



**Canadian Rockies “Yoho” Park Hiking Trip Notes**  
**August 24-September 1, 2012**

Summary by Timberline Adventures: *“Yoho” is a Cree word that translates roughly as “how magnificent” and, if anything, the Cree perhaps understated the utter magnificence of this Canadian Rocky Mountain region. Second smallest of the Canadian Rocky Mountain Parks, Yoho is a land of glacial lakes and towering, snow-clad mountains whose steepness explains the park’s many spectacular waterfalls. And not lost upon us is Yoho’s 252-mile network of trails; without a doubt, Yoho is exciting as a hiking destination for Timberline in the season ahead.*



***Renewing acquaintance with Calgary in the Tower; Bev’s first hike of the week then cooling tootsies in Lake Louise in front of the Chateau Louise Fairmont Hotel; Megan and Bev***

**Headlines**

- Renewal of lovely city of Calgary with a guided tour and walk through.
- Inaugural hike for Sister Beverly who managed every day and completed all of 4 of the 6 hikes despite some strong elevation gains and a multitude of bolder field crossings. This was a bold choice for a first hike!
- Peaks and valleys said by many hiking leaders to be their favorites.
- The final hike of one of our very favorite leaders with Timberline – Megan will be missed.
- My second hiking adventure to the Canadian Rockies with 2009 on the Banff side with Megan being my other one. (Tom and I head to Vancouver and Whistler next May.) It was with fond memories that I could say the prior trip to Shadow Lake backcountry lodge was a major highlight in my hiking career.



- My body held up and with humbleness I realize that it could fail any day but it comfortably took me through six pretty strong hikes and someone added up that we'd ascended about 10,000 feet in total.



**Pictures?** Most are already on [www.TomsKoi.com](http://www.TomsKoi.com) (click on photo shows) – on page 3 from my past Calgary and Canadian Rockies hiking trip to the Banff side of the Canadian Rockies. So I'll be brief with pictures in this report. Here's momma, daddy and baby Osprey packs after a tired day around Lake O'Hara.

### **First was Calgary**

I like to hedge my bet to arrive a day early for any group tour and this gave us an extra day to tour Calgary. We took a similar Brewster city tour I'd taken in 2009 with the add-on of the Heritage Center. If you're curious you can also see pictures from my last trip report (at the end) as well as Tom's photo show.



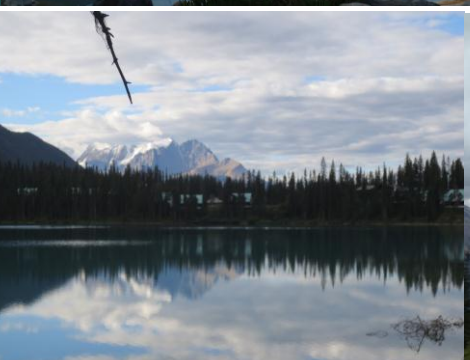
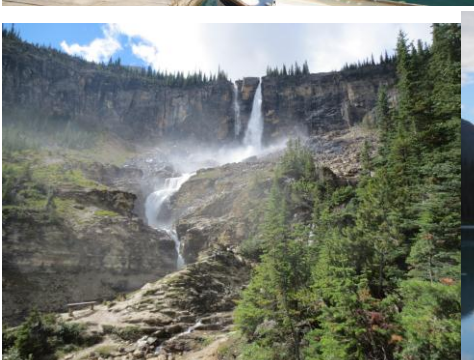
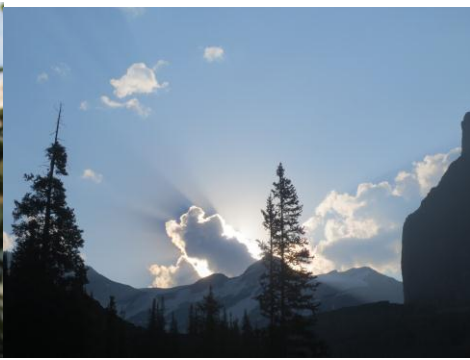
***Pedestrian Stevens Street; Calgary Tower; Standing on the glass looking down; a piece of the mural in the performing arts center where Bev met the artist***

### ***Sister Beverly***

I was the least exercised of the family and didn't find my "health" until I was close to 60. My sister Beverly had engaged in sports in her younger years but was also somewhat short of a healthy lifestyle for some years. She found Kripalu Yoga Retreat last year, has lost a mountain of weight, and decided to try hiking too and all this at about the same stage of life that I got into healthier lifestyle. Her husband Carl took up marathoning at age 60.

Daughter Alayna (not all that far from age 50) has also lost a mountain of weight (working with Slim4Life clients now) and getting into health but not quite as late a bloomer as we are/were. We are inviting her to Kripalu and I wouldn't be surprised if Beverly doesn't convince her to hike too.

It would appear that we are we all late bloomers; we are all proof that it's never too late!





### ***The Hiking Itinerary from Sunday through Friday***

**Day 1** - Yoho hiking assembled in Lake Louise early-afternoon though we'd caught the van shuttle from Calgary earlier in the day giving us about a 2 ½ hour drive. We had a full afternoon to hike to Lake Agnes and the teahouse above the Lake before dinner which was at the Railroad Station restaurant. Both were included on my last trip and both were happily accomplished/enjoyed again. On my past trip I'd gone up to the second teahouse at the Beehive but this time I didn't feel the need to press onward and upward to the next level. It is a strong elevation gain in a rather short distance.

Our hotel was again the lovely Paradise Lodge and for 2 nights. See [www.paradiselodge.com/](http://www.paradiselodge.com/) and know that we had the 2 ½ room suites plus a balcony overlooking the mountains neither the single rooms nor the separate cabins that are available. There was some frustration with their not being phones in the room, next to no cell signal and only intermittent Wi-Fi, necessitating some heroic endeavors to talk to Tom and/or send emails (how about standing out in the parking lot at midnight in my jammies with freezing temps while trying to get a signal?)



Here are the week's hikers in front of Lake Louise.

Temperatures had been predicted from a high of 79 degrees to a low of 42 (but it fell lower) and I'd guess that as we climbed to a higher elevation that we never found the higher temperature and usually started with a couple shirts and a light jacket. Overall I can't imagine ever being so lucky with the weather.

### **Day 2**

In our preliminary itinerary materials, we'd been told that this was going to be a big day but maybe too big? Megan changed the itinerary and of course we couldn't have been happier with it. Here's her write up for what we did:



We changed the itinerary on Day 2 at Lake O'Hara, climbing up past Lake Victoria, Victoria Falls (I love that the falls are called this -- makes you think that they're grander than they are!), and Lefroy

Lake to Lake Oesa (Oesa means "ice" in Stoney / Nakoda). From that fabulous glacial cirque, we traversed Yukness Mountain along the Yukness Ledge Alpine Route, navigating using blazes painted on boulders. From there we had wonderful views of Lake O'Hara, Mount Odaray (a Native word meaning "cone mountain", according to one source) and Cathedral Peak. We descended to the hanging valley known as the Opabin Plateau (Opabin is also Stoney / Nakoda and means "rocky"), right at Hungabee Lake (since I started it, I might as well tell you that "Hungabee" is the Native word for "chieftain"). We then descended the Plateau along the East Opabin Trail, back to Lake O'Hara.

It was the prospect of seeing Lake O'Hara that initially encouraged me to do this week's trip. Here is from Nola my 'other' favorite hiking leader and who I had just hiked with in Montana's Beartooth Mountain Range:

*FYI, I have led the Yoho hike (my first year at Timberline when I lived in Invermere, BC, not too far from there.) The park is basically on the BC side of Banff -- Lake O'Hara is on the "backside", if you will, of Lake Louise. (See Park Map: <http://www.pc.gc.ca/pn-np/bc/yoho/activ/arrierepays-backcountry/a.aspx?m=1>) The park is fairly small and the hikes are close to each other. That means a short commute to the trailheads for the most part (except for a possible bus ride up the Lake O'Hara road). The scenery is amazing -- how can you go wrong in the Canadian Rockies? Parks Canada website: <http://www.pc.gc.ca/pn-np/bc/yoho/index.aspx>. You would be able to do all the hikes, of course! Megan would know the latest and greatest about which hikes they've been doing, lodging, and food.*



*The picture is Lake MacArthur (Lake O'Hara trailhead access). [You'll also see . . . ]*

***Emerald Triangle*** (elevation gain 880 m) - 19.7 km circuit - Follow the Yoho Pass trail to Yoho Pass, then travel south along the Wapta Highline trail to Burgess Pass. Descend the switchbacks to Emerald Lake and your starting point. (Note: LOVE the Wapta Highline part of this hike)

***Iceline*** (elevation gain 695 m) - via Little Yoho - 20.8 km circuit - The trail starts at Whiskey Jack Hostel and climbs through a large avalanche path onto a bench. Hikers descend to the Yoho Valley by taking the Celeste Lake trail, or follow the trail signs to the Little Yoho Valley. (Note: We did this as an out & back in 2000)

***Yoho Valley Trailhead to Twin Falls*** (elevation gain 300 m) to chalet - 7.9 km

To get into Lake O'Hara required a lottery/reservation on an old yellow school bus that took about thirty minutes on a very hilly and rocky road, plus \$10 to take hikers into the Lake area where we found facilities, a lodge, and a small café famous for their banana bread. After our hike we happily bought the overpriced almost cold drinks and the delicious bread.

Our dinner location would be the much more famous Chateau Louise overlooking one of the most photographed lakes known. We would have a buffet breakfast here the next morning too. My camera chip contains a multitude of different type weather shots of this Lake with the 2009 trip being the most clear.



### Day 3

We headed to beautiful Yoho Valley early morning. From the Whiskey Jack trailhead, we climbed to Yoho Lake near Yoho Pass and then beyond to the open slopes at the foot of Emerald Glacier. We settled in at the glacier's toe for lunch and enjoy the incredible views across the valley to Takkakaw Falls and up valley along the Iceline Trail (8 miles). This day gave us a few moraines to traverse, what looked like more than one glacier but they'd only been separated, and views across to Takkakaw Falls and even climbing high above and looking down at the Falls. There would be one crest after another and I can't recall how much elevation gain but it must have been a lot. The boulders created an additional obstacle.



The Kicking Horse Lodge in Field was our "home" for the next three nights. It was at elevation of 5400' in the tiniest of towns that was most quaint if not humorous in its small size. The wee building across from our hotel contained the only other restaurant (Megan said Field had 1 ½ restaurants) as well as the grocery store, liquor store and gift shop. It wouldn't surprise me if there was more such as the post office. The town was built for the railroad which ran so close to the edge that we could have thrown a stone to the tracks

and of course trains went through during the night. I liked the sound. The town was also nestled into the edge of some giant mountain peaks giving us magnificent views wherever we turned.

The weather prediction had been from a high of 79 degrees to a low of 31 but again I am fairly sure we never felt the high. We climbed up as high as 3,000 feet of additional elevation and a couple of mornings we could see our breath in the morning and dressed in a multitude of layers. Well, most of us did: Beverly was often seen in short sleeves and shorts when the rest of us were in many layers of coats and hats!



I had planned to forego dinner but Megan warned me I would be missing something quite special and it was a stunner to find such a special restaurant in Field. Called "Truffle Pig" the menu was a bit pretentious but certainly good and memorable. I'd call it 'stacked' food with primarily offerings that were gunked up with sauces and collections of food, set on pricey and artsy dishes but most call it delightful and Tom would have been in heaven. Basically there was NOTHING plain. As usual Timberline offered us the best having dinner here twice as well as breakfast twice. Service was either thought of as being ridiculously slow or as being lovingly elegant.

Kicking Horse Lodge fortunately had decent Wi-Fi and phones in the room but one of the nights it was impossible to receive a call as apparently the restaurant wait staff also mans the switchboard and they didn't know how to connect. After nearly an hour Tom and I gave up after the wait-staff/switchboard operator apologized and said she could do nothing. We shouldn't have been

frustrated as we live with the communication frustrations whenever we travel overseas separately. This was about as foreign as it gets.

#### Day 4

I believe day 4 and 5 reversed itineraries due to the weather prediction all of which turned out fine for each day. We shuttled to Emerald Lake for our encounter with the exciting Wapta Highline. We all so enjoyed the Emerald Lake Lodge that we want to return with our honeys. From there we reluctantly left Beverly to hike the lower lake region when we started our very tough climb steadily from the lake's eastern shore in the shadow of the Presidential Range to Yoho Pass. This hike caused some of us to declare that we were jealous of Beverly and wanted to return to the Lodge but true to form Megan convinced us to continue on my insisting we had done the worst (or best?) of the 3,000 feet of elevation climb. Our trail finally moderated at the pass and we not soon enough emerged from the trees into the open expanse of the Wapta Highline as it skirts the base of Wapta Peak. The views across valley of the heavily glaciated Presidents are incredible as we approached Burgess Pass. From Burgess, where we had our picnic lunch, we were treated to the awesome panorama that includes Mt. Stephen, the town of Field in the Kicking Horse Valley and Emerald Lake.

From Wikipedia: *The Burgess Shale Formation is one of the world's most celebrated fossil fields and the best of its kind. It is famous for the exceptional preservation of the soft parts of its fossils. At 505 million years (Middle Cambrian) old it is one of the earliest fossil beds containing the imprints of soft-parts. The rock unit is black shale, and crops out at a number of localities near the town of Field in Yoho National Park. The Burgess Shale was discovered by paleontologist Charles Walcott in 1909. He returned in 1910 with his sons, daughter, and wife, establishing a quarry on the flanks of Fossil Ridge. The significance of soft-bodied preservation, and the range of organisms he recognised as new to science, led him to return to the quarry almost every year until 1924. At that point, aged 74, he had amassed over 65,000 specimens. Describing the fossils was a vast task, pursued by Walcott until his death in 1927. Walcott, led by scientific opinion at the time, attempted to categorise all fossils into living taxa, and as a result, the fossils were regarded as little more than curiosities at the time. It was not until 1962 that a first-hand reinvestigation of the fossils was attempted, by Alberto Simonetta. This led scientists to recognise that Walcott had barely scratched the surface of information available in the Burgess Shale, and also made it clear that the organisms did not fit comfortably into modern groups. Excavations were resumed at the Walcott Quarry by the Geological Survey of Canada under the persuasion of trilobite expert Harry Blackmore Whittington, and a new quarry, the Raymond, was established about 20 metres higher up Fossil Ridge. Whittington began a thorough reassessment of the Burgess Shale and revealed that the fauna represented were much more diverse and unusual than Walcott had recognized. Indeed, many of the animals present had bizarre anatomical features and only the slightest resemblance to other known animals. Examples include Opabinia, with five eyes and a snout like a vacuum cleaner hose and Hallucigenia, which was originally reconstructed upside down, walking on bilaterally symmetrical spines. With Parks Canada and UNESCO recognising the significance of the Burgess Shale, collecting fossils became politically more difficult from the mid-1970s. Collections continued to be made by the Royal Ontario Museum. The curator of invertebrate palaeontology, Desmond Collins, identified a number of additional outcrops, stratigraphically both higher and lower than the original Walcott quarry. These localities continue to yield new organisms faster than they can be studied. Stephen Jay Gould's book Wonderful Life, published in 1989, brought the Burgess Shale fossils to the public's attention. Gould suggests that the extraordinary diversity of the fossils indicate that life forms at the time were much more diverse than those that survive today, and that many of the unique lineages were evolutionary experiments that became extinct.*



It was a doozy of a long descent thereafter -- before we were back to the Emerald Lake shoreline trail having given us about 12 miles. The descent like this is what I train on and where my body excels; for some reason my quads haven't yet ever felt sore when running down hills and this was (so far) no exception.) I should quickly touch wood too, but I've had next to NO blisters or foot issues. (Other than things like running in thick sand in Australia resulting in humongous blisters covering the bottom of both feet.)

We spent so much time on the hiking trails (from 9:30am to 4:30pm?) that we just stayed at Emerald Lake Lodge first for a drink and then for dinner. It was another pricey and memorable meal but a very late night as we weren't back until 8:30-9pm, some of which might have been my fault for stopping by the bar and insisting on beers/drinks in celebration of Beverly's first and successful hiking week. Then it's clean up time, laundry, figuring out Wi-Fi and phones which were not always successful, and sometimes packing up. Two nights were filled out to well after midnight with the Republican Convention speeches. Yes, I will watch all of the Democratic Convention speeches too for those of you who are quite confused about my loyalties. So am I.

### **Day 5**

Again, I think Day 4 and 5 were reversed but here's from the original plan: We returned to the Yoho Valley with a day devoted to the many spectacular waterfalls of Yoho. Following a visit to Takkakaw Falls, which vies with Della Falls on Vancouver Island as Canada's highest waterfall, we hiked upstream along the Yoho River toward Twin Falls. Waterfalls are everywhere — Angel's Staircase, Point Lace, Laughing Falls — and then a final climb to Twin Falls making it something under 11 miles. At Twin Falls lies a chalet or teahouse depending on who is naming it but a cute log cabin for small meals and simple accommodations at the base of the Falls.



We reluctantly packed up to leave this mountain wonderland but we didn't pack up enough as one of our party left all their shoes in the room not to be realized until it was time to depart to the airport the next day. It would be travel in hiking boots! Who hasn't lost something in their travels but all their shoes would be a first. There must have been some wonderment at why the suitcase was closing? (We all insist that our dirty clothes take up more room and nothing fits inside the suitcase on the way home.) Later: the good news is that the hotel not only found the shoes but have offered to mail them to the U.S. and time will tell if all the phone calls and postage equate to the price of the shoes.

### **Day 6**

The last day is generally a short and leisurely hike since it's a half day after packing out and before driving back to the airport. This was to the glacier-green waters of Sherbrook Lake above Kicking Horse Pass and some of us went beyond until the avalanche scree (loose rock) made it seem silly to go any farther. This was about 5 miles with a gradual but 1000 foot elevation gain. Megan kindly offered us a lunch at the Train Station Restaurant again and we sat under the umbrellas in the strong sunlight but cool weather before about 45 minutes shopping in the tiny village and a return back to Calgary.



## ***Unique mushrooms***

I've often collected pictures of flowers and this would be no exception but you've seen many of those, so how about a bunch of unusual mushrooms for decoration?



***Enchanted forests with not only mushrooms but many fields of lichen and moss making up little miniature scenes both colorful and varied of textures.***



***I'm not sure if this is a full size elephant or something worse. I know someone who collects this type of picture and then one of our hikers insisted on taking the picture. The last mushroom was more like a sea coral.***





***Not to forget that there were birds and animals along the trail***



***Some simply wouldn't pose so here they are from the Lake O'Hara cabin. We saw a lot of ravens throughout the hike and they were huge. Some hikers saw the mountain goats but I hadn't since the Banff trip.***



***There are a lot of picas and they don't mind posing while waiting for a handout (which we do NOT give.) Here a golden-mantled ground squirrel, some fossils from the Burgess Shale, and a blue grouse.***

***Megan! Hiking leader par excellence!***

It was a sad goodbye to Megan but with the hope and possibility that she will go to Jerusalem with me for the March 1 marathon. Megan is a rare individual. She is brilliant having studied law, geology, paleontology and who knows what else because she never boasts. She's lived and traveled in many countries holding passports for at least a couple. Her folks live in both Canada and Australia where she shares her time. I'll look for and try to add her pictures of travels in Thailand and volunteering at an elephant habitat as an example. See <http://www.elephantstay.com/>



Megan, like Nola, has an ability to stick with the slowest hiker and get them to do more than they ever imagined they could do, and all the while convincing us that she's there because she wants to be. It's a rare person who can so affect another person's abilities. (And Steve does too but in a different manner. The last time Steve was caught in the back he reversed his shirt many times to see if we'd notice . . . and when we didn't he tried reversing his shorts. We noticed.) I wonder if these hiking leaders know or understand what an impact they have on changing lives.

Later note from Megan showing her level of knowledge which enchants us all the time and even keeps us from feeling the fatigue while hiking by taking our mind off our muscles: *Just an aside: I found the Burgess Shale booklet that I was expressing frustration that I had forgotten on tour. Flipping through it last night, I realised that it's out of date as the scientists have revised a number of things - for example, the means of fossilisation (they thought for years it was an anaerobic environment and now they realise that it had more to do with salinity in an aerobic environment), as well as some of the beasts in the fossils (they still had the Hallucegenia with the spikes on the top - as they believed it lived until finding similar*

*fossils in China). I guess that it's been 20 years since I've been up at the quarry...I'm thinking that I should go back up there and get some updated information.*

### ***What's next?***

It's about time but unusual that I will be in NJ for much of a week before heading out with Tom to our favorite places in Switzerland for two weeks: Grindelwald, Lake Lucerne and Zurich. Late September I'm signed up for Lake Tahoe Marathon but not sure I can handle the tight schedule before leaving early October with Tom to Argentina for the Buenos Aires Marathon where we've rented an apartment in the Riccoleta area near the start line. I'm home a couple days before another [www.Timbertours.com](http://www.Timbertours.com) hike mid-October at Point Reyes National Seashore near to San Francisco followed by a marathon in Morgan Hill just south of San Jose. I'm then home a couple days before treating myself to another Timberline Adventures tours with favorite leaders Steve and Nola in the Tucson mountain ranges. Tight but hopefully not stressful will be two days home before leaving for Peru and hiking Machu Picchu with [www.CountryWalkers.com](http://www.CountryWalkers.com) and a few days tacked on in Lima. Early December will be the Dallas Marathon, then the End-of-the-World Marathon plus hopefully the Day-After-the-End-of-the-World Marathon near to Houston later December. December 23 with Tom and Marie we start a BIG adventure to Vienna through January 5<sup>th</sup>.

### ***The past Canadian Rockies trip notes***

Since it's all in the same region and maybe helpful to anyone planning a Rockies trip, I'll add the trip notes from the 'other side' of Banff. See under the current itinerary.

## **Itinerary**

### **Fri Aug 24 -Diana**

5:45am Depart home via car  
8:00am Depart Newark via UA#8507 (operated by Air Canada – Terminal A)  
11:12am Arrive Calgary

### **-Beverly**

1:48pm Depart St Louis STL via UA#3605 (operated by GoJet)  
2:58pm Arrive Chicago ORD for plane change  
3:33pm Depart Chicago ORD via UA#6193 (operated by Skywest)  
6:15pm Arrive Calgary YYC

Hotel Hampton Inn & Suites by Hilton Calgary Airport – 2 nights  
2420 37<sup>th</sup> Avenue NE, Calgary, AB Canada T2E8S6 Tele 403 250 4667  
free shuttle, breakfast and internet

### **Sat Aug 25**

Free day – tour of Calgary with [www.exploreroockies.com](http://www.exploreroockies.com) owned by Brewster. 4 hours includes Heritage Center, fort and city highlights, leaving from Fairmont at 1:20pm for \$49. Can book online or 403 221 8242 or 800 760 6934. Taxi or public transport into Calgary City.

Host Hotel Holiday Inn Calgary Airport  
1250 McKinnon Drive, Calgary, AB T2E 717 Tel: 403 230 1999 or 800 465 4329

Day 1	Plain of Six Glaciers Teahouse	3 miles
Day 2	Lake O'Hara - Lake McArthur - Odaray Plateau	12 miles
Day 3	Yoho Lake - Iceline Trail - Emerald Glacier	8 miles
Day 4	Wapta Highline - Burgess Pass - Emerald Lake	12 miles
Day 5	Yoho Valley - Angels Staircase - Point Lace - Laughing Falls - Twin Falls	11 miles
Day 6	Sherbrook Lake	5 miles

Summary by Timberline: "Yoho" is a Cree word that translates roughly as "how magnificent" and, if anything, the Cree perhaps understated the utter magnificence of this Canadian Rocky Mountain region. Second smallest of the Canadian Rocky Mountain Parks, Yoho is a land of glacial lakes and towering, snow-clad mountains whose steepness explains the park's many spectacular waterfalls. And not lost upon us is Yoho's 252-mile network of trails; without a doubt, Yoho is exciting as a hiking destination for Timberline in the season ahead.

### **Sun Aug 26 – Day 1**

8:10am Pick up at Hampton Inn by tour guide Megan  
8:30am Meet at host hotel

Yoho hiking assembles in Lake Louise early-afternoon (we'll provide a van shuttle from Calgary earlier in the day) with ample opportunity to hike to either of the famous teahouses above the Lake before dinner.

Hotel Paradise Lodge – 2 nights [www.paradiselodge.com/](http://www.paradiselodge.com/)  
coffee saves & minibar in rooms; yes Wi-Fi but hit or miss; elevation at 5,000'  
pay phones but no phones in room; limited cell service

### **Mon Aug 27 – Day 2**

A word of warning about the hikes planned for Day 2 — you won't believe what you will see on this day. Tucked away in the remote reaches above the Great Divide is some of the most amazing high alpine scenery that you will ever experience. We're headed for Lake O'Hara on this day and the myriad of alpine hiking opportunities that radiate in every direction from the lake. We'll climb from the lake, initially to Schaffer Lake and then well beyond along the McArthur High Route to the startling deep blue waters of Lake McArthur. We'll next return to McArthur Pass for a visit to the Odaray Prospect for what well may be the finest vista in the O'Hara area, including views of Morning Glory Lake and massive Cathedral Mountain (8 miles).

### **Tues Aug 28 – Day 3**

We're headed to beautiful Yoho Valley early morning. From the Whiskey Jack trailhead, we'll climb to Yoho Lake near Yoho Pass and then beyond to the open slopes at the foot of Emerald Glacier. We'll settle in at the glacier's toe for lunch and enjoy the incredible views across the valley to Takkakaw Falls and up valley along the Iceline Trail (8 miles).



The Kicking Horse Lodge in Field will be "home" for the next three nights.

Hotel Kicking Horse Lodge – 3 nights  
P.O. Box 174, Field BC VOA 1G0 Tele 250 343 6303  
coffee service but no refrig in room; yes Wi-Fi and phones in room plus pay phones  
Elevation is 5400'

### **Wed Aug 29 - Day 4**

We'll van shuttle to Emerald Lake for our encounter with the exciting Wapta Highline. We'll climb steadily from the lake's eastern shore in the shadow of the Presidential Range to Yoho Pass. Our trail moderates at the pass and we'll soon emerge from the trees into the open expanse of the Wapta Highline as it skirts the base of Wapta Peak. The views across valley of the heavily glaciated Presidents are incredible as we approach Burgess Pass. From Burgess, where we'll picnic, we'll be treated to the awesome panorama that includes Mt. Stephen, the town of Field in the Kicking Horse Valley and Emerald Lake. A long descent follows and we're back to the Emerald Lake shoreline trail (12 miles).

### **Thur Aug 30 – Day 5**

We'll return to the Yoho Valley, a day devoted to the many spectacular waterfalls of Yoho. Following a visit to Takkakaw Falls, which vies with Della Falls on Vancouver Island as Canada's highest waterfall, we'll hike upstream along the Yoho River toward Twin Falls. Waterfalls are everywhere — Angel's Staircase, Point Lace, Laughing Falls — and then a final climb to Twin Falls (11 miles). We'll spend a final night at the Kicking Horse.

**Fri Aug 31 – Day 6**

We'll hike leisurely to the glacier-green waters of Sherbrook Lake above Kicking Horse Pass (5 miles) before shuttling back to Calgary.

Hotel Hampton Inn & Suites by Hilton Calgary Airport – 1 night  
2420 37<sup>th</sup> Avenue NE, Calgary, AB Canada T2E8S6 Tele 403 250 4667

**Sat Sep 1 -Beverly S**

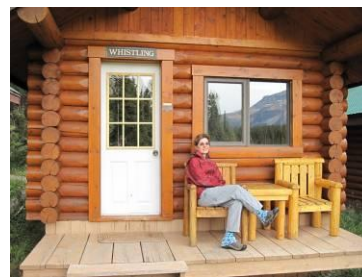
11:14am Depart Calgary YYC via UA#5581 (operated by Skywest)  
3:29pm Arrive Chicago ORD for plane change  
5:20pm Depart Chicago ORD via UA#3696  
6:32pm Arrive St Louis STL

**-Diana**

12:20pm Depart Calgary via UA#8570 (operated by Air Canada)  
6:49pm Arrive Newark

**Hiking participants:**

Billy and Karen  
Angela M from Bronx arriving 8/25 at 11:12am and departing 9/01- at Hampton Inn  
Lorraine from Canada  
Kathy from St Augustine arriving 8/25 at 12:08pm and departing 12:58pm 9/02 – at Hampton  
Megan and Mark leaders  
Diana and Beverly G – as above



## Trip Notes – Banff & Kootenay in Canadian Rockies August 20-29, 2009

**Why?** This was my 4<sup>th</sup> Timber Tours venture, the first being *Yellowstone and Tetons* last July, *Death Valley* in February and *Yosemite* this July. Timberline Tours offer good destinations and guides, are convenient, and give a lot for the money.

While the Canadian Rockies didn't offer the big headline like the California Rockies (Half Dome for example), everywhere were huge panoramas that are now permanently etched in my mind's eye if not piecemeal in my camera. The hiking was plenty strenuous for me and the variety as much as one could wish for. Fortunately, like all other Timberline Tours, the guides and participants were also a delight. Besides, why not?

### **Highlights - as they come to mind**

- Backcountry "Shadow Lake Lodge" requiring hiking in over Gibbon Pass (7500') and taking about 8 hours. I'd never packed out for 2 nights, never experienced a cabin without electricity, and I never expected hot showers and gourmet food either, but there they were.
- Lake Louise with its Fairmont Hotel set in a magical and hard to believe glacial setting with even a tea house a few hours up Beehive Mountain.
- Banff Springs Hotel as seen from across the canyon -- sitting majestically above the quaint but touristy town of Banff.
- Unique and special hikers on this trip to include Chuck from my Yellowstone/Grand Tetons adventure.
- Being able to keep up with the rest of the tour. After ascending Sentinel Pass, one hiker wanted to hike the optional trail, another was willing, but we needed four hikers (add the guide) to abide by the park's grizzly bear rules so I went and went easily.



**Photo show** – Tom has culled my zillions of photos and offers up a show at this link  
It's called Canadian Rockies. See [www.TomsKoi.com](http://www.TomsKoi.com) and click on photo show at page 3.





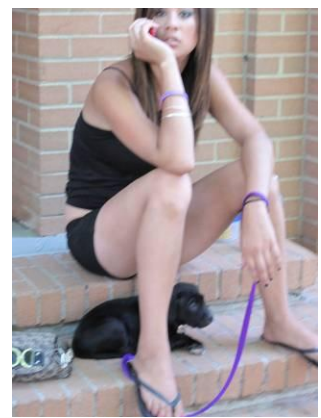
## ***Calgary the town***

I had arrived three days before the start of the tour to acclimate and to see the town. Due to the Kansas City memorial I'd been unable to research well, so I hired a city tour guide one day and then returned to visit the top sights on my own.

- Fort Calgary is a 1800s restoration with film, guide and full museum on the outside of town.
- Calgary Tower is their space needle, formed in the shape of an Olympic torch, containing views, revolving restaurant and museum.
- A massive overhead and covered passageway connects most major downtown buildings and shops from both their heavy snows and from their 90 degree temperatures while I was there.
- Seventh Street pedestrian walkway is lined with historical stone faced buildings housing mostly boutique shops and restaurants and traversing much of downtown.
- Old City Hall is connected to the huge new 'V' wing that's both modern and striking.
- Olympic Square is across the street and was host to the '88 Olympic Awards ceremony, now containing water features and lovely sitting areas covered over with trellises.
- Olympic Park's ski jump remains from the '88 Olympics and going to the top reminded me of Lake Placid's tour in June. Their museum allowed us to hold one of the original torches. The trails for mountain bikers gave us loads of eye candy.
- Stampede Park holds one of the largest of its kind every summer when about 1 million arrive. It is also home to the Calgary Flames Hockey team.



Here are some residents of Calgary. Cute dog, yes?



**Banff Park** -- One of the days I took a Banff full day tour since this tour would cover areas not on my hiking trip. Cascade Mountain, Two Jack's Lakes, around Lake Minnewanka, Bow Falls where two famous blondes went over the falls (Marilyn Monroe and Lassie), the hot springs, and the village of Banff gave me a nice preview of the Rockies. Made all the easier by a 2600 meter cable car ride up Sulfur Mountain. It seems rather too bad that I didn't have time to go up to Jasper but that will have to be added to another Rockies trip.



Pictures are of Lake Louise, up on top of the Beehive is the 'teahouse' and view of Chateau Lake Louise, a Fairmont Hotel where we dined.

### ***The 6 day hike itself – using web site info***

We were picked up from our Calgary hotel by van and drove a couple hours to Lake Louise. Fairly easy leisurely hiking along and above the lake to Agnes' Teahouse before dinner at the famous Fairmont Hotel of Lake Louise. Just like in Switzerland, one can hike a couple hours and find a 'teahouse' on top of the mountain.

The picture is of our group minus Craig, one of the leaders, and minus my friend from the Yellowstone trip, Chuck, who was taking a picture, though not this one. I'm still waiting for his (smile)!

Our hotel was Paradise Lodge in Lake Louise (see #2 below and/or <http://www.paradiselodge.com/>) for 2 nights and was unusually nice with private cabin appearances, two rooms, small kitchen and sofa. I was pleased to have free internet access since Kansas City duties continued.



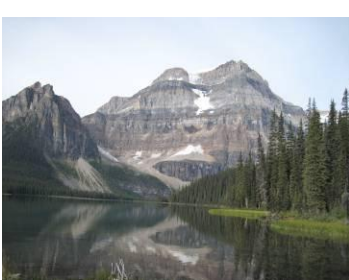
On **day 2** we shuttled the short distance to Moraine Lake to trek through the flowering meadows of beautiful Larch Valley, surrounded by the spectacular spires of the Ten Peaks that hover above the valley, to the awesome switchbacks leading to majestic Sentinel Pass. Parts of this rocky moonscape and very steep trail were unnerving with bare 18" of single track along a steep cliff. The views from Sentinel's summit are incredible; the expanse of the awesome Paradise Valley unfolds before us to the north while the snow-clad summits of the Ten Peaks fill the southern horizon. We returned to Larch Valley for an optional visit to nearby Eiffel Lake along a trail that perhaps offers the most spectacular views of Moraine Lake and the Valley of the Ten Peaks. This day was around 12

miles and took us from early morning until 5:30pm and since Eiffel Lake was optional, we only had about 15 minutes to get ready for dinner at a cute and noted Train Station.



**Day 3** said goodbye to Lake Louise. I might have liked to stay a few days but our next adventure was unique if not nervous making to me. We began a 3-day backcountry adventure they promised we won't soon forget. A van shuttled to the Vista Lake Trailhead at the summit of Vermillion Pass near the Continental Divide where we descended immediately to Vista Lake. As you may have guessed, we then climbed to a beautiful Arnica Lake, whose shores are ablaze with the abundant blooms for which the Lake is named. Our trail led to the picturesque Twin Lakes and then climbed to the tundra at timberline astride 7500' Gibbons Pass. A rapid descent and we're at magnificent **Shadow Lake**, a backcountry jewel in the heart of Banff National Park. This would be our home for the next two nights. Though only about 9 miles, it took us all day and we arrived just in time for the end of tea and pastries. The scene and view was breathtaking and I don't expect I was the only one with tears in my eyes. We were all saying 'lucky – lucky – lucky' and we all would have been delighted to stay longer.

More about Shadow Lake Lodge is at #3 below and at <http://www.shadowlakelodge.com/heaven.html> This is backcountry lodge with limited to no power or flush toilets, but luxury cabins. But dream of what delights backcountry might be and they had it all from gourmet meals, pastries, hot showers and absolutely lovely cabins complete with down comforters.



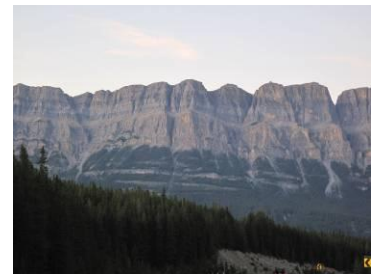
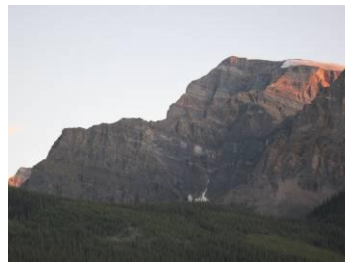
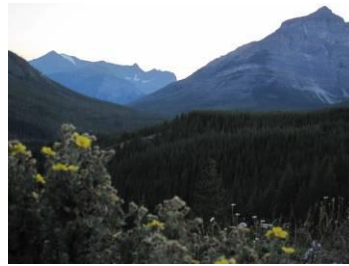
On **day 4**, painful though it may sound, an incredible reward awaits hardy souls willing to leave the delicious warmth of down-quilted beds at sunrise and hike to close by Shadow Lake. As the sun rises and illuminates the crown of rugged Ball Mountain, its reflection in the glassy, still waters of Shadow Lake is a photographer's fantasy. Then onto the usual hearty breakfast that is a Shadow Lake tradition, pack lunches from a sumptuous spread, and then take the optional hike from the Lodge beyond Shadow Lake to beautiful Haiduk Lake, nestled at the

base of Whistling Pass. This too was a full day of climbing despite it only being about 10 miles.

For **day 5**, following another super Shadow Lake breakfast, we had to pack up. No one would want to leave but another hike loomed which was fairly leisurely along Red Earth Creek in a long descent into the Bow River Valley about 9 miles. This was the flattest of all our hikes. Enroute to our final overnight destination at the remarkable Storm Mountain Lodge, we paused at Johnston Canyon to hike along the falls that tumbled through this narrow chasm. I don't think anybody else on our tour got to the end of the two falls and I had to really scramble to do so but it was worth the effort.



Our hotel for the night was Storm Mountain Lodge (see #4 and/or [www.stormmountainlodge.com](http://www.stormmountainlodge.com)). This wasn't my favorite, but it sure was unique, and it had the best of all dinners. As noted on Timberline's website: Among those of our guests who are veterans of many of our prior programs, Storm Mountain Lodge, perched majestically at the Continental Divide at Vermillion Pass, is perhaps their favorite.



The mountains in the center picture are those we climbed to their saddle to get to Shadow Lake.

Finally to **day 6** and final day: We'll try our best to pry you out of Storm Mountain Lodge in the morning for a final hike into the Stanley Glacier Basin and a close-up view of Stanley Glacier prior to our return to Calgary. This was only about 6 miles but first through easy uphill forest but finally over scree and boulders.



Lunch time gave us a couple hours stop in Banff for shopping and viewing. I was glad to have already been there on my tour from Calgary.

### ***We were tired***

There were no mishaps until the last day and then they just kept happening. One guy slipped on the scree and rolled a couple times down a hill, another one slid on the same trail, and still another got tangled in his shoelaces in Banff and took an ugly spill, followed by the first guy falling off his restaurant bar stool. (I'm not making this up.)

There were however turned ankles and massive blistering. I was lucky and only on day 4 (after using a new pair of untested socks – stupid me) did I acquire a tiny heel blister. After watching others wrap every toe and heel with massive amounts of duct tape all over their feet did I appreciate my good fortune. While touching wood and holding my breath, I think my good luck is from having custom-made orthotics and light weight shoes. The 'boots crews' seemed to suffer over and over again.

I love this following picture. The Canadians have given wildlife a crossover or a tunnel to continue their migrations. See the underpass with forest atop!



### ***What's next?***

I'm hot to go on another hiking tour! Can I really wait for May's Grand Canyon Rim-to-Rim and June's Columbia River Gorge out of Portland and Alaska's Kenai in August. I want to see Glacier National Park too. I want. I want. Gotta go while you can . . . .

Really – I'm home 4 days before leaving to Albuquerque's Marathon, then home 2 days before Tom and I depart for Milan and the Northern Italian Lakes for 2 weeks, another 2 days home before Omaha Marathon and all that is before September is out.

October brings two half marathons and a visit with Kathrine Switzer in NYC, Hyde Park area for the Roosevelt Presidential Library and the Culinary Arts Institute with Kathy, and Kansas City's Waddell & Reed Marathon mid-October when I'll spend some extra days to see Marie and hopefully the Eisenhower Presidential Library in Abilene Kansas.

November is my 5<sup>th</sup> NYC Marathon, the Indianapolis Marathon only 6 days later (can I really do that?), as well as the Philadelphia Marathon. In between I see a bit of blank space and am toying with a trip to Rome (which is NOT allowed to be booked until I clean up some piles at home.) Plus a couple smaller local races that are traditional on the Thanksgiving weekend.

December is the Tucson Marathon and Tom will go too for touring. We keep talking about Paris for the holidays but it doesn't make a lot of sense. Who knows what else, but am I blessed, or am I blessed . . . .

**Itinerary – with tour repeated but saved intact in case someone wants to use the itinerary**

**Thu Aug 20**

7:30am Depart Newark through Houston to Calgary arriving at 2pm.

Hotel: Calgary Holiday Inn-Airport  
1250 McKinnon Drive NE, Calgary Alberta T2E 717  
Tele 403 230 1999 with free wireless

**Fri Aug 21**

City tour

**Sat Aug 22**

Banff valley tour

**Sun Aug 23 – Day 1**

9:00am Van shuttle from Holiday Inn - Airport

Hotel Paradise Lodge in Lake Louise (2) for 2 nights  
Box 7, Lake Louise, Alberta T0L 1E0  
info@ParadiseLodge.com Tele: (403) 522-3595  
<http://www.paradiselodge.com/>

**Mon Aug 24 – Day 2**

Shuttle the short distance to Moraine Lake and trek through the flowering meadows of beautiful Larch Valley, surrounded by the spectacular spires of the Ten Peaks that hover above the valley, to the awesome switchbacks leading to majestic Sentinel Pass. The views from Sentinel's summit are incredible; the expanse of the awesome Paradise Valley unfolds before us to the north while the snow-clad summits of the Ten Peaks fills the southern horizon. We'll return to Larch Valley for a visit to nearby Eiffel Lake along a trail that perhaps offers the most spectacular views of Moraine Lake and the Valley of the Ten Peaks (11-12 miles).

**Tue Aug 25 Day 3**

Depart Lake Louise to begin a 3-day backcountry adventure you won't soon forget. We'll van shuttle to the Vista Lake Trailhead at the summit of Vermillion Pass near the Continental Divide and descend immediately to Vista Lake. As you may have guessed, we'll then climb to beautiful Arnica Lake, whose shores are ablaze with the abundant blooms for which the Lake is named. Our trail leads to the picturesque Twin Lakes and then climbs to the tundra at timberline astride Gibbons Pass. A rapid descent and we're at magnificent **Shadow Lake**, a backcountry jewel in the heart of Banff National Park, and our home for the next two nights (9 miles).

Hotel Shadow Lake Lodge (3) for 2 nights  
P.O. Box 2606, Banff, Alberta T01 OLO Tele 403 762 0116  
<http://www.shadowlakelodge.com/heaven.html>

This is backcountry with limited to no power or flush toilets, but luxury cabins with a bath set up.

### **Wed Aug 26 – Day 4**

Painful though it may sound, an incredible reward awaits those hardy souls willing to leave the delicious warmth of down-quilted beds at sunrise and hike the 1/2-mile to Shadow Lake. As the sun rises and illuminates the crown of rugged Ball Mountain, its reflection in the glassy, still waters of Shadow Lake is a photographer's fantasy. We'll return to the lodge for the usual hearty breakfast that is a Shadow Lake tradition, pack lunches from a sumptuous spread, and then hike from the Lodge beyond Shadow Lake to beautiful Haiduk Lake, nestled at the base of Whistling Pass (10 miles).

### **Thu Aug 27 - Day 5**

Following another incredible Shadow Lake breakfast, we'll hike leisurely along Red Earth Creek in a long descent into the Bow River Valley (9 miles). Enroute to our final overnight destination at the remarkable Storm Mountain Lodge, we'll pause at Johnston Canyon and hike along the falls that tumble through this narrow chasm (2 miles).

Hotel            Storm Mountain Lodge (4) for 1 night  
                    PO Box 3249, Banff, Alberta T01 OCO Tele: 403 762 4155  
                    Email: [info@stormmountainlodge.com](mailto:info@stormmountainlodge.com)    <http://www.stormmountainlodge.com/>

Among those of our guests who are veterans of many of our prior programs, Storm Mountain Lodge, perched majestically at the Continental Divide at Vermillion Pass, is perhaps their favorite.

### **Fri Aug 28 – Day 6**

We'll try our best to pry you out of Storm Mountain Lodge in the morning for a final hike into the Stanley Glacier Basin and a close-up view of Stanley Glacier prior to our return to Calgary (6 miles).

Hotel            Holiday Inn Airport – arrangements made through Timber and reconfirmed

### **Sat Aug 29**

1:04pm            Depart Calgary through Houston with arrival in Newark at 11:43pm

**(2) Paradise Lodge in Lake Louise** - Located in the heart of the Canadian Rockies just 1 km from beautiful Lake Louise, Paradise Lodge and Bungalows allows each guest to fully enjoy a true mountain experience. Our guests visit from around the world to relax and surround themselves in our spectacular scenery.

Paradise Lodge was originally named after a segment of hiking trails called Paradise Valley and Paradise Creek, easily accessible for the hiker's pleasure. Red Cooper, original founder, hiked these trails many times and proclaimed "Never have my eyes experienced such a magnificent sight as the mountains and area surrounding Paradise Valley".

Two types of accommodations are offered at Paradise, one being individual cabins which have been fully modernized and feature private access and parking. Built in the 1930's, the cabins have amazed guests with their charm and cleanliness and were recognized as an important cultural and heritage resource in the recently completed Lake Louise Community Plan. The cabins have been fully



modernized with the redecoration respecting the heritage and rustic theme. The second type of accommodation is provided by way of two separate building housing lodge suites. The lodge suites feature one and two bedroom units with and without kitchens. In the suites, care has been taken to preserve the rustic theme without sacrificing modern-day amenities.

Owned and operated by the Pedersen family for the past 50 years, the Pedersen's take extreme pride in Paradise Lodge. Consequently, extremely high standards of quality and excellence have been maintained. The Lodge is well known for its flower gardens and grounds keeping and is a fourteen-time recipient of the Alberta Housekeeping Award.

### **(3) Brewster's Shadow Lake Lodge in Banff**

<http://www.shadowlakelodge.com/heaven.html>

Situated in the high alpine meadows of Banff National Park, Brewster's Shadow Lake Lodge is a remote back country lodge with cabins, accessible only by hiking or cross-country skiing. Well established trails lead through vast meadows to mountain passes and down to adjoining valleys. Your alpine adventure at Brewster's Shadow Lake Lodge will provide you with a rare holiday in a unique National Park Lodge. We promise exemplary service and individual attention in the splendor of the Canadian Rockies backcountry.

Shadow Lake, A Piece of Heaven, by Sonia Kuczaj – reporter

When Bud Brewster bought Shadow Lake Lodge for a down payment of \$50 in the early 1950s it was a small, lone cabin in the middle of nowhere. Situated in the backcountry next to one of Banff National Park's most spectacular lakes at Ball Mountain, Brewster knew there was something special about the area.

Over the years, Brewster and his father Claude eventually sold their other properties, including the Lake Agnes Tea House and the Lake O'Hara Lodge. But Brewster refused to sell Shadow Lake Lodge. "Dad saw the value of Shadow and always had," said Alison Brewster, who now operates the lodge with her husband Bryan Niehaus.

On Thursday (Oct. 2), the couple won the Banff Heritage Tourism Best Environmental Practice award, beating out the Fairmont Chateau Lake Louise. Brewster said she had not even bothered writing a speech, believing that Fairmont would win the award. Robyn Dinnadge, executive director of the Banff Heritage Tourism Corporation, said Shadow Lake Lodge was the chosen winner for its progressive efforts. "It is not just about meeting the minimum or legislative environmental standards, but demonstrating leadership and environmental excellence in providing a quality wilderness experience for visitors," she said. No longer a single cabin, Shadow Lake Lodge these days consists of 12 cabins, which can accommodate a total of 48 guests.

Prior to Bud Brewster buying it, the original Shadow Lake rest house had been constructed in 1929 by Canadian Pacific Railway, then sold to Brewster Transport in 1937, which later sold it to Bud Brewster. From the 1950s until the 1990s, the cabin did not operate on a commercial basis. However, it was used periodically for large outfitting operations and a small tour guiding operation had been based out of the facility.

Alison said her father tried to get permission to expand the lodge in the 1980s under the Four Mountain Parks Planning Program. On July 13, 1991 phase one of the developments was approved and development started the next day. “Deep down my father always wanted it to happen, but I don’t know if he actually believed that it ever really would,” she said. With the development came the need to follow Parks Canada regulations to minimize the impact on the environment.

In the backcountry there is no power, so coming up with efficient ways to run the lodge required some innovative thinking. To reduce greenhouse emissions, Niehaus said the lodge stopped using kerosene lamps last year and has switched to solar power. Niehaus said that also reduces the risk of a potential fire. Other initiatives include the installation of an engineered settling system through which grey water is oxygenated and passed through to remove all grease and food particles, before being dispersed into the tile field. In addition, water consumption is metered for better management and all soaps and detergents used on the premises are phosphate free. “We have been doing everything we were told to do, but in a manner which exceeds what they (Parks Canada) expect,” Niehaus said.

While strategic thinking has helped Shadow Lake Lodge move forward, Niehaus said that not every backcountry lodge is as fortunate. “We have sun exposure, (and) a creek that doesn’t dry up. Whoever picked the spot there for the original cabin knew what they were doing,” Niehaus said. To keep Shadow Lake Lodge moving in the right direction Niehaus said he would like to install a composting unit in the future, but is searching for a unit that can withstand the cold. “They freeze, that is the biggest hurdle,” he said. For now, the lodge will continue flying human waste out and depositing it in the Banff waste treatment plant twice a year. Opportunities for the application of micro-hydro are also being investigated to provide a more consistent power source, and to reduce the requirement for large battery banks.

Brewster said preserving and sharing the heritage of Shadow Lake Lodge is important to her family and it is a piece of family history that she will not put up for sale. “My father sold Lake O’Hara, but he kept Shadow because to this day, my father still believes that Shadow is one of the nicest areas in the national parks,” she said. “And it truly is a piece of heaven.”

- Banff Heritage Tourism Awards Winners
- Most Innovative Commitment to National Park and World Heritage Site Awareness – Parks Canada’s Mountain World Heritage Interpretive Theatre
- Best Heritage Related Product or Service – Simpson’s Num-Ti-Jah Lodge. Banff Tours received an honorable mention.
- Best Environmental Practices – Brewster’s Shadow Lake Lodge
- Strongest Commitment to Staff Heritage Orientation – Mountain Parks Heritage Interpretation Association
- Best “Wonder of Water” Themed Initiative – Banff Mountain Summit 2003: Mountains as Water Towers
- Award for Heritage Excellence – White Mountain Adventures

**(4) Storm Mountain Lodge** was constructed in 1922 as one of eight Bungalow Camps built by Canadian Pacific Railway to promote tourism in the Rocky Mountains. The completion of a coast-to-

coast railway in 1885 significantly contributed to the arrival of visitors and to the popularity of this area. Storm Mountain Bungalow Camp originally consisted of a log lodge with a broad verandah, six log bungalows, a public bathhouse, and bathroom. Six years later another six log bungalows were added. The original lodge and bungalows are still enjoyed by guests today.

The Banff-Windermere Highway officially opened June 1923. The road reaches its pinnacle at Vermillion Pass, elevation 1708 m. (5624 ft.) It is at this location that Storm Mountain Lodge was built to capture the grandeur of the panoramic vistas. Continuing south, the highway enters Kootenay National Park and crosses the Rockies to the Columbia Valley. In the early 1920's, Canadian Pacific proclaimed this route as the most spectacular motor trip on the continent.

The area was then referred to as Rocky Mountain Park. Despite its designation as a National Park the exploitation of resources through hunting, mining and logging occurred until 1930 when a new National Parks Act ended the commercial exploitation and made resource protection a priority.

There is a long history of forest fires in the area. The most recent occurred in 2003 when a fire, started by lightning, consumed 17,000 hectares. While this fire stopped five kilometers from the lodge, an earlier fire in 1968, came much closer. A change in the wind direction saved Storm Mountain Lodge in both fires. A restoration project on all of the historic buildings began in 2003. The interior and exterior of each cabin is being completely restored in a manner that retains the authenticity of these 1922 buildings.

December 17, 2004, marked another important historical date as Storm Mountain Lodge opened to guests for the first time in the winter. Now Storm Mountain can be experienced in all its' winter splendor.

In the past Storm Mountain has also been known as Castle Mountain Bungalow Camp and Mount Eisenhower Bungalow Camp. Elevation 1708 m. (5600 ft.)

From [www.timbertours.com](http://www.timbertours.com) 800 417 2453

Dates: (6 days, 5 nights; Sun-Fri) Aug. 23-28

Assembly Point: Lake Louise - Airline service to Calgary; bus or Timberline van shuttle between Calgary airport and Lake Louise prior to and following tour.

Tour Cost: \$2,095 - (includes all lodging, all meals, park entrance fees, van shuttles between Calgary and Lake Louise, leaders, trail maps & narratives) Plus \$400 guaranteed single occupancy.