

Trip Dossier for Canada – Indians, Glaciers & Rockies

Trip Code: FCIG Issue date: 5 Dec 2007 Valid from: 01 January 2008

Day 1 Depart London

Depart London for Calgary, arriving late afternoon. You'll be met and transferred to Canmore, the gateway to some of the most impressive conservation areas of the Canadian Rockies. The trip will follow in the early settlers' footsteps, following their trails past lakes and mountains, in a land of bears, mountain goats and elk. After checking into your accommodation (a ski lodge), this evening you gather at a nearby restaurant for an introductory briefing about the trip. **Lodge (breakfast)**

Day 2 Banff National Park

This morning you'll drive into Banff National Park, Canada's first national park and one of the most stunning. Glistening snow-capped mountains dive down into sparkling emerald-green lakes. Ice blue glaciers contrast with rich dark green pine forests that are broken up by rivers and alpine meadows; in the spring and early summer they are a paintbox of wildflowers. The park was established around thermal hot springs discovered by three railway workers in 1883 and now is world famous for its skiing as well as the stunning scenery. After setting up camp, you'll drive to Johnston Canyon for a short introductory hike (three kilometres), but no climbing. This is an area of roaring rivers carving paths through the limestone canyon then plunging over waterfalls into potholes below. These potholes maintain a constant temperature of 1°C. year round. After lunch you set off on foot again on a wildlife safari. Animals you may see include deer, elk, moose, fox and, if you are lucky, a bear ambling along swinging his head from side to side. There is plenty of birdlife too. **Camp (lunch and dinner)**

Day 3 Sulphur Mountain & Cowboy barbeque

After breakfast in the camp, you take a gondola (cable car) up Sulphur Mountain. From the top you have a breathtaking panorama of the park set out in front of you with its lake, town and mountains. Then, depending on the group and weather, you may be able to walk down to the bottom of the mountain, following in the footsteps of Norman Sanson, who walked to the top of the mountain nearly every week for 30 years to check the weather. If that is not possible, then you set out for a picnic lunch by Lake Minnewanka, which means Lake of the Water Spirit, and is the largest lake in the park. This afternoon you drive to a nearby ranch for a two-hour sunset ride on horseback so that you can experience some western cowboy culture, winding down with an authentic cowboy barbeque before heading back to your camp. **Camp (breakfast, lunch and dinner)**

Day 4 Lake Louise Emerald Lake

Lake Louise is surely one of the most magical sights you will ever see. The colour of the water can change from turquoise to emerald and reflects the mountains that surround it. From every angle there is yet another wonderful photo. To appreciate the true drama of the surrounding scenery, you hike up to Agnes Lake. This is a seven-kilometre round trip, climbing about 400 metres. The trail begins in a forest of spruce and fir before leading to an open view of Lake Louise below. Further up the trail, Mirror Lake appears offering another view and then the Beehive Mountain looms above with the waterfall from Lake Agnes. The trail continues up the right side of the waterfall and leads to a Teahouse where you can enjoy a well deserved refreshment. You descend back to Lake Louise and at the end of the afternoon transfer to Yoho National Park where you set up camp and prepare dinner. **Camp (breakfast, lunch and dinner)**

Day 5 Yoho National Park

Established, in 1886, Yoho National Park is on the western side of the Rocky Mountains and its name is the Cree Indian expression for Awe and Wonder. In the shadow of the Great Divide this is an area of rock walls, spectacular waterfalls and soaring peaks. The secrets of ancient ocean life, the power of ice and water and unique plant and animal communities that continue to evolve today are found in this park. Your campsite is at Takakkaw Falls which, at 245 metres, is one of the highest waterfalls in Canada. There are many great nature walks for you to do that meander past glaciers and amazing scenery. **Camp (breakfast, lunch and dinner)**

Day 6 Glaciers and Jasper

Leaving Yoho this morning you'll set off on the renowned Icefield Parkway which connects Lake Louise with Jasper. Along its 200-kilometre length a spectacle unfolds before your eyes – lush coniferous forests, immense mountains, emerald lakes, precipitous waterfalls and rumbling glaciers. Keep an eye out for some of the many animals that can also be seen from the road such as elk, black bears and mountain goats. You stop along the way to see the Columbia Icefield, which contains about 30 glaciers and is the largest icefield in the Rockies. You take a hike on the icefield and also a snowcoach. The buses drive right out on to the ice and right away from the road. Just before Jasper you pass the Athabasca Falls, one



of the most powerful and breathtaking waterfalls, whose headwaters come from the Columbia Glacier you have just passed. When you arrive in Jasper there will be free time to explore the village before setting up camp for dinner around the campfire. Jasper National Park is Canada's largest Rocky Mountain park and one of North America's largest natural areas. Shimmering glaciers, abundant wildlife, crystal clear lakes, thundering waterfalls, deep canyons and evergreen forest are surrounded by towering rugged mountain peaks and pristine rivers. **Camp (breakfast, lunch and dinner)**

Day 7 Rafting in Jasper

The wilderness adventure of a lifetime is on the menu today with a full day rafting in Jasper (children should weigh at least 40 kg). This exhilarating trip takes you down the Athabasca River where you can discover an entirely different side of the park. You experience some mild white water, but nonetheless it is an adrenaline rush of a trip. Your raft slips by some small sets of rapids followed by quieter sections where your guide will point out the natural and cultural history along the way. Return to your camp. **Camp (breakfast, lunch and dinner)**

Day 8 Maligne Canyon and back to Jasper

This morning you drive to Maligne Canyon, a limestone gorge which narrows to just a few metres wide at its narrowest and a depth of 50 metres at its deepest. You take a self-guided trail past waterfalls and crystal-clear pools and your leader will meet you at the end of the trail. You continue on to Maligne Lake for a picnic lunch. This is the second largest glacier-fed lake in the world. There is an easy walk overlooking the lake or you could take a canoe out onto the water (optional). You drive back to Jasper along a valley which at sunset is the best time to observe the numerous animals that come down to eat and drink at the end of the day. Look for deer, elk, moose, fox and if you are lucky that elusive bear. Return to camp. **Camp (breakfast, lunch and dinner)**

Day 9 Elk Island National Park

Your final few days you spend in Elk Island National Park on the eastern side of Edmonton. The park protects the wilderness of the aspen parkland, one of the most endangered habitats in Canada. This beautiful oasis is home to herds of free roaming plains bison, wood bison, moose, deer and elk. Boasting over 250 avian species, the park is a bird watcher's paradise. Whether it is wildlife viewing or hiking there is something for everyone at Elk Island. Your guide will take you on a half days discovery of the park. **Camp (breakfast, lunch and dinner)**

Day 10 Indians at Elk Island National Park

Today, close to Elk Island you'll meet with local native people to learn about the way of life and customs of the people of Canada's First Nations. There are numerous interpretation activities to try such as building a tepee or creating a dream catcher. Tonight you sleep in an authentic, native tepee. **Teepee (breakfast, lunch and dinner)**

Day 11 Transfer to Edmonton for flight to London

Today you drive back to Edmonton to transfer to the airport for your overnight flight to London.

Day 12 Arrive UK

This itinerary includes our group flights from London. If you are making other flight arrangements, please refer to your Confirmation Invoice and Joining Instructions for details of the start of the trip. Please remember international flights and trip dates do occasionally change, so please always purchase flexible tickets. Each itinerary is planned many months in advance. Consequently there are factors over which we have no control and which could make changes necessary. We will always endeavour to keep you informed of any such changes in advance.

Is this right for your family? This tour will appeal to any active family with a love of the outdoors and camping. You'll sleep in 3-person tents (for two people) with inflatable mattresses, and stay at national park campsites that have flush toilets and showers (sometimes hot!) You'll need sleeping bags. The tour is led by an experienced Canadian guide with specialist local guides as required. All transportation is by 15-seat minibus with roof rack, and equipped with CD and water cooler. Approximately every five days it will be possible to use a coin-operated laundry.

Optional Extras

Canoeing	on	Lake	£12.00 per hour / £37.00
Maglign			per day



Climate In summer it is warm and often humid during the day, although it might be cold at higher altitudes.

The average monthly temperatures in Edmonton are as follows:

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Max °C	-24	-22	-16	-4	3	11	23	22	17	11	1	-6
Min °C	-20	-17	-11	-2	3	7	9	8	3	-1	-9	-15
Rainfall (mm)	23	15	20	23	48	79	84	58	33	18	18	20

Accommodation and Food Ski lodge (1 night), camping (8 nights) in 3-person tents for two people, authentic tepee (1 night). Nine breakfasts, 9 lunches and 9 evening meals included.

Local Costs

A small bottle of mineral water (500ml)	£0.50
A large bottle of mineral water (1 litre)	£0.80
A can of coke (soft drinks)	£0.75
A carton or bottle of fruit juice	£1.00
A bottle of beer	£1.00
Tea or coffee	£0.60
A light lunch time snack – sandwich for example	£3.50
A two course meal* - excluding drinks	£7.00
A three course meal* - excluding drinks	£10.00

Currency The unit of currency is the Canadian Dollar (C\$). At the time of writing (Nov 2007) the exchange rate is UK £1= C\$1.97/ US \$1 = C\$0.93. Pound Sterling and US dollar Travellers' Cheques and credit cards are readily accepted in banks, and some souvenir shops. We recommend that you change money at the airport.

Tipping is a recognised part of life and although at your discretion you will be expected to reward service. Please remember that tipping should be a way for individuals to thank staff for good service. As a guideline each traveller should allow £3-4 per day to cover tips for local staff.

Language The official languages in Canada are English and French.

Time The time difference in Alberta, Canada is GMT minus 7 hours

Packing List Please refer to our separate "packing list"



Clothing & Equipment List for Canada – Indians, Glaciers & Rockies

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The following list of clothing and equipment is intended to be fairly comprehensive for keeping you warm and dry in this cold climate. We do recommend that you dress in comfortable loose thin layers of clothing, as this acts as a better insulator than one thick garment.

CLOTHING	NUMBER PER PERSON	Check	EQUIPMENT	Check
Waterproof jacket/cagoul	1		Soft-sided bag- 50 – 80 litres	
Waterproof trousers	1		Lightweight Daypack – 15-20 litres	
Walking boots / walking shoes	1		Sunglasses to protect against the glare of the snow and ice	
Fleece or woollen hat, scarf and gloves	1/2		Personal First Aid Kit	
Warm thick socks	23+		Camera, film and accessories	
Track suit/walking trousers	1		Binoculars	
Thermal underwear	1 set		Torch and Batteries / headlamp	
Long sleeve shirts	3		Washing & shaving kit	
Long trousers	2		Sunscreen – to protect you from the glare of snow and ice	
T-Shirts	3+		Insect repellent	
Thick fleece / sweatshirt	1		Swimwear	
Shorts	2		Casual wear for evenings	
Sunhat				

ITEM	Check	ITEM	Check
Passport/ Visa		Small sewing kit & safety pins	
Air Tickets		Universal travelling adapter	
Money/Travellers Cheques		Reading material	
Cash / Credit Cards		Notebook/diary/pen	
Insurance Documents		Guide book & map	
Trip Information and Itinerary		Scissor/mirror/nail clippers – not in hand luggage	
Money Security Belt/Pouch		Moisturising cream & lip salve	
Spectacles/Contact Lenses		Games, books and toys for children	

For details regarding hand luggage restrictions please visit www.baa.com or click [here](#)

