



# The Canadian Rockies Walking Tour: Banff & Lake Louise

7 days | 10 days with Glacier National Park Region extension

When it comes to bucket-list scenery, the Canadian Rockies set the bar high. You'll find yourself doing double takes as you hike over catwalks built into the surrounding landscape (hi, Johnston Canyon!), and wondering how a lake can be so blue. Nature lovers, if off-the-beaten-path moments are up your alley, this small group Adventure Tour has your name all over it.



## Your tour package includes

- 6 nights in handpicked hotels
- 6 breakfasts
- 2 dinners with beer or wine
- 4 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

## Included highlights

- Banff National Park
- Cave and Basin National Historic Site
- Lake Louise
- Fairview Lookout
- Johnston Canyon Lower Falls

## Tour pace

On this guided tour, you'll walk for at least 1.5 hours daily across moderately uneven terrain, including paved roads and paths with some steep inclines. During certain seasons, there may be snow or ice on the paths. Some activities will take place at high altitudes.

## Group size

12-22

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## Calgary, Alberta → 1 night

### Day 1: Arrival in Calgary

Welcome to Canada! Transfer to your hotel and get settled in.

## Banff, Alberta → 2 nights

### Day 2: Banff via Cave and Basin National Historic Site

*Included meals: breakfast, welcome dinner*

Make your way to Banff, a glamorous resort town known for its mix of outdoor activities, art galleries, and vibrant culture. Join your Tour Director to explore the natural wonders in Banff National Park, Canada's first national park, this afternoon.

- Pass by Bow Falls, the Banff Springs Hotel, and Lake Minnewanka
- Admire Banff's beautiful landscapes, which are rich in history and home to a wide variety of wildlife
- Enter the Cave and Basin National Historic Site, the birthplace of Canada's first national park

Get to know your Tour Director and fellow travelers during tonight's welcome dinner.

### Day 3: Free day in Banff

*Included meals: breakfast*

Spend a free day in Banff or add an excursion.  
+ Canadian Rockies Whitewater Rafting

## Lake Louise, Alberta → 2 nights

### Day 4: Lake Louise hike & village visit

*Included meals: breakfast*

Make your way to the turquoise Lake Louise, which is framed by the Rockies, and set out on a leisurely walk with your Tour Director.

- Stroll along the lake's shore path and look for birds, wildflowers, and wildlife
- Hike up to the Fairview Lookout with your Tour Director for stunning views of the lake and its surrounding mountains
- View the historic Fairmont Château Lake Louise

- Enjoy free time to explore the Lake Louise Village

### Day 5: Free day at Lake Louise

*Included meals: breakfast*

Enjoy a free day at Lake Louise or add an excursion.  
+ The Icefields Parkway & Glacier Experience

## Calgary, Alberta → 1 night

### Day 6: Calgary via Johnston Canyon nature hike

*Included meals: breakfast, farewell dinner*

Drive through the Canadian Rockies to Johnston Canyon for a guided hike with your Tour Director.

- Set off on a short, tree-lined walk on metal and wooden catwalks to the Lower Falls
- Hike through short tunnels and over elevated catwalks surrounded by cliff walls
- Admire creeks flowing next to and underneath you on this easygoing walk

Then, continue on to Calgary and celebrate your trip at a farewell dinner with your group.

## Flight Home

### Day 7: Departure

*Included meals: breakfast (excluding early morning departures)*

Transfer to the airport for your flight home or continue on to explore Glacier County.

## + Glacier National Park Region extension

Want to cross another incredible national park off your North America bucket list? Silly question, we know! Leave Canada behind, and prepare to be wowed in Montana, where you'll explore the Glacier National Park region and the Rocky Mountains with your Tour Director in the lead.

## Kalispell, Montana → 3 nights

### Day 7: Kalispell via Waterton National Park

*Included meals: breakfast*

Before leaving Canada and crossing into the United States, embark on a guided hike through Waterton Lakes National Park. This picturesque area is dotted with rugged mountains and dense wilderness, and you'll see it all alongside your Tour Director.

- Hike up Bear's Hump for beautiful views of Waterton Lake and Glacier National Park in the distance
- Keep your eyes peeled for wildlife, including bears

Then, cross the border into the United States and continue on to Kalispell, Montana, for a free evening.

### Day 8: Sightseeing tour of Glacier National Park

*Included meals: breakfast*

Make your way to Glacier National Park, stopping along the way to explore the beauty of Glacier National Park with a local guide.

- Travel along Going-to-the-Sun Road, a national landmark considered to be one of the world's most scenic drives
- Marvel at cedar forests, rocky cliffs, and glacial lakes as you wind your way through Glacier National Park, which makes up a portion of the UNESCO-listed International Peace Park
- Appreciate the wilderness of the park, and take in the sight of melting glaciers that experts estimate will be gone within the coming decades

*(Please note: Activities in Glacier National Park may vary depending on the season and weather conditions.)*

### Day 9: Free day in Kalispell

*Included meals: breakfast*

Enjoy a free day in Kalispell or add an excursion. Raise a glass, and toast to your trip with a farewell drink this evening.

+ Kayaking in Glacier National Park

## Flight home

### Day 10: Departure

*Included meals: breakfast (excluding early*

*morning departures)*

Transfer to the airport for your flight home.

# Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.\* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: [goaheadtours.com/WCA](https://goaheadtours.com/WCA) | 1-800-597-0350

## Day 3: Canadian Rockies Whitewater Rafting

\$135/\$145\* (4 hours, departs in the morning)

Adrenaline and scenic tranquility? Check and check. On this off-the-beaten-path excursion, you'll spend two hours rafting down the Kananaskis River with an experienced rafting guide. Take in the striking scenery of Kananaskis County from the water, and keep an eye out for wildlife as you move downriver through some of the finest whitewater rafting sections in the area. A photographer will capture action photos of your rafting adventure, which you can purchase after the excursion. Please note: This excursion is weather-dependent. Lifejackets and a short safety presentation are provided on-site.

## Day 5: The Icefields Parkway & Glacier Experience

\$105 (9 hours, departs in the morning)

Soak in the beauty of one of the most scenic drives in North America as you journey along the Icefields Parkway. Keep your eyes open for a variety of wildlife such as bears, elk, and moose as you drive along this highway, which stretches for almost 150 miles past stunning lakes, soaring mountains, and picturesque valleys. Continue on to the Columbia Icefield Centre, where you'll learn more about Jasper National Park. Enjoy free time for lunch before boarding a snow coach and traveling up to the Athabasca Glacier for a short walk on the ice. Please note: We recommend wearing extra layers and walking shoes or sneakers, as walking may involve steep inclines. This excursion is seasonal and runs from May through mid-October. It is also weather-dependent through late spring and early summer. This excursion requires advance reservation and must be booked at least 20 days prior to departure.

## Extension excursion options

### Day 9: Kayaking in Glacier National Park

\$75/\$85\* (4, departs in the morning)

Lake McDonald is sitting pretty as the largest lake in Glacier National Park. See the natural wonder up-close on this scenic kayaking excursion, which is perfect for both beginners and experienced kayakers alike. Glaciers carved this lake over thousands of years, and it is now known for calm, gentle waters and spectacular views of the surrounding snowcapped mountains. Hop aboard either a single or double kayak, and enjoy free time to paddle around the lake at your own pace, keeping your eyes peeled for wildlife as you go. You can even choose to stop and explore one of the lake's many small islands. Then, transfer back to Whitefish by bus as you reminisce about your relaxing morning adventure. Please note: This excursion is weather-dependent. Lifejackets and a short safety presentation are provided on-site.

\*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at [goaheadtours.com/terms](https://goaheadtours.com/terms)