' natural surroundings. That said, waking up at camp to the smell of fresh brewed coffee provides a truly intimate natural experience and one that eludes conventional tourists.

**A sleeping bag is required for this tour.** Make sure your sleeping bag is warm enough for the time of year you are travelling.

## FOOD & DRINK

Grand American Adventures include all meals while camping (alcohol/drinks purchased locally) and you will be sure to create and enjoy regular international dinner parties on the road. Incidentally, our professional guides are great in the kitchen and they will assist the group in preparing delicious, healthy meals so that you can take the path less travelled... with a full stomach.

We prepare plenty of good fresh food on our camping trips and anticipate hearty eaters. Breakfasts often include fresh fruits and cereal, toast, juice, coffee or tea. Fried bacon or sausage, pancakes or eggs may also be available on more leisurely mornings. Lunches are typically picnic style and consist of a selection of delicatessen meats, cheeses and salads. Dinners are filling and main dishes include pastas, grilled meats/chicken/fish, as well as regional specialties such as Mexican fajitas or BBQ's and are accompanied with cooked vegetables or fresh salads.

Meals consist of a variety of balanced dishes and, aiming for universal appeal, we avoid highly spiced foods. Vegetarians are certainly welcome and are always accommodated. Please let us know of any dietary concerns at the time of booking.

On occasion, meals are taken in local restaurants where passengers pay individually for food and drinks en route. Average breakfasts cost from \$6-\$12, lunches from \$8-15 and dinners from \$13-\$30; this does not include alcoholic beverages. Wine costs approximately \$5 per glass and beer \$3 per bottle. Please be aware that a tip of approximately 20% is added to group meals in restaurants in North America and applicable taxes will also be added to all listed menu prices.



# Canadian Parks Walk Tour Information

## GROUP PARTICIPATION

An essential part of a Grand American Adventures camping holiday is helping out around the campsite. Our tents are easy to set up and with guidance from your tour leader, everyone will assist with the setting up and packing of the campsite. As a team, it only takes approximately 20 minutes before setting up your "home with a view" in the great outdoors!

Your tour leaders will organize daily activities and guided hikes, as well as coordinate and assist the group when shopping for food, preparing the daily meals and washing up.

As this is a participatory trip, group members will assist with the preparation of meals and with the washing. That said, often the best meals on the road are created when individuals offer to cook up one of their specialties from home!

## GROUPS

The average group size is 12 passengers.

Passengers come from a range of countries worldwide (average of 4 nationalities per group) and many will be solo travellers. You will find you have many things in common with your fellow trekkers, including a passion for adventure and a strong interest in exploring the national parks.

Grand American Adventures tours are designed for adults over 18 years old. While most passengers are aged 25-55, every year we get many people both above and below this age range. All travellers over the age of 55 will be requested to complete a self-declaration of fitness.

## OPTIONAL ACTIVITIES/SPENDING MONEY

There are many opportunities for optional activities during the holiday. Your tour guide will organize these on your behalf and you will pay locally in cash. Featured activities and approximate prices are listed below:

★ Hiking opportunities	Included
★ Scenic helicopter flight	US \$180
★ Whitewater rafting	US \$60-90
★ Mountain biking	US \$55-75
★ Mountain gondola	US \$10-15
★ Canoe rental	US \$25-75

ATM/Cash points are widely available in all major cities and small towns. Please ensure that your credit or debit cards have international access and a PIN number to access your funds.

We recommend you take at least US \$35 dollars per day to cover local expenses, but it's better to bring more than you need rather than run short on tour. Your spending money needs to cover optional activities, film, souvenirs and snacks along the way.

Additionally, tipping is a way of life in North America and, whilst not compulsory, it is expected. We recommend a tip of approximately US \$5 per passenger / per day to be given in cash to your tour leader at the end of your holiday.

## CLIMATE & CLOTHING

Keep in mind that our dress tends to be informal. Take a practical selection of clothes for both warm and cool climates to suit the season. You may encounter a wide variety of temperatures en route due to altitude and unforeseen weather conditions - so be prepared! Make sure to pack a warm fleece and a waterproof jacket/coat in case of rain.

Approximate year-round temperatures are listed below.

## TRANSPORTATION

All of our private vehicles are designed to ensure your safety, comfort and enjoyment of the tour. In North America, our new 15-seater Fords feature raised ceilings for more headroom, individual captain seats for more comfort and an open centre aisle floor plan, making it easier when getting in and out at those many photo opportunities - during their first two years on the road they've proved incredibly popular. All our vehicles are equipped with CD stereo systems, often iPod-compatible, and air-conditioning, to make travelling a pleasure.

## PASSPORTS & VISAS

This tour visits the USA only and it is your responsibility to obtain the proper passport and visa(s). More details are provided in our Trek Tips pre-departure information at <http://www.trekamerica.com/trektips.html>

## HOW TO BOOK YOUR TOUR

Contact Grand American Adventures by telephone, email or via our website to check availability on the tour you want to join. We can normally hold you a seat on 'option' for up to 3 days to allow you time to finalise your flight arrangements and send us your booking form with a deposit payment.

If you are ready to book and pay your deposit, we have a secure, online booking facility where you can pay in most major currencies with a credit or debit card. Check availability early to avoid disappointment.

Check Availability at:

<http://www.trekamerica.com/grandamericanadventures.html>



# Canadian Parks Walk Tour Information

## PAST PASSENGERS SAY?

When asked, "what was the best part of the tour", passengers said:

*"Walking in remote locations."* - Marian from the UK

*"Interesting people, having fun, adventure, challenging hikes."* - Miriam from Germany

*"Awesome tour leader and local trekking guide. Wonderful scenic country".* - Larisa from Sweden

*"That we had the flexibility to do what we wanted."* - Michelle from Australia

## ALTERNATIVE TOURS

If you would prefer to join a different Grand American Adventures tour, we have several other camping tours and a variety of lodging, walking and specialty tours as well as family adventures for you to choose from. Click on the link below for more information.

<http://www.trekamerica.com/grandamericanadventures.html>

## ADVENTURE TRAVEL

All details are provided in good faith. Due to the nature of travel, this information can change and should therefore be taken as an indication only and not as a contractual obligation on the part of Grand American Adventures. If you have any questions, please contact us.

Average High / Low Temperatures in Celsius (°C)												
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Banff NP	6/-15	0/-12	3/-8	9/-3	14/1	18/5	21/7	21/7	16/2	10/-1	0/-8	-6/-14
Jasper NP	6/-16	-1/-12	7/-8	10/-3	15/2	19/6	22/8	21/7	16/3	10/-1	0/-9	-6/-14
Seattle	7/2	9/3	11/3	14/5	18/8	21/10	24/12	24/13	20/10	15/7	10/4	7/2
Vancouver	6/0	8/1	11/3	12/4	16/8	19/10	21/12	21/13	18/10	13/6	9/3	6/1

Celsius / Fahrenheit Conversions:    -10°C = 14°F    0°C = 32°F    10°C = 50°F    20°C = 68°F    30°C = 86°F    40°C = 104°F

