



# Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763  
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

## CLASSIC HIKES OF THE CANADIAN ROCKIES

8 Nights



### ABOUT THIS TOUR

Join us on a unique exploration of Canada's most pristine nature organized & led by Matt Butler, a former National Park Ranger & interpretive guide from the Colombia Icefield Region. We focus on Canada's most infamous National Parks in the Rocky Mountains, taking in breathtaking vistas every step of the way. The pace of travel is relaxed and our lodgings are center based in three wonderful mountain villages – plus a night in Canada's western cowboy city, Calgary! The opportunities to experience Canada's big game such as bear, elk, moose, mountain goat, big horn sheep, beavers, eagles and more will be explored in an environmentally sound way and Matt will introduce you to all aspects of the region's flora, fauna and culture. An introduction to Canada's most inspiring nature and for real insights of this pioneering culture, this trip has it all!



### WHAT TO EXPECT

Our days will be filled with pleasant visits to wonderful natural landmarks. You can choose between light strolls and/or informative hikes with Matt and some special guests. We will be active throughout the day – taking in plenty of fresh air and a wide range of stimulating visits! The general pace however will be easy going.

The *National Geographic* rates the Canadian Rockies one of the ten “must see” wilderness destinations in the world. Towering snow-capped peaks, enormous glaciers, serene glacial lakes, dramatic waterfalls and flowering alpine meadows provide breathtaking views and memorable experiences every day of this excursion.



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We'll stay in 3 and 4 star family run Inns in colorful mountain towns where creative artisan folk – inspired by mountain culture, share their culture and passion for the outdoors with us. Join us on this one-off unique journey of a lifetime and reconnect with nature in one of the world's most natural and pristine landscapes.



## ITINERARY

### DAY 1 - ARRIVAL CALGARY, ALBERTA

Welcome to Calgary, Canada's celebrated gateway to the Rockies and home of the 1988 Winter Olympics and



a unique cowboy culture second to none! No

activities planned today and you can relax in our 4 star city center hotel after your day of travel.

Tonight meet your leader, Matt as we celebrate our journey ahead with a Welcome Dinner. Hotel city center 4 star TBA

### DAY 2 - CALGARY CITY HIGHLIGHTS & JOURNEY TO THE ROCKIES

This morning we'll visit Calgary's principal highlights both on foot and by coach – offering a panoramic of

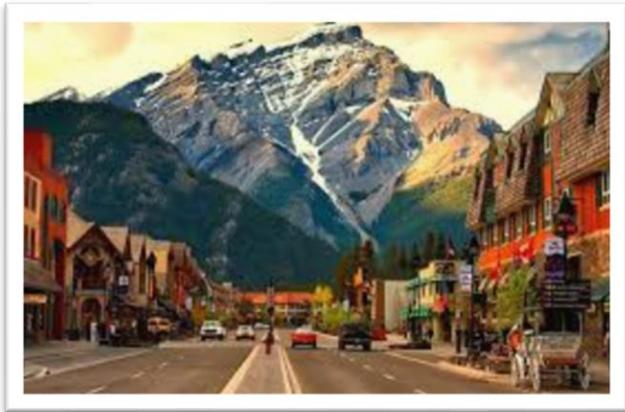
this thriving Canadian city's diversity and unique contributions on a global scale. From its origins as a western frontier to its success as one of Canada's wealthiest cities, Calgary has never lost its devotion to being a green city and one known for welcoming the world and standing for *all-things* Canadian! From Calgary we'll travel just over an hour to reach the Rocky Mountains and our base camp for 3 nights in Banff – the jewel of the Rockies. Hotel Irwin's Mountain Inn 3 stars <https://www.irwinsmountaininn.com/>, Banff Center. Breakfast and Dinner included.



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## DAY 3 - BANFF HIGHLIGHTS EXPLORATION DAY

Today we'll discover both on foot and using local transport, Banff's wonderful natural and cultural highlights. We'll visit the town center, its heritage museums and National Park Interpretive Center and some inspiring natural corridors. A highlight today is our gondola journey up Sulphur Mountain (7,400 feet), for incredible views of Banff National Park and opportunities and a longer interpretive hike with Matt

where wildflowers may be in abundance. Accommodation in same lodgings as previous night. Breakfast and Dinner included today. Reasonable and varied lunch options can be acquired in one of the many cafes on Banff Avenue before our Gondola Journey.



## DAY 4 - LAKE LOUISE & JOHNSTON CANYON (INCLUDING A BANFF NATIONAL PARK SCENIC DRIVE)



A wonderful day as we hop on our private coach to visit Canada's monumental Lake Louise where we can stroll the flat lake trail and/or hike further with Matt into the glacial moraine – admiring the incredible vistas from every angle! You can treat yourself to a beverage or snack in the famous Chateau Lake Louise, oozing with British Colonial charm or lose yourself on the lawns gazing at Mount Victoria – the backdrop to the lake itself. On our return journey we'll stop at Johnston Canyon to revel in this geological wonder and quite possibly see some of Canada's larger

mammals in their natural habitat. Accommodation in same lodgings as last night. Breakfast and a Packed Lunch included today. Tonight's dinner in Banff can be acquired at a number of the town's famous bistros.



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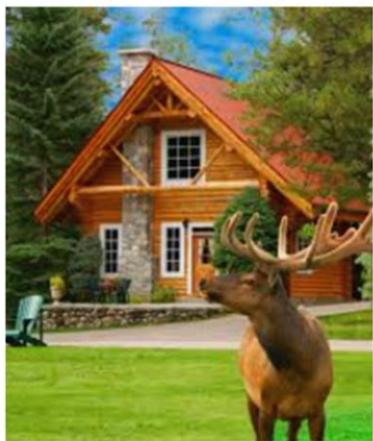
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## DAY 5 – JASPER & THE ICEFIELDS PARKWAY

Where Banff has stunning scenery, abundant wildlife and a history of pioneers, Jasper National Park has even more – with less people and more extreme wilderness! Jasper is delightful and the best way to experience the park is to drive the *Icefields Parkway*, one of the most attractive highways on the planet. Today we visit the Columbia Icefield and Athabasca Glacier and make a number of scenic stops on route to maximize our

experience in this incredible biosphere. At the Icefield's Center, options are available to tour the surface of the Athabasca Glacier by 'Snow Coach' or Matt will lead an interpretive hike to the toe of the glacier itself on foot for free. Expect a full day out, have your camera ready and comfy shoes on for a number of gentle, interpretive hikes throughout the day! Accommodation: 3 Star Jasper Inn or similar (town-based hotel). Breakfast and Dinner included.



## DAY 6 - JASPER FREE DISCOVERY / REST DAY

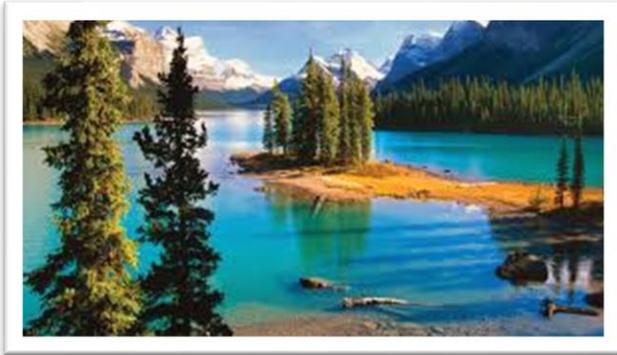
Jasper, Alberta is the perfect place to relax, self-explore or choose from a number of optional day trips and nature excursions operated by local specialists. Matt will lead an interpretive nature hike in the morning as an included option – leaving you free for the rest of the day to discover Jasper on your own! Optional visits might include: Guided excursion to Mt. Robson or Mt. Edith Cavell; Float trip down the Athabasca River; Ebike ride in the Athabasca Valley; Horse Riding at Pyramid Lake; Golf the famous Fairmont Jasper Lodge Course; visit the artisan galleries and try some truly local Canadian gastronomy and craft beers! Accommodation: Same as previous night. Breakfast only included today.



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## DAY 7 - JASPER NATIONAL PARK PANORMAIC DRIVE & MALIGNE LAKE

Maligne Lake, like Lake Louise is a treasure to behold and fortunately it escapes the mass numbers of tourists and remains a wonderful, natural place to visit. We'll spend time savoring the beauty of this picture perfect lake as well as visiting the jaw dropping Maligne Canyon where short, easy hikes bring us to exceptional viewpoints. Time permitting you can take an optional canoe paddle on Maligne lake and / or

enjoy a hike through 'moose' habitat with Matt! Be sure to have your camera ready – the drive down brings us through Grizzly country! Accommodation: Same as previous night. Breakfast, a Packed lunch and Dinner included today.



## DAY 8 - YOHO NATIONAL PARK

This morning we depart Jasper and return south on the Icefield Parkway (a journey you'll NEVER grow tired of). Our destination today is Yoho National Park, one of Canada's 4 great Rocky Mountain Parks and located in the province of British Columbia. We'll visit Panther Falls, walking a gentle boardwalk trail in pristine nature and time permitting make a visit to Emerald Lake – a name that speaks for itself! Today's adventure ends with a final transfer to Canmore, Alberta, the gateway to the Rockies where we have our final stay. Accommodation 3 Star

Canmore Inn & Suites. Breakfast & Farewell Dinner included.



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## DAY 9 – DEPARTURE DAY & TRANSFER TO CALGARY AIRPORT

This morning you'll awake one last time in the heart of the glorious Rockies, witnessing the 3 Sisters Peaks in the morning sunrise perhaps! After breakfast a transfer takes you direct to Calgary Airport (1 hour drive). Please note, the transfer will be for the group (not individual), so please book your departure flights for after 12 pm, or later if possible. Time permitting, Matt will lead an early morning stroll down Canmore's charming main street to the Bow River to capture some sunrise the beauty of the Rockies for the last

time. Breakfast only included today.

## TOUR INCLUSIONS

*8 Nights accommodation: 1 night in Calgary, 3 nights in Banff, 3 nights in Jasper, 1 night in Canmore*

*9 Days tour guided program*

*Meals as indicated on itinerary above (Beverages not included with exception of water)*

*Group Transfers via PRIVATE COACH as per itinerary*

*National Park visitor permits and authorizations*

*Attractions and entrance fees as per itinerary description*

*Guiding services of Matt from Adventurebug throughout*

*Tips for transfers and all provided meals & All local taxes*

## NOT INCLUDED

*Airfare to/from Calgary, Alberta, Canada*

*Beverages at meals other than water*

*Meals not in itinerary*

*Personal Trip Health and Cancellation Insurances*

*Additional transfers / shuttles apart from group transfers in the itinerary*

*Optional activities such as Glacier tour, rafting, canoeing, horse riding, etc on free day or during tour days*

*Entrance fees (where not included in itinerary), museum visits and other attractions*



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## Accommodations

We will be staying in comfortable, modern hotels of 3 and 4 star categories. All lodgings are 'town based' allowing you easy access to explore the local highlights easily and independently.

## Meals

All breakfast are included and will be either continental or buffet style. Some Packed Lunches are included and where not, can be purchased locally. The included dinners are normally at either the hotel or within the communities where we are staying.

## Meet Your Local GUIDE

*Matt Butler was born and raised in Canada. He was a former competitive cross country skier, competing at the National and International level and a as non-competitive forerunner for the Canadian Olympic Team in Calgary 1988. During his University years and beyond, he worked 9 seasons with Canada's Provincial & National Park service's – the last 5 postings were at the Columbia Icefield Center in Jasper National Park where he designed and led interpretive guide programs. He also worked in Public Safety Operations for Parks Canada and contributed to Educational programs and Park conservation efforts in relation to glaciology. He later lived and worked as a teacher in Malawi, China, Great Britain and Spain before retiring from the profession and returning to his roots - guiding and outdoor pursuits leadership training. Matt is the co-founder of Adventurebug Worldwide – an active holiday and training company as well as co-founder for Rifcom, a non-profit charity that works with disadvantaged communities in rural Morocco. He has published a hiking guide book for Spain and when not on projects, shares his home in Andalucia, Spain with his English wife Jules and their 3 children, Alejandro, Willow and Finley.*

## WEATHER & SAFETY CONCERNS

This trip is rated as easy to moderate physical output. The maximum altitude will be 7,600 feet but most days we are between 2 to 4,000 feet. July is a wonderful time in the Rockies with average highs around 70 F although some nights may reach freezing. Rarely we may experience light snow on some days at higher altitude and of course summer showers, but generally it's a summer trip much like the US Rockies climate but be prepared for 3 seasons! Aside from any personal medical problems, participants should be aware of the possibilities of low risk variables such as hypothermia, hyperthermia, insect bites, mild to moderate altitude sickness, dehydration, sun burn and other hot and cold related problems. You should regularly use sun screen and insect repellent, wear long sleeves and pants, take care to be adequately hydrated and bring water on all day trips as well as wind/rain gear, warm hat and gloves when at higher altitudes.

Please carefully read and sign the *ADVENTUREBUG Participant Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and contact us if you have any questions. Participants' understanding of these risks and adherence to our policies and procedures can contribute to making this experience rewarding.