

## Gentle Walking Canadian Rockies, Canada

The best walks through the awe-inspiring scenery of Banff and Jasper National Parks with comfortable accommodation throughout.



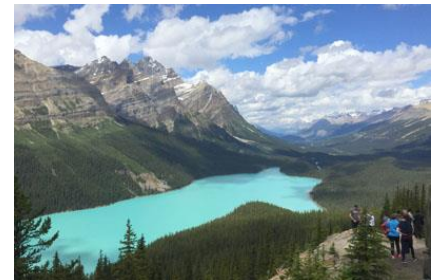
### Group departures

See overleaf for departure dates

### Holiday overview

Style	Walking
Accommodation	Hotels, Cabins/chalets
Grade	Gentle / Moderate
Duration	13 days from London to London
Trekking / Walking days	Walks on: 10 days
Min/Max group size	5 / 12. Guaranteed to run for 5
Trip Leader	Local Leader Canada
Land only	Joining in Calgary, Canada
Max altitude	2,255m/7,938ft, Parker Ridge, Day 8

Private Departures & Tailor Made itineraries available



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# Departures

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## Group departures

### 2025 Dates:

Sat 21 Jun - Thu 03 Jul

Sat 30 Aug - Thu 11 Sep

**Single rooms:** If you are travelling alone and are willing to share, we will attempt to pair you up with another solo, same sex traveller. Where this is not possible, a resulting single room supplement will be payable. Please contact us for prices or visit our website.

### Group prices and optional supplements

Please contact us on +44 (0)1453 844400 or visit our website for our land only and flight inclusive prices and single supplement options.

### No Surcharge Guarantee

The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

### Will the trip run?

This trip is guaranteed to run for 5 people and for a maximum of 12. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

### Insurance

We offer a travel insurance scheme - please contact us for details.

### Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

### Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday. If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

# Your guide

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Our walking and trekking holidays in Canada are led by experienced, friendly and knowledgeable, English-speaking local guides. They have extensive knowledge of their surroundings and bring an in-depth aspect to your adventure. Our local guides are members of professional organisations including the Association of Canadian Mountain Guides, they are Wilderness First Responders accredited by the National Outdoor Leadership School, and are members of Leave No Trace Canada.

## Your trip highlights

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- Walk on every day of this holiday through stunning mountain scenery to the best viewpoints
- Hike in Banff, Jasper, Yoho and Kootenay National Parks and in Kananaskis Country
- Drive along the Icefields Parkway - one of the world's most scenic highways
- Stay in comfortable hotels or chalets in Jasper, Lake Louise and Canmore

## At a glance itinerary

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Day 1	Fly to Calgary and transfer to hotel.
Days 2-4	Drive to Canmore. Walk Ptarmigan Cirque, Stanley Glacier and Cascade Amphitheatre.
Day 5	Drive to Jasper along Icefields Parkway with walks en route to view Bow Lake, Peyto Lake and Athabasca Glacier.
Day 6	Hike Edith Cavell Meadow Trail and visit Athabasca Falls.
Day 7	Drive to Maligne Lake and walk Bald Hills.
Day 8	Drive to Lake Louise. Walk Parker Ridge.
Day 9	Drive to Moraine Lake. Hike Larch Valley/Sentinel Pass. Continue to Lake Louise.
Day 10	Drive to Yoho National Park. Walk to Laughing Falls and around Emerald Lake.
Day 11	Morning at leisure. Drive to Lake Minnewanka for lakeshore hike. Drive on to Calgary.
Days 12-13	Transfer to airport and fly home.

## Trip summary

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This holiday is a veritable feast of spectacular mountain scenery and fabulous walking that delivers something special every single day. The stunningly beautiful Canadian Rockies encompass the Canadian section of the North American Rocky Mountains, an impressive system of numerous mountain ranges that run from the Canadian Prairies to the Pacific Coast. Mount Robson, at 3,954 m/12,972ft, is the highest mountain. Five national parks are located within the Canadian Rockies and were together declared a single UNESCO World Heritage Site in 1984 for the exceptional mountain landscapes found here. On this superb walking holiday you will explore three of the most breathtaking parks - Banff, Jasper, and Yoho, which offer the very best scenic and truly natural experience.

Your adventure begins in Calgary, the Canadian province of Alberta, on the confluence of the Bow River and Elbow River. Calgary has numerous skyscrapers, however it is steeped in western culture and well-known for its cowboy traditions, in particular the famous Calgary Stampede. From here you venture north, settling for three nights at a time, in three stunning locations.

You will start your grand adventure with three nights in Kananaskis Country enjoying some of the most outstanding landscapes in the Rockies. You will then drive on to Jasper along the stunning Icefields Parkway with stops en route to the best viewpoints including Bow Lake, Peyto Lake and the Athabasca Glacier. From your base in Jasper you will explore delightful meadows, captivating glaciers and spectacular waterfalls and hike in pristine areas of outstanding beauty with walks to Edith Cavell Meadows and a visit to Athabasca Falls.

Your final base is the historic town of Lake Louise in Banff National Park - one of the Rockies most well-known and popular centres. From here there are even more superb hikes to high ridges and passes, around beautiful glacial lakes and to the base of tumbling waterfalls. Finally you return to Calgary with a treasure trove of memories and a gazillion photos to take home.



# Your trip itinerary

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## Day 1: Fly London to Calgary

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Fly from London to Calgary. On arrival you will be greeted at the airport by your local guide and transferred to your hotel. The remainder of the day is at leisure, for you to recover from your flight and to enjoy downtown Calgary.

**Overnight: Ramada Hotel or Similar, Calgary**

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**Day 2: Drive to Kananaskis - 150km, 1¾ hours. Walk Ptarmigan Cirque. 2-2½ hours, 210m ascent/210m descent. Drive to Canmore - 100km, 1¼ hours.**

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Today you will drive to Kananaskis. Known as Kananaskis Country it is an area which offers some of the most beautiful landscapes of the Rockies but is quieter than the main national parks which you will visit later. The first walk of your Rockies adventure will be the Ptarmigan Circuit. As with most trails in this region, the climb starts in spruce-fir forest. Several switchbacks lead you to an area lined with larch trees before the trail branches off into a loop. You emerge in a wide open meadow, a fine example of a recently de-glaciated valley in the Rockies. Most of the landscape looks like desert, yet, if you look closely, you will find it remarkable. The bedrock reveals fossilized remains of an ancient seabed, complex lichen colonies cover rocks and boulders, and gullies and avalanche debris offer forms of shelter for small birds and rodents. The fauna and flora of this harsh habitat rely on survival strategies and biological adaptations to survive - you are lucky visitors who get to catch a glimpse at its most pleasant time of the year!

After your walk you drive on to Canmore and your hotel for the next three nights.

**Overnight: Chateau Canmore or Similar, Canmore (Meals: B L)**

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**Day 3: Cascade Amphitheatre walk - 13.2km, 640m ascent/descent, 4-6 hours. Free time in Banff.**

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It's a short drive of about half an hour this morning to reach the trailhead for Cascade Amphitheatre at the Mount Norquay Ski Resort. The trail is set within an alpine valley tucked into the mountains near Banff. The first part of the hike is a gentle walk along a service road then through dense forest before crossing a stream (Forty Mile Creek) on a footbridge. Turning right after the creek you start to gain elevation quite quickly before beginning to climb steeply up the slope of Cascade Mountain on a long series of switchbacks. It's hard work but eventually you reach the Cascade Amphitheatre meadows and are greeted by incredible views of the summit of Cascade Mountain ahead. The mountain is both a natural beauty and one of the impressive geologic features of the Canadian Rockies. The rest of the route up to the summit is a challenging scramble so you will stop at the meadows and spend some time relaxing and enjoying the views. You then descend on the same trail and return to your vehicle.



The rest of day is free for you to enjoy the attractions of Banff before returning to your hotel.

*(Image: aerial view of Banff courtesy of Paul Zizka)*

**Overnight: Chateau Canmore or Similar, Canmore (Meals: B L)**

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**Day 4: Stanley Glacier hike in Kootenay National Park - 8.4km, 385m ascent/descent, 3 hours. Return to Canmore.**

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It's a 45 minute drive this morning to reach the Stanley Glacier trailhead for one of the most popular hikes in Kootenay National Park. You begin by crossing over the Vermillion River on a footbridge and you will note the 'bare' forest that characterises this area due to forest fires over the previous decades. The lack of foliage though allows for more frequent viewpoints. This is also an area rich in wildflowers during the late spring and summer months. Shortly after the bridge you start to climb steadily up a series of gentle switchbacks, then a flatter section, until you reach a small river formed by the runoff of the Stanley Glacier. You cross and continue briefly uphill, with a huge waterfall coming into view as it cascades down the cliff wall to your right. As the forest around you thins, the surrounding mountains come increasingly into view until you enter a pristine

alpine meadow with incredible, far-reaching vistas in all directions. There's time to rest awhile and take in the magnificent scenery before heading back down the trail and returning to Canmore.

**Overnight: Chateau Canmore or Similar, Canmore (Meals: B L)**

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**Day 5: Drive to Jasper along the Icefields Parkway - 300km, 4-5 hours. Stop en route for short walks to view Athabasca Glacier, Bow Lake and Peyto Lake.**

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Today you drive along the spectacular Icefields Parkway Highway to Jasper. Jaw-dropping scenery surrounds you for the duration of this unforgettable drive. The landscape is peppered with more than 100 ancient glaciers, majestic waterfalls falling from dramatic rock spires and turquoise emerald lakes. En route you'll make several stops to walk to some of the most outstanding viewpoints along the Parkway.

Roughly an hour and a half from Canmore, your first stop is at Bow Lake which sits right beside the road. This small, yet perfectly formed lake is nestled in the heart of the Canadian Rockies. Fed by meltwater from the Bow Glacier, Bow Lake is best known for its incredible turquoise hue, a result of glacial silt mixing with the cold waters. The gorgeous waters provide the perfect mirror for the surrounding mountains on clear, calm days, and you'll definitely want to get a picture of the dazzling reflections in the lake. There is an easy trail around the lake which takes around an hour to complete.

Continuing your drive, your next stop at Peyto Lake is just a few miles further along the road. For many visitors, this is one of the most iconic, and most photographed places in the entire Canadian Rockies. The first thing that stands out to most people is the vibrant colour of the Lake. Why is Peyto Lake so blue? The answer lies in its source. The water in Peyto Lake comes from the Peyto Glacier. Many glacier-fed lakes take on this incredible color due to "rock flour" or fine rock particles that the movement of the glacier grinds like flour. The way the sunlight reflects off of these particles suspended in the water gives the lake its stunning color. You'll walk up from the parking lot to Peyto Lake Overlook from where the views really are awe-inspiring. Make sure your phones and cameras are fully charged!

Your final stop along the Parkway is at Athabasca Glacier where you'll take a gentle hike to view the toe of the glacier. As you walk past the glacial lake at the snout, the receding of the glacier becomes obvious. The striated bedrocks tell the story of its advance, while stone markers identify the location of the snout in past decades. You'll marvel at the wall of ice at the far end of the valley interconnected with the extensive Colombia Icefield, a remnant of the last ice age.

Returning to your vehicle, you drive along the final 100km stretch of the Icefields Parkway to your accommodation near Jasper. For your first night here your guide will suggest a local restaurant in Jasper for dinner. Breakfasts will be taken in the dining room or at the chalets, and lunch will be out on the trail.

**Overnight: Becker's Chalets or Similar, Jasper (Meals: BLD)**

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**Day 6: Drive to Cavell Meadows - 60 km, 1½ hours. Walk Edith Cavell Meadow trail - 6-7km, 500m ascent/ 500m descent, 4-5 hours. Visit Athabasca Falls.**

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The Cavell Meadows hike is a Jasper favourite, displaying colourful floral meadows, dominant glaciers and jagged towering cliffs. Your hike today starts by climbing over a terminal moraine, the furthest advance of the now receded glacier, and works south through the quartzite debris of the glacier forefield. Part of this area was covered by ice less than 50 years ago.

Delightful chipmunks, ground squirrels and pikas live in the nooks and crannies of this moraine and add a sense of 'wild' to this wonderful trail. Cottonwood poplar grows from the rocks to the right of the trail and reaching the top of the moraine marks an immediate change to subalpine forest. Your trail switchbacks into the trees. The forest here is an ancient one, dominated by Engelmann spruce and subalpine fir. One fir is half a metre thick at the base.



The first of your viewpoints provides an excellent sight of Angel Glacier and its 40m thick ice cliffs. Soon the trail emerges from the trees to reveal the beautiful Edith Cavell Meadows - amateur botanists are particularly fond of these meadows for their displays of pink, yellow, and white mountain heather which provides the most spectacular setting.

Retracing your steps, you descend back down the trail and then return to Jasper, stopping at the spectacular Athabasca Falls - known as the most powerful waterfall in the Canadian Rockies, the falls are completed by an exceptional setting of tall alpine forest with the mighty Mt. Kerkeslin in the background.

**Overnight: Becker's Chalets or Similar, Jasper (Meals: BLD)**

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**Day 7: Drive to Maligne Lake - 100 km, 2hrs. Walk Bald Hills - 10.4km, 500m ascent/500m descent, 4-6 hours.**

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The Bald Hills hiking trail has some of the most breathtaking panoramas that Jasper has to offer. Today's hike is a moderate climb but very rewarding - you will take lots of breaks to ease the ascent. The trail initially follows a fire road through a pine forest. Upon reaching the subalpine life zone, views to the north begin to open with the Queen Elizabeth Range visible across the valley, and Little Shovel Pass in the Maligne Range to the north. This sample of mountains encapsulates two different themes in local geology, younger, grey front-range limestone; older colourful main range quartzite underfoot. Passing a small pond as you enter the tree line glades, you may hear a surprising concert of birds: juncos, thrushes and sparrows to name a few. You reach the old fire lookout site, rewarded with magnificent views of Maligne Lake complete with six summits above 3,000m. You hike back down at your own pace, reflecting on how this trail was well worth the effort!



**Overnight: Becker's Chalets Or Similar, Jasper (Meals: BLD)**

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**Day 8: Drive from Jasper to Lake Louise - 232km, 3 hours. Walk Parker Ridge en route - 5-6km, 2-3 hours, 250m ascent/250m descent.**

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Today you make the drive from Jasper back along the breathtaking Icefields Parkway to Lake Louise. On the way you'll stop just off the highway so that you can walk up the must-do trail to Parker Ridge. The route is very straightforward, and you can enjoy good views along the way as you ascend, via a series of well-established switchbacks, to Parker Ridge overlook. Here there are exceptional vistas of the impressive Saskatchewan Glacier - a prominent toe of the Columbia Icefield.

Descending back the way you came, you continue your journey to Lake Louise, one of the premier visitor centres of the Rockies. You'll be able to settle into your accommodation before heading out for dinner locally.

**Overnight: Lake Louise Inn or Similar, Lake Louise (Meals: B L)**

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**Day 9: Drive to Moraine Lake - 30 minutes. Hike Larch Valley/Sentinel Pass - 11.6km, 725m ascent / descent, 4-5 hours.**

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After breakfast today you will make the drive to beautiful Moraine Lake and the trailhead for the Larch Valley hike. The hike into Larch Valley and Sentinel Pass is a must for anyone wanting to have an experience that closely resembles the backcountry of Banff National Park. The trail begins on a good uphill path, winding through cool, evergreen forest with lichen hanging from the tree branches. You cross several small mountain streams and see wildflowers growing alongside the trail. Early on you will start to see the jagged peaks of the surrounding mountains including the glacier-topped Mount Fay. After the first kilometre the trail steepens into a series of switchbacks to ease the gradient, and the turquoise waters of Moraine Lake can be glimpsed through the trees. Climbing for a further 1.5km the trail flattens out and enters a large larch tree forest with Mount Temple looming ahead. As you venture deeper into the Larch Valley meadow there are remarkable views of the soaring Ten Peaks around Moraine Lake with some well-placed benches to sit and take in the vista.

The Larch Valley trail ends after 4.7km but you can then continue up the zig-zagging Sentinel Pass trail that leads between Pinnacle Mountain and Mount Temple. If you reach the top of the trail you'll enjoy sweeping views of the Minnestimma Lakes as well as the Ten Peaks and dreamlike Paradise Valley.

Look closely and you may see climbers on the face of the Grand Sentinel. You return via the same route and drive back to Lake Louise.

**Overnight: Lake Louise Inn or Similar, Lake Louise (Meals: B L)**

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**Day 10: Drive to Yoho National Park - 80km, 1½ hours. Walk to Laughing Falls 7.8km, 3½ hours, 125m ascent/125m descent. Walk at Emerald Lake - 5km, 1½-2 hours, 213 m ascent.**

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Today you cross from Alberta into British Columbia. Yoho National Park lies on the western slopes of the Canadian Rocky Mountains. Glaciers carved an immense and deep u-shaped valley, later named Yoho by the Cree tribe, leaving the water flowing down its tributary valleys no other choice than to plunge down soaring cliffs. Takakkaw Falls, one of Canada's highest at 254m in one stretch and 384m in total, is simply mesmerising especially on sunny days, when a mist rainbow appears midway up. You depart north and walk across an alluvial plain into the forest. Moose frequent this area. You may opt for a little side trail for a view of Angel's Staircase Falls. The main trail continues up a hill and past a little canyon for good views of Laughing Falls from the north bank of Little Yoho River.



On your way back to your hotel you will stop at Emerald Lake one of the largest of Yoho's 61 lakes and ponds, as well as one of the park's premier tourist attractions. The Emerald Lake Trail is a scenic out-and-back hike with a couple of uphill sections. The path leads through aspens and lodgepole pines passing two other shimmering lakes - Nymph Lake and Dream Lake - before finally reaching Emerald Lake. The lake sits in Tyndall Gorge with the steep, craggy slopes of Hallett and Flaptop Mountains rising from its shores. After enjoying the lovely views, you walk back along the trail and return to Lake Louise.

**Overnight: Lake Louise Inn or Similar, Lake Louise (Meals: B L)**

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**Day 11: Morning at leisure. Drive to Calgary - 130km, 1.5 hours, stop en route at Lake Minnewanka for a last lakeshore hike - 2-3 hours.**

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Sadly this is your final day in the Rockies and your last morning is free to enjoy the many charms of Lake Louise before hitting the road one last time. On the way to Calgary you will have time for one more hike along the picturesque shores of Lake Minnewanka. The trail is part of a long distant route so you will just head out for an hour or so before returning to the vehicle and on to your hotel in Calgary.

**Overnight: Ramada Hotel or Similar, Calgary (Meals: BLD)**

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**Day 12: Group transfer to the airport for flight back to London.**

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You may have time for some last minute shopping today before transferring to the airport for your overnight flight home.

**Overnight: In flight (Meals: B)**

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**Day 13: Arrive in the UK.**

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## Our grading system

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Gentle Walking Canadian Rockies is graded as a Gentle/Moderate walking holiday, as described below.

### **Gentle**

Trips within this grade typically mix sightseeing with easy-paced half and/or full day walks. On these trips, walks will be on relatively low altitude trails, for a duration of around 4-6 hours. On all of our Gentle graded trips, some ascent and descent should be anticipated, and there may occasionally be a longer walking day. Holidays within this grade generally use hotels and comfortable lodges although a few do have some nights camping.

These holidays are suitable for people who enjoy easy-paced walks in the British countryside or exploring on foot rather than in a vehicle.

### **Moderate**

Holidays in this grade typically involve 5 to 10 days of walking or trekking. They will often venture into more remote country and can cross mountain passes. Altitudes though are still relatively low, going no higher than around 4,300m/14,000ft. Accommodation can include simple hotels, tea houses, lodges and camping.

## Trip altitude

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**Important** - please be aware that this trip involves travel at altitude. Whilst all our itineraries are carefully designed to optimise acclimatisation to high altitudes, participants on this trip are likely to experience some symptoms of being at altitude. The Dossier pack we provide when you book your holiday includes comprehensive advice on safe travel at altitude. If you require further information or advice on travel at altitude prior to booking please contact the office to speak to an experienced member of our team. Alternatively we recommend [www.medex.org.uk](http://www.medex.org.uk) as a good source of information.



## What the price includes

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Mountain Kingdoms aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

### What's included:

- ✓ A local leader
- ✓ International flights economy class (flight inclusive option)
- ✓ Single, timed group airport transfers on arrival and departure
- ✓ All other transfers as per the itinerary
- ✓ All road transport by private vehicles
- ✓ Good standard hotel or chalet accommodation
- ✓ 11 breakfasts, 10 lunches, 4 dinners
- ✓ Sightseeing and activities as specified
- ✓ Entry fees and permits for national parks and native sites
- ✓ The option of joining one of our pre-trip meets in the Cotswolds
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ A free Water-to-Go bottle

### Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. This is a single group transfer which is arranged to coincide with the timings of the group flights. If you book your own flights which arrive/depart at different times to this, or we book flights at your request that have different timings, we will be happy to provide a quote for a separate transfer. Please contact us should you require any further information.

### What's not included:

- × Travel insurance
- × Visa fees
- × Dinners on 7 days
- × Optional activities
- × Tips

### Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world.

Our clients who are not given a free Mountain Kingdoms kit bag for their holiday (these are required for certain treks), will instead receive a free Mountain Kingdoms Water-to-Go bottle. These unique Water-to-Go bottles can also be purchased from us at a discounted rate.

For further information about our campaign visit <https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign>.

## Your accommodation

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We will endeavour to secure the hotels named in the itinerary but if our first choice of accommodation is not available we will book an alternative of a similar standard.



### **Ramada Hotel or Similar, Calgary**

Located in the heart of Downtown Calgary the Ramada Hotel Calgary City Centre is a comfortable place to stay and a perfect location for sightseeing. The hotel offers a full range of room and hotel facilities. Rooms are en suite with flat screen televisions and Wi-Fi access. Features to help you unwind, include an outdoor pool, restaurant and lounge bar.



### **Chateau Canmore or Similar, Canmore**

Nestled in the heart of the Bow Valley, the Chateau Canmore is situated in downtown Canmore, just a short distance from Banff National Park. Hotel amenities include an indoor swimming pool, outdoor hot tub, sauna and gym. Free coffee is available round the clock. Rooms are large with fireplaces, fridges, coffee making facilities and Wi-Fi, all have a view of the surrounding mountains.



### **Becker's Chalets or Similar, Jasper**

Becker's Chalets offers accommodation in well-equipped chalet style cabins with a rustic finish. The cabins are set in landscaped grounds near the Athabasca River and have great mountain views. Becker's also has a 'gourmet' restaurant which serves a daily buffet breakfast.



### **Lake Louise Inn or Similar, Lake Louise**

Lake Louise Inn is surrounded by soaring pines and sweeping mountain views and is nestled among the snowy peaks of Banff National Park. Accommodation provides the comfort and convenience of modern amenities including an en suite bathroom and free Wi-Fi. You can take in the spectacular mountain scenery through floor to ceiling windows as you relax and unwind in their heated indoor pool and whirlpools.

## Meal arrangements

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11 Breakfasts, 10 Lunches, 4 Dinners. Your guide will prepare 2 dinners and your lunches during your holiday. The lunches will be taken with you on the trail.

## Flight arrangements

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### Flight inclusive from price

Our 'Flight inclusive from' price is based on the best fare available at the time of printing. As airfares change on a constant basis, this should be used only as a guide price. Rest assured that, at the time of booking, we will endeavour to get the best possible price for the flights you need. Remember, the earlier you book the greater your chances of securing the best fare.

Flight inclusive packages booked through Mountain Kingdoms are protected through our ATOL bonding scheme.

### Flight upgrades and regional Airports

Please call us on +44 (0)1453 844400 for flight options from regional UK airports, Business Class upgrades, alternative airlines and stopovers. Please also check our website for the most up to date flight inclusive 'from' prices.

## Further information

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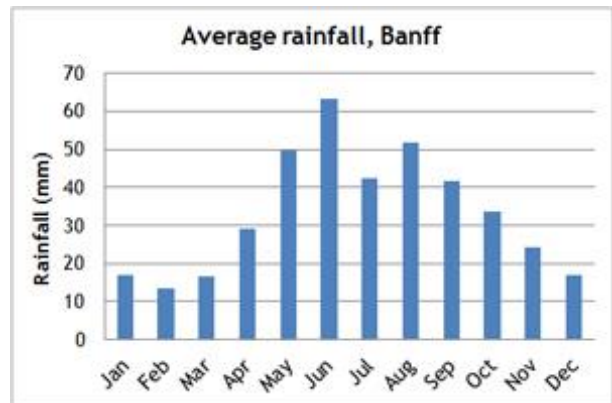
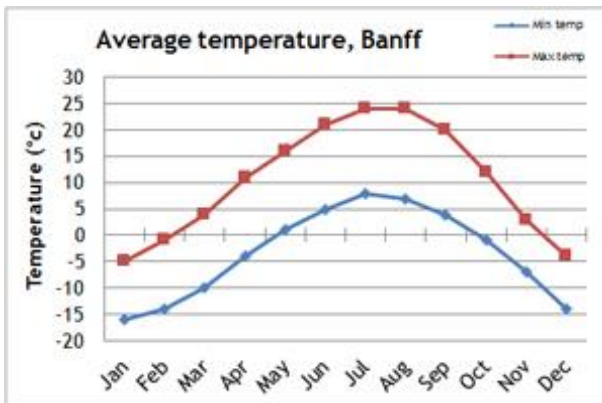
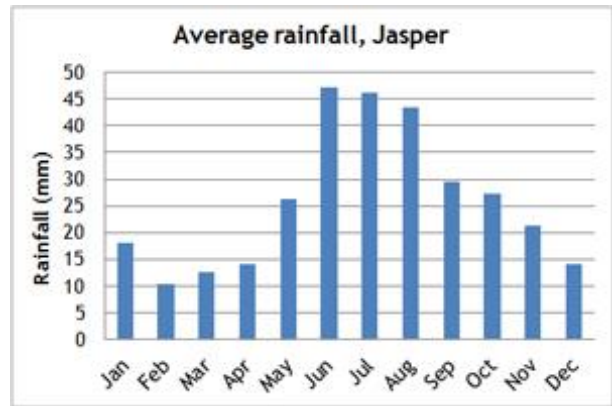
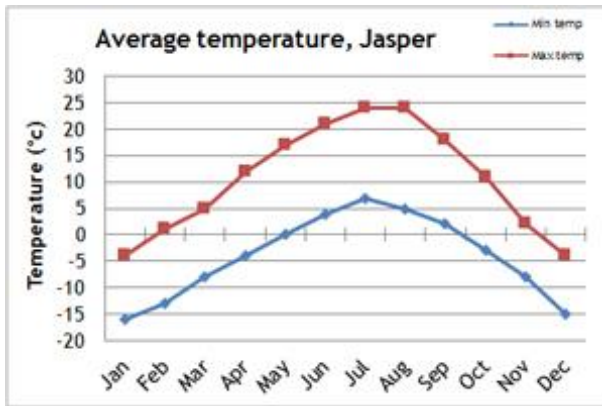
When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

## The nature of adventure travel

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Every effort will be made to keep to this itinerary but we cannot guarantee that things may not change, either before you travel or while you are away. By its very nature, adventure travel involves an element of the unexpected, particularly in more remote areas. A variety of factors such as adverse weather conditions, changes to local schedules and difficulties with transportation can all contribute to the need to make changes to the itinerary, often at the very last minute. Our Operations Manager and your Trip Leader will make every effort to maintain the integrity of the original itinerary and minimise the impact of any changes, but an easy-going and flexible nature is a real asset! Please note that all timings and distances given are approximate.

# Climate information



## Extensions

### Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400. Alternatively, you can download a range of extension information sheets on our website, at [www.mountainkingdoms.com](http://www.mountainkingdoms.com).



There are many ways you can extend your holiday in Canada with Mountain Kingdoms: you could book extra nights at a hotel at the start or end of your trip, take a personal sightseeing tour or enjoy some other exciting activity. In fact whatever's available, we can help make it happen. We're happy to suggest ideas, provide quotes and make all the arrangements.

We can also assist with flight and hotel upgrades.



## Why book this holiday with Mountain Kingdoms?

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- This varied itinerary has been carefully designed to include the best day walks, to achieve the very finest experiences the Canadian Rockies have to offer.
- You stay in ideally located accommodation, well placed to get to your walks early.
- Your holiday will be led by a professional, experienced guide who will be delighted to share their expert knowledge of their home country.
- Group transfers to/from Calgary airport are included on arrival and departure.
- We apply a maximum group size of 12, thereby offering a genuine small group experience.
- We have a wealth of travel experience at Mountain Kingdoms. If you have any questions about this holiday, contact Kerry on 01543 844400 who researched this trip and would be very happy to help.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and other exciting activities.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights team for flight options, quotes and further information.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: [www.mountainkingdoms.com](http://www.mountainkingdoms.com) or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

## What our clients say

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*What a marvellous trek in the magnificent Rockies. We visited many different areas, walked in stunning landscapes - mountains, lakes, glaciers - all beautiful. Our guide, Marianne, was just perfect - knowledgeable, attentive, enthusiastic, great fun and a terrific cook too! All the accommodation was very good. From start to finish I couldn't have asked for better. Thanks to all the very helpful, pleasant staff for their advice throughout the planning and assistance when required.*

*- Sandra B*



*A wonderful walking holiday, in one of the beautiful regions in the world. Some spectacular views and amazing wildlife. If you are looking for a trek without crowds, this is the one for you.*

*-Mr W, Essex*

*Having a fantastic guide in Claude Deschamps who cleverly tweaked our walking itinerary when we found ourselves in the middle of the coldest September weather in Alberta for 60 years! We enjoyed the snow which only enhanced the beauty of our surroundings.*

*-Mr C, Surrey*



*Mountain Kingdoms have provided the opportunity for us to explore mountainous area of the world which we could not have done without their support.*

*- Mr W, Gloucestershire*

# Mountain Kingdoms - distinctly different

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## **Truly independent**

In an age where many so-called 'independent' travel companies have in fact been bought out by multi-national giants, we remain fiercely independent with all the benefits this offers our clients.

## **Value for money prices with an emphasis on quality**

We are not in the business of cutting our itineraries and services to the bone to offer eye-catching cheap prices. We use some of the best airlines, and typically 3 or 4 star hotels in cities. We include the majority of meals and private transport for road travel. We use excellent equipment and appoint well-trained staff and leaders. Last year, over 98% of our clients rated their Mountain Kingdoms holiday as 'excellent' or 'good'. We are members of AITO and bound by their quality charter.

## **Complete financial security**

You can book with us confident that your holiday has full financial protection. Flight inclusive holidays are financially protected by the Civil Aviation Authority under ATOL licence number 2973 and 'Land Only' holidays are covered by a bond secured with ABTOT.

## **No Surcharge Guarantee**

Your peace of mind is important to us so we have a No Surcharge Guarantee on all Land Only and Flight Inclusive bookings. This means that there will be no change to the price of your holiday once we have confirmed your booking, regardless of fluctuations in exchange rates or fuel prices.

## **Award winning Responsible Tourism**

We feel strongly that all our holidays should benefit local communities, protect the environment and respect local traditions, religion and heritage. You can read more about the charities we support and our Responsible Tourism commitments and initiatives on the following page or at [www.mountainkingdoms.com](http://www.mountainkingdoms.com).

## **Genuine small group travel**

Almost all of our holidays have a maximum group size of just 12, plus leader. This provides more contact with your leader, readier access to off-the-beaten-path areas, greater interaction with local communities and a reduced environmental impact.

## **Loyalty Discount**

If you have previously travelled with us we recognise your loyalty with a discount on future trips.

## **Booking your holiday - it couldn't be easier**

Once you've chosen your Mountain Kingdoms holiday you can book online, call the office or complete and post a booking form which can be found in our brochure or downloaded from our website. If you would like to hold a place on one of our trips, whilst you make up your mind, please give us a call to make a provisional booking. This is a no-obligation, no-cost booking and we will hold your place until space comes under pressure or we need your decision.

## **Comprehensive information**

When we receive your booking we send you a full trip dossier which contains details of visas and vaccinations required, a suggested gear and clothing list and lots of useful information. In fact, everything you need to know to give you peace of mind and allow you to prepare for your trip of a lifetime.



## RESPONSIBLE TOURISM STATEMENT CLIMATE EMERGENCY PLAN



For over 33 years, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now offer trips to all corners of the world, but we are conscious that inevitably our holidays have a detrimental impact on the world around us, and we want to do all we can to reduce our carbon emissions. We are a signatory to Tourism Declares a Climate Emergency, along with a growing number of like-minded, reputable tour operators. For more information, please visit [www.tourismdeclares.com](http://www.tourismdeclares.com)

From 2020 onwards, we will be focusing on how we can reduce the carbon emissions that our holidays produce, and how to counterbalance this carbon by supporting carbon offset measures. Here are some of our current and future plans to minimise the impact of our business as a whole:

### **Carbon Offsetting**

#### **Already doing:**

- ✓ We have been offsetting carbon since 2007, but will be increasing our donations to the [Ecoan tree planting project](#) in Peru this year. This is with a trusted partner where the funds go directly to a project where the community plants trees on its own land.

#### **Will do:**

- ✓ We are working on making our carbon offsetting more accurate and targeted.
- ✓ In future, we will add to that a further estimate for carbon produced by hotels, local road travel, trains and internal flights to arrive at a carbon offset sum for each trip we operate.
- ✓ Carbon offsetting will be included in our holiday prices. For our Flight Inclusive holidays it will include the international flight and any emissions produced by inland travel and accommodation. Our Land Only prices will include the cost of offsetting emissions caused by inland travel and accommodation.

### **Reducing Carbon Emissions**

#### **Already doing:**

- ✓ We already offer the majority of our customers a free filtered water bottle which means they can instantly cut down on their single-use plastic consumption. This will be an ongoing project.
- ✓ We already predominantly use locally owned hotels, but will continue to ensure that, where possible, we use these rather than multinational chains.
- ✓ We have joined the Tourism Declares a Climate Emergency initiative to stand alongside like-minded travel companies, to work together to initiate best practices to make tourism as sustainable as possible.

#### **Will do:**

- ✓ We will re-evaluate our flights to make sure we are using the most fuel efficient airlines with the youngest fleets and, where possible, direct flights for each trip.
- ✓ We will stop offering unnecessary optional flights – for example our Everest sightseeing trip.
- ✓ We will eliminate unnecessary staff flights wherever possible.
- ✓ We will look at minimising internal flights.
- ✓ We will be asking all our worldwide agents and suppliers to look at their own carbon footprint and encourage them to reduce it.
- ✓ We will promote our more low impact trips to give customers an informed choice.

As part of our wider commitment to Responsible Tourism, we will continue to support a number of charities with whom we have had a long standing relationship over many years. These include: Shiva Charity in Nepal (Ginette Harrison School), Simien Mountains Mobile Medical Service and Porter Welfare, as well as setting aside a sum for emergency disaster relief should the need arise.



