

# The Best Day Walks in the **CANADIAN ROCKIES** *Saturday 24 July – Sunday 8 August 2027*

*An awesome 16-day trip incorporating numerous magnificent attractions to visitors from across the world and the very best of short walks.*

**Leader: Phillip Donnell**

**Price: \$9450 (Edmonton to Calgary)**

Based on a minimum of 10 participants and subject to currency fluctuations.

Price is estimated at May 2026, so subject to change until fully paid.

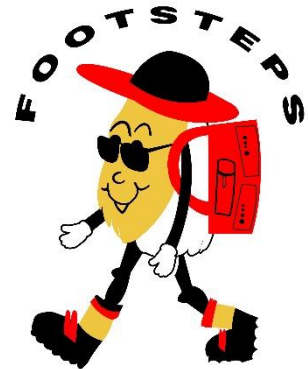
We are visiting during the peak season in order to get the best weather and the optimum conditions for walking, so costs are commensurately higher.

## **PRICE INCLUDES :**

- Accommodation, mostly twin share rooms in hotels, motels, etc.
- Transport – in a comfortable hired minivan.
- The services of an experienced and knowledgeable Kiwi leader throughout.
- Breakfasts (continental).
- National park fees, historic site entry fees, national monument entry fees.

## **PRICE DOES NOT INCLUDE :**

- Flights to trip starting point or from trip finishing point.
- Lunches and dinners.
- National park shuttles.
- Any optional activities or choices.
- Personal expenses outside of the inclusions.
- Travel insurance (mandatory).



## **Trip Highlights**

- **A comprehensive super-natural tour**, timed for best summer conditions when trails are free of snow.
- **3 National Parks:** Jasper, Yoho, Banff. The parks are spectacular and the scenery is absolutely stunning!
- **Hundreds of beautiful lakes**, including Lake Louise, Maligne Lake, Helen Lake and Moraine Lake.
- **A vast array of stunning trails**, including: Plain of Six Glaciers, Valley of Ten Peaks, Sentinel Pass, Iceline Loop, Sunshine Meadows, etc.
- **The fabulous Icefields Parkway**, including Athabasca Glacier.
- **Walks** are a major feature, graded to suit. You choose your activity level on the day – a more strenuous half or whole day walk, a shorter walk or just “tiki” tour with the vehicle. Although day walking is a focus of the itinerary, you participate at your own level, according to how you feel.

# CANADIAN ROCKIES 2027

**Participants should arrive in Edmonton by the evening of Friday 23 July.**

**The initial briefing will be at 6 p.m.**

**You are welcome to arrive earlier if you want to spend time in Edmonton.**

**Note:** Walks in **bold** below are highly recommended.

DATE	ACTIVITIES
<b>JASPER NATIONAL PARK (4 days)</b>	
Day 1 Saturday 24 July	Travel from Edmonton to Pocahontas (320km, 3h45m) <i>Possible walks in the Miette Hot Springs Area:</i> Pocahontas Mine Trail (2.5 km, 1 hr) Jasper House Trail (700m, 20 mins) Utopia Pass (6 km return, 2-3 hrs) <b>Sulphur Skyline (8 km return, 4-5 hrs)</b>  <i>O/n: Jasper (45 km, 40m)</i>
Days 2,3 and 4 Sunday 25 July Monday 26 July Tuesday 27 July	<b>Hikes chosen from the 5 areas defined below.</b> <i>O/n: Jasper</i>
Jasper Easy Trail System	
Jasper Discovery Trail (8.3 km, 2-3 hrs) Wapiti Trail (4.7 km one way, 1-2 hrs) Bighorn Alley (4.3 km one way, 1-2 hrs) <b>Red Squirrel (1 km, 30 mins)</b>	
Pyramid Bench	
Pyramid Trail (5.2 km, 1-2 hrs) Cottonwood Creek Loop (5.1 km, 1-2 hrs) Patricia Lake Loop (4.8 km return, 2-3 hrs) <b>Mina-Riley Lakes Loop (9 km, 3-4 hrs)</b>	
Across the River	
Lake Annette Loop (2.4 km return, 1-2 hrs) <b>Old Fort Point Loop (3.8 km, 1-2 hrs)</b> <b>Overlander Trail (15.5 km one way, 5-6 hrs return)</b>	
Maligne Valley and Lake Area	
Moose Lake Loop (2.7 km, 1-2 hrs) <b>Maligne Canyon (2.2 km, 1-2 hrs)</b> (or enjoy a cruise on Maligne Lake) <b>Mary Schaffer Loop (3.3 km, 1-2 hrs)</b> Lorraine and Mona Lakes (5.2 km return, 2-3 hrs) Opal Hills Loop (8.2 km, 4-6 hrs) Bald Hills (10.4 km, 4-6 hrs) <b>Maligne Lake Cruise recommended (own expense)</b>	
West and Southwest of Jasper	
Caledonia Lake and the Saturday Night Lake Loop (4.2 km one way to Caledonia, 2-3 hrs return or 24.6 km total loop, 7-9 hrs) Viril, Dorothy and Christine Lakes (8.6 km return, 4-6 hrs) The Whistler's Trail (6.8 km one way, 5-6 hrs return) The Whistler's Summit Trail (1.1 km, 1 hr) <b>Valley of the Five Lakes (4.5 km loop, 2 hrs)</b> Wabasso Lake (6.4 km return, 2-3 hrs) <b>Path of the Glacier Trail at Edith Cavell (1.8 km return, 1 hour)</b> <b>Cavell Meadows (6-7 km return, 2-3 hours)</b>	



	Mount Robson
	Berg Lake Trail: Robinson Pass to Kinney Lake carpark (fly in, walk out) (23km, 7h) Kinney Lake Carpark to Kinney Lake and return (9-14km return, 3-4h)
<b>ICEFIELDS PARKWAY</b>	
Day 5 Wednesday 28 July	Travel from Jasper to <b>Saskatchewan Crossing</b> via the <b>Icefields Parkway</b> (240 km, 3h) <i>Possible walks en route:</i> Toe of the Athabasca Glacier (1.8 km return, 1 hr), <b>Wilcox Pass (2.4 or 8 km return)</b> , <b>Parker Ridge</b> (5.2 km, 2.5 hrs return), Forefield Trail (3.6 km return, 1-2 hrs), Lower Sunwapta Falls (2.6km return, 1 hr), First Geraldine Lake (3.6 km return), Geraldine Lookout (5 km return), Glacier Lake (17.8 km return, 6-7 hours), <b>Bow Lookout</b> (3 km return), Wooley Falls (1.3 km return), Panther Falls (0.5 km return), Sunset Lookout (9 km return, 3-4 hours), Pony Bridge (2.2 km return), Beauty Creek (6 km return).  <i>O/n: Saskatchewan Crossing</i>
<b>BANFF NATIONAL PARK (4 days)</b>	
<i><b>Banff National Park</b> (established 1885) is Canada's oldest and most heavily visited National Park. It covers more than 6600km<sup>2</sup> and is located just 110 km (one hour drive) west of Calgary and adjacent to Jasper National Park in the north. The mix of towering mountains, glittering glaciers and icefields, lush alpine meadows, and natural mineral hot springs makes up one of Canada's most exciting recreational areas. You can find 57 different mammal species here, including elk, bighorn sheep, black bear and grizzlies. Hundreds of wildflowers can be discovered during the flowering season and birdwatchers may enjoy 265 species of birds. Even though Banff National Park is a very attractive spot for tourists from all over the world, more than 95 per cent of the park remains complete wilderness.</i>	
Day 6 Thursday 29 July	Travel from Saskatchewan Crossing to <b>Lake Louise</b> (80 km, 1h). <i>Possible walks en route:</i> Bow Summit Lookout (2.9 km one way, 2.5 hrs return) - with <b>Peyto Lake</b> Viewpoint Bow Glacier Falls (4.6 km one way, 3 hrs return) <b>Helen Lake</b> (6 km one way, 4-5 hrs return) Dolomite Pass (9 km one way, 6-7 hrs return) Sabach Lookout (10.4 km return) Warden Lake (4.5 km return) Cirque Lake (8.4 km return, 3 hours)  <i>O/n: Lake Louise</i>
Days 7, 8 and 9 Friday 30 July Saturday 31 July Sunday 1 August	<b>Hikes chosen from the 4 areas defined below.</b> <i>O/n: Lake Louise</i>
	<i>Village of Lake Louise and Boulder Pass Area</i>
	Bow River Loop (7.1 km round trip, 2 hrs) Louise Creek (2.8 km one way, 1.5 hrs return) Tramline (4.5 km one way, 2.5 hr return) Boulder Pass (8.6 km one way, 6-7 hrs return)
	<i>Upper Lake Louise Area</i>
	Lake Louise Lakeshore (2 km, 1 hr) Fairview Lookout (1 km, 45 mins) <b>Lake Agnes (3.4 km one way, 2-3 hrs return)</b> <b>Plain of Six Glaciers (5.3 km one way, 4 hrs return)</b> Saddleback (3.7 km one way, 3-4 hrs return)

**Lake Agnes with side trips to Big and Little Beehives (7 km one way, 4-5 hrs return)**  
 Plain of Six Glaciers with side trip to Abbot Pass (7 km one way, 5-6 hrs return)  
 Fairview Mountain (5.1 km one way, 5-6 hrs return)



*Moraine Lake and Paradise Valley Area*


Moraine Lake Lakeshore (1.5 km one way, 45 mins)  
 Consolation Lakes (2.9 km one way, 2 hrs return)  
**Eiffel Lake: Valley of the Ten Peaks (5.6 km one way, 4.5 hrs return)**  
**Sentinel Pass** (5.8 km one way, 5 hrs return)  
 Larch Valley/Minnestimma Lakes (4.3 km one way, 4 hrs)  
 Wenkchemna Pass (9.7 km one way, 8 hrs return)  
**Moraine Lake-Sentinel Pass-Paradise Valley** (20 km, 6-7h)  
 Lake Annette (5.7 km one way, 4 hrs return)  
 Paradise Valley and Giant Steps (10.3 km one way, 7-8 hrs return)

**YOHO NATIONAL PARK (2 days)**

Days 10 and 11  
 Monday 2 August  
 Tuesday 3 August

Travel from Lake Louise to **Field** (57 km, 40 mins)  
*Hikes in the Yoho Valley, Kicking Horse Pass and Emerald Lake Areas:*  
**Short Hikes (1-2 hours):** Takakkaw Falls (0.5 km), Point Lace Falls and Angel's Staircase (4.4 km return), **Emerald Lake (5.2 km loop)**, Hamilton Falls (1.6 km return), Centennial Trail (2.5 km loop), Walk-in-the-Past (4 km return).  
**Half Day Hikes (3-4 hours):** Mount Hunter Lookouts: Lower 7.2 km return, Upper 12 km return; Hoodoos (3.2 km return), Sherbrooke Lake (6.2 km return), Great Divide (6 km return), Ross Lake (6.5 km return), Paget Lookout (7 km return), **Emerald Basin** (9.2 km return).  
**Full Day Hikes (5-8 hours): Iceline Hiking Loop** (via Little Yoho 21 km, via Celeste Lake 17.5 km), Hamilton Lake (11 km return), Yoho Pass (12 km one way), Yoho Valley: to Laughing Falls 3.9 km one way, to Twin Falls 7.9 km one way, to Yoho Glacier Moraine 8.4 km one way, full loop 20.1 km, Hamilton Lake (11 km return), Yoho Pass (12 km one way), Emerald Triangle (19.7 km loop), **Wapta Highline: to Emerald Lake (19 km).**

**Lake O'Hara**  
*You can take a bus to Lake O'Hara (or walk in and out, which is 11km each way)*  
*Note: Bookings for this bus open on 1 April and are quickly filled. Only 42 persons are allowed into this area daily. It is regarded as the most beautiful region in the Canadian Rockies and features many of the premier-rated hikes, but it is very hard to access.*

	<p><i>Possible Walks:</i>  <b>Lake O'Hara Alpine Circuit (13 km, 5-6 hours)</b>          Lake Oesa (6.4 km, 2 hours)          Yukness Mountain (8.4 km, 5-6 hours)          Lake McArthur (7 km, 2.5 hours)          Odaray Grandview (8.2 km, 3 hours)          Duchesney Basin/Cathedral Prospect (11.2 km or 14.2 km, 4-5 hours)</p>  <p><i>O/n: Lake Louise or Field or Golden</i></p>
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**BANFF NATIONAL PARK (continued) (3 days)**

<p>Day 12 Wed 4 August</p>	<p>Travel from Lake Louise to Banff (60km, 40mins) via Bow Valley Parkway.  <b>Castle Mountain Lookout</b> (7.4km return, 3-4h)  <b>Johnston Canyon Lower Falls</b> (1.2 km one way, 1 hr return)  <b>Johnston Canyon Upper Falls</b> (2.4 km one way, 2 hrs return)          Johnstone Canyon to Ink Pots (5.4 km one way, 4 hrs return)</p> <p><i>O/n: Banff</i></p>
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<p>Days 13 and 14 Thursday 5 August Friday 6 August</p>	<p><b>Hikes selected from the 4 areas defined below.</b>  <i>O/n Canmore (25km from Banff)</i></p>
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*Bow Valley Parkway*

**Cory Pass Loop** (12.3 km loop, 6 hours)

*Lake Minnewanka*

**Stewart Canyon** (5.6 km return, 2 hours)  
 Johnson Lake (3 km loop, 1 hr)  
**C-Level Cirque (4.2 km one way, 3 hrs return)**  
 Rockbound Lake (7.7 km one way, 6-7 hrs return)  
 Aylmer Lookout (11.8 km one way, 7-8 hrs return)

*Banff*

Fenland Trail (2.1 km loop, 1 hr)  
 Silverton Falls (1 km one way, 1 hr return)  
**Tunnel Mountain (2.4 km one way, 2 hrs return)**  
 Upper Hot Springs (1.1 km one way, 2 hrs return)  
 Stoney Squaw Mountain (2.1 km one way, 2 hrs return)  
**Bow River Falls and Hoodoos (10.2 km return, 3 hrs)**  
 Spray River Loop (11.4 km loop, 3-4 hrs)  
 Sundance Canyon (5.7 km loop, 3 hrs)  
 Sulphur Mountain (6 km one way, 3-4 hrs return)  
 Cascade Amphitheatre (7.7 km one way, 6 hrs return)  
 Harvey Pass (9.5 km one way, 7-8 hrs return)

- Banff also features the **Banff Upper Hot Springs, Cave and Basin National Historic Site, Banff Park Museum National Historic Site.**

*Sunshine Meadows Area*

**Sunshine Meadows Standish Gondola to a range of beautiful walks ranging from 2-5 hours. (Gondola own expense)**  
 Rock Isle Lake Loops (up to 10km, 3-4h)  
 Healey Pass (9 km one way, 6-7 hrs return)  
 Bourgeau Lake (7.2 km one way, 5 hrs return)

<b>KANANASKIS</b>	
Day 15 Saturday 7 August	Bow River Loop (2km, 45m) Ha-Ling Peak Upper (7.8km, 3-5h return) or Ha-Ling Peak Lower (5km, 2-3h) Grassi Lakes (4km, 1-2h) Centennial Ridge Trail (17.6km, 8-10h) Ptarmigan Cirque (4.5km, 2-3h) Troll Falls (3.4 – 6 km, 1h30m – 2h30m) <i>O/n: Canmore</i>
Day 16 Sunday 8 August	<i>Travel from Canmore to Calgary Airport (115 km, 1h 30m).</i> Trip concludes. Own arrangements. Fly out in the afternoon, or make your own arrangements to spend extra time in Calgary.

## **CANADIAN ROCKIES 2027**

### **Booking Conditions**

1. Participants agree to all terms and conditions by signing the Registration Form.
2. Phillip Donnell and *Footsteps Walking and Travel Club* are not responsible or liable for any injury, damage, loss, accident, delay or irregularity which may arise from weather, pandemic, defect in any vehicle, vessel or aircraft, or through the acts or default of any person or company engaged in carrying out any of the arrangements of the trip. Everyone participates at their own risk. The separate waiver form must be completed.
3. We reserve the right to cancel the trip if minimum numbers don't eventuate. In such an event, all monies paid will be refunded. The minimum number for this trip is ten.
4. *Footsteps* reserves the right to make any modifications to the trip that may be necessary. The walks undertaken each day are determined by group consensus, but as far as possible we endeavour to meet your personal preferences.
5. The trip fee includes subsidisation of the leader/driver administrative and travel expenses, as well as a gift of appreciation/gratuity.
6. Registrations close on **1 April, 2027** or earlier if all the spaces are filled.
7. Registrations are accepted in good faith on a first comer's basis on receipt of the Registration form, Waiver form and passport scan. A deposit of \$500 per person is paid at the time of registration. The balance of the trip fee is due to be paid by **1 June 2027**.
8. Our preferred method of payment is internet banking to Footsteps, Kiwibank PJ Donnell/Katrina Tulip 38-9002-0435674-03. Please write your surname and the name of the trip ("Canada") in the reference box.
9. Cancellations: If you need to cancel your registration for any reason, you must advise Phillip in writing as soon as possible. An email is acceptable, a phone call alone is not. Full refunds are given up to 90 days prior. Following that, refunds are by negotiation, with the aim of refunding the maximum amount possible. Travel insurance can cover you for unexpected changes of plan that have a valid reason. If you find a suitable replacement person, cancellation fees MAY be waived.
10. Personal travel insurance is compulsory.

***Registration and waiver forms are below. Complete these and send them to us, with a copy of your passport, to secure your place. Then pay your deposit.***

# ***Footsteps Walking & Travel Club of Aotearoa New Zealand Canadian Rockies 2027: Trip Registration Form***

**Complete and send this (along with a passport scan and the waiver form) to our postal address (see base of page) or scan and email. The deposit required is \$500 per person. Our preferred payment method is internet banking into Kiwibank PJ Donnell/Katrina Tulip 38-9002-0435674-03 (with covering email please, or your surname/name of trip in reference column).**

Your full name(s) and please underline or highlight your preferred first name(s):

Postal Address:

Day/Night phone:

Mobile:

Email:

Date(s) of birth:

Are you comfortable in close contact with like-minded travellers with all the give and take needed for harmony? Please extend your answers overleaf or on separate paper, or by email.

Specify any dietary requirements, allergies or medical conditions:

Contact person in NZ for any emergencies : name, address, contact phone numbers, email and the relationship to you. In the event of any emergency, this is the sole person you are authorizing us to liaise with

I/We have read the trip information and booking conditions. I / We enclose the deposit of \$500pp. I / We agree to pay the remainder of trip costs by the due date.

(signed and dated by each person registering):

***Send (with passport scan and waiver form) to :***

**Footsteps, 3/B Te Arawa Place, Welcome Bay, Tauranga 3112. Email: [footstepsanz@gmail.com](mailto:footstepsanz@gmail.com)**

**RELEASE AND WAIVER OF LIABILITY FORM**

**PROVIDER:** Footsteps Walking and Travel Club (Phillip John Donnell)(“Footsteps”)

**PARTICIPANT:**

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(“the Participant”)

I, the Participant, release and forever discharge and hold harmless Footsteps from all and any liability, claims, demands and damages, of whatsoever kind or nature, whether foreseeable or otherwise, either at law or in equity, which arise or may arise from the services and activities provided and arranged by Footsteps.

I understand and acknowledge that this Release and Waiver discharges Footsteps from any liability or claim that I may have against Footsteps in respect of personal injury, illness, medical treatment, death, property loss or damage, and otherwise howsoever, resulting from the services and activities provided and arranged by Footsteps. I hereby waive all such rights and remedies.

I accept that I participate in the services and activities entirely at my own risk.

I acknowledge and accept that this Release and Waiver:

- (a) Extends to and covers all contractors, agents, volunteers and employees of Footsteps; and
- (b) Binds the executors, administrators, successors, attorneys and assigns of both parties.

Signed by the Participant:

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Date: \_\_\_\_\_