



OAG Overseas Canadian Rockies



IN PARTNERSHIP WITH **INTREPID TRAVEL**

@outdooradventuregirlsuk

Our Travel Style

Our global network of local experts deliver the types of experiences that can't be Googled. Immersive trips that enable you to explore authentic local culture in a sustainable, experience-rich way. We love the highlights, but the real magic for us happens well away from a beaten path, the real life experiences you won't find in a search engine.

Hiking the Canadian Rockies 8 days/ 7 nights

About Your Trip

Start Location

Calgary, Canada

Finish Location

Calgary, Canada

Accommodation

7 nights camping with facilities

Rooming Requirements

Twin Share / Single

Included Meals

Breakfast (7)

Lunch (7)

Dinner (7)

Transport

Per Daily Itinerary

Leader/Guide

English Speaking Leader
throughout

Included Activities

Per Daily itinerary

Entrance/Admission Fees

Where applicable with
included activities

Airport Transfers

Arrival and departure transfers are
included on a group basis

Support

24-hour support from our local
office

Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

We offset these emissions on your behalf. But we know that is not enough, so we also have a [carbon reduction target](#).

Safe and responsible travel, always.

Our health and safety policies follow recommendations from the World Health Organization and the World Travel & Tourism Council's (WTTC) Safe Travel protocols for tour operators. Before we operate trips in any destination, our itineraries undergo a comprehensive risk assessment and audit.



Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people.



Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.



Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

About your Tour Leader

Tour leader

On this trip you will be accompanied by one of our tour leaders. The aim of the tour leader is to take the hassle out of your travels and to help you have the best trip possible.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects. We aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Hiking the Canadian Rockies Itinerary

Day 1: 20 September 2026

Calgary - Banff National Park

Meals Included: Lunch, Dinner

Welcome to the Canadian Rockies! Your adventure begins in Calgary with a welcome meeting at 7.30 am. You'll meet your local leader and fellow travellers, and then it's time to hit the road for Banff National Park. Your first hike of the trip will be at Tunnel Mountain. Take in your first experience walking among the Rockies' unbeatable scenery. As the hike is relatively short, you'll have some time this afternoon to explore Banff. There's plenty to keep you entertained in Banff this evening. Maybe check out what's on offer at the microbrewery – the views here are worth a toast!

Arrival transfer

Included on a group basis

Included Activities

Tunnel Mountain Hike

Welcome dinner in a local restaurant

Accommodation

Camping with facilities

Special information

Your travel time today will be approximately 1.5 hours. Your trekking distance will be approximately 4.3 km (or 2.7 miles) with an elevation gain of 262 m (or 859 ft).

It's very important that you attend the welcome meeting as we will be collecting insurance details and next of kin information at this time. If you are going to be late please let your travel agent or hotel reception know. Ask reception or look for a note in the lobby for more information on where the meeting will take place. If you can't arrange a flight that will arrive in time, you may wish to arrive a day early so you're able to attend.

Day 2: 21 September 2026**Banff National Park****Meals Included: Breakfast, Lunch and Dinner**

Make the drive this morning to Lake Louise. Here, you'll experience natural beauty at its very best – dazzling peaks dusted with snow reflect on the pristine glittering lake, creating an image that looks too perfect to be real. There are many hiking options here, with a range of lengths and levels of difficulty – your leader can give you the best advice on which trail to tackle. Maybe check out the stunning Lake Agnes hike. Heading off on the well-maintained trail, find yourself at a quaint, European-style teahouse on the edge of a gorgeous mountain lake tucked in the shadows of the towering peaks above. After exploring the area, why not make your way back to the Lake Louise Fairmont Hotel? Sitting right on the shores of the lake, it serves as the perfect spot to take in the scenery with some poutine or a cocktail in hand. Late afternoon we will unwind in the upper hot springs – at a height of 1524 m (5000 ft), these are Canada's highest natural springs! After, regroup with your fellow travellers for dinner.

Included Activities

Lake Louise & Moraine Lake hike

Banff Upper Hotsprings

Accommodation

Camping with facilities

Special information

The Lake Agnes Tea House is open seasonally, closed from Thanksgiving until early June. Due to bear safety, it is not permitted to hike in this area with fewer than four people per group.

Day 3: 22 September 2026**Icefields Parkway****Meals Included: Breakfast, Lunch and Dinner**

Rise bright and early for another day full of adventure. After a scenic ride along Icefield Parkway, arrive at the beautiful Bow Lake and set out on another of the Rockies' many incredible walks. Your circuit will lead you around the shimmering waters of the lake, skimming a gorge with water rushing below through to an outwash plain where you can see the wild Bow Falls. Take in the epic views that greet you with every step – Crowfoot Mountain, Bow Crow Peak, Mt Gordon and many other peaks make the backdrop for your walk. After an exciting day, make your way back to your remote and picturesque campground, where you'll enjoy a BBQ dinner under the stars.

Included Activities

BBQ dinner surrounded by Rockies peaks

Bow Glacier Falls Hike

Accommodation

Camping with facilities

Special information

Your trekking distance today will be approximately 9 km (or 5.5 miles) with an elevation gain of 240 m (or 787 ft).

Day 4: 23 September 2026**Jasper National Park****Meals Included: Breakfast, Lunch and Dinner**

This morning, breathe in the fresh mountain air and head out to take on the Sulphur Skyline Trail. It's a moderately challenging hike, as you steadily make your way above the tree line and get to gaze across the valley. Your efforts to reach the summit will be more than worth it. There are 360 degree views of the national park and surrounding mountains, dominated by Utopia Mountain. Return back the way you came, then get the recovery started early with a dip in the nearby Miette Hot Springs. The afternoon is then free for you to explore Jasper – perhaps rent a bike or rest up at camp before dinner.

Included Activities

Miette Hot Springs

Sulphur Skyline Trail hike

Accommodation

Camping with facilities

Special information

Your trekking distance today will be approximately 8 km (or 5 miles) with an elevation gain of 660 m (or 2165 ft).

You'll need to bring your swimsuit with you today for use at the hot springs.

Day 5: 24 September 2026**Jasper National Park****Meals Included: Breakfast, Lunch and Dinner**

Today, you'll travel to Maligne Lake. Famed for its bright blue waters, this area is known as one of the most beautiful places in Canada. Keep an eye out for wildlife along the way – moose, deer, grizzlies and black bears have all been spotted along this stretch of road. There are two gentle hiking options available in the area, or you may prefer to rent a canoe or kayak to see the lake's beauty from a different perspective. Your leader will be on hand to make suggestions on the best way to enjoy your time here. Stop for lunch and take some time to soak up the scenery, then spend the afternoon in laidback Jasper.

Included Activities

Jasper townsite visit

Maligne Lake walk

Optional Activities

Maligne Lake kayak/canoe rental

Accommodation

Camping with facilities

Day 6: 25 September 2026**Yoho National Park****Meals Included: Breakfast, Lunch and Dinner**

This morning, return to the Icefields Parkway. So much more than just a road, the parkway is punctuated with world-class wonders. Making stops along the way, take in the views over magnificent lakes, waterfalls and glaciers. If you're looking for an adventure, why not head out on an optional hike to the incredible Athabasca glacier. Explore the lower glacier, discovering natural ice features, with the Rockies watching over you in the distance. Look down into deep ice crevasses and up towards powerful waterfalls cascading into the ice while learning about how glaciers are formed and the ways they shape the landscape around them. Alternatively, set out on the Willcox Pass Hike. Trek past wetlands, take in views of the Sunwapta Pass and climb above the tree line, where you'll find a set of Canada's famous red chairs, inviting visitors to sit back and take a moment to soak up the view. From up here, you'll be able to see the glaciers and peaks of the Columbia Icefield, including the Athabasca glacier. Then, drive on to Peyto Lake, made famous by its glacial waters, and take a short hike up to a viewpoint where you can look out across the lake in its glory.

Included Activities

Wilcox Pass walk

Peyto viewpoint

Icefield Parkway stops & Athabasca Glacier

Accommodation

Camping with facilities

Special information

Your trekking distance today will be approximately 9.3 km (or 5.8 miles) with an elevation gain of 486 m (or 1594 ft).

Day 7: 26 September 2026**Yoho National Park****Meals Included: Breakfast, Lunch and Dinner**

Begin your day by travelling to Yoho National Park, where you'll head out on a hike. This half-day hike will take you on a loop of the park and past some of the area's most stunning landmarks, including glacial lakes and epic views over the surrounding mountains and valleys. Stand in the mist of Canada's second tallest waterfall – Takakkaw Falls (where you'll learn why the name translates to 'wonderful' in the First Nations Cree language) and look out over the remarkable Emerald Glacier. Perhaps take a few detours to a few hidden lakes along the way and enjoy some time at Yoho Lake before returning to the trailhead.

Included Activities

Takakkaw Falls & Yoho Lake Hike

Farewell dinner at a local campground

Accommodation

Camping with facilities

Special information

Your trekking distance today will be approximately 11 km (or 6.6 miles) with an elevation gain of 589 m (or 1,932 ft).

Day 8: 27 September 2026
Banff National Park - Calgary
Meals Included: Breakfast

Leave Banff behind this morning and make your way to the start of the Grassi Lakes Trail, your final hike of the trip. It'll be a short and easy walk, as you follow the trail through evergreen forest to start, pass by an impressive waterfall and then reach the striking colours of Grassi Lakes. The turquoise waters are the perfect place to reflect on the trip that's been! After, head back to Calgary, where your adventure will come to an end.

Included Activities
Kananaskis - Grassi Lakes hike

Special information
Your travel time today will be approximately 1.5 hours. Your trekking distance today will be approximately 3.2 km (or 2 miles) with an elevation gain of 210 m (or 688 ft).

Important Information

Important notes

- Your adventure begins with a welcome meeting at 7.30am on Day 1 in Calgary. Please see Joining Point Hotel listed in the Essential Trip Information for this itinerary. Please consider booking an extra pre tour night in Calgary to make sure you will be on time for the start of your adventure.
- You are expected to arrive back in Calgary around 4pm on the last day of the tour and dropped off at the same location as the joining point.
- There is no accommodation included on the last day in Calgary, however we can request any additional nights should you need them.
- A sleeping bag is required for this trip. Sleeping bag rentals are not available for 2026 departure.
- A single supplement is available if you'd prefer not to share a tent on this trip. The single supplement applies to all nights on your trip and is subject to availability. Due to limited space at group campsites, the single supplement is always on request. Please speak to your booking agent for further information.

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

For general contact details please use the following page: <https://www.intrepidtravel.com/contact-us>

POLICE AND AMBULANCE

In case of an emergency, local authorities can be contacted by calling 911 – this is the toll free phone number for the police, fire department and the ambulance in the USA and Canada. In case of doubt, call the operator on 0.

For general enquiries or questions about your booking, please contact your agent or adventure specialist, or visit us at <http://www.intrepidtravel.com/contact-us>

In case of a genuine crisis or emergency, you can reach our local operator on the number below.

Intrepid local operator: Available for phone call on +1 514 948 4145

Passports, visas and entry requirements

PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

VISAS & ENTRY REQUIREMENTS

Many countries require a visa and obtaining the correct visa for your trip and any countries you may transit through is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. This will ensure you have time to prepare your documents and for your visa application to be processed. You can check the entry requirements for your nationality on your government's foreign travel advisories, consular websites or on our page here: <http://www.intrepidtravel.com/visa-entry-requirements>

Medical and health information

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

PERSONAL MEDICATION

Medical prescriptions written outside of the US and Canada aren't accepted at local pharmacies. We recommend you bring along your personal medications in the necessary quantities for your trip.

DEHYDRATION & SUN PROTECTION

The most likely medical incidents to occur on our trips are dehydration, over exposure to the sun and twisted ankles from walking on uneven ground. While hiking please ensure you drink enough water to remain hydrated as some hikes don't have refill stations for your water bottles. The sun (especially in desert areas in the West) can be harsh, particularly in the warmer months. Ensure you apply adequate sunscreen and wear a hat.

Food and dietary requirements

On this trip, you'll tuck into tasty, flavour-packed meals to fuel your outdoor adventures. Along with foods that are ideal for camping like pastas, lentils, packaged meats, breads, and granola, you'll also be offered snacks like trail mix and dried fruits. While all meals on your trip are included, be prepared to roll up your sleeves and help out with food prep and washing up. Vegan, vegetarian, kosher, non-gluten diets, and food allergies can usually be accommodated at the same cost or for an additional fee. Please let your booking agent know about any dietary restrictions before you travel.

Accommodation

Camping (with facilities) (7 nights)

NORTH AMERICA CAMPING

The campsites that we use are selected for either their scenic beauty, their convenient location to places of interest and/or the facilities available. We aim to offer you a selection of different types of campsites.

If you've never camped before - no problem! We provide a complete set of camping and cooking equipment. This includes roomy easy-to-pitch tents, which are shared by only two people and are equipped with thin foam rubber sleeping mats and vinyl floors. Your leader will show you how to pitch a tent on the first day. On many trips we also spend a few nights in reasonably priced hotels/motels/hostels (as per the itinerary).

Remember that sleeping bags and a pillow are not provided. Check out the Packing section for more information.

You'll find the necessary facilities - toilets and in most cases showers, washing machines and dryers - at our campsites. The showers at some campsites may require a payment (usually no more than US\$1-\$3 for a quick shower). This is payable locally and is a contribution towards the cost of a limited water supply. Rarely, a campsite may only have cold water available for showers.

In all campsites there are strict quiet hours when no loud noise is allowed, typically from 10pm to 7am. This means that all music, singing and noisy group gatherings must stop. We request that all our travellers respect these campsite rules.

For trips where there are lodges/cabins used, couples travelling together may be separated when our rooming arrangements are based on single gender, however in some accommodations the group will be in mixed gender rooms.

Our high-quality camping equipment (including tents) can be affected by bad weather conditions. This can result in some wet and cold conditions inside the tent. Your spirit of adventure and flexibility will help make your adventure trip an exciting and unforgettable experience. On nights where the group is camping, and weather conditions are extreme (such as snow or heavy rain), there may be an opportunity for the group (if everyone agrees) to stay at an alternative location such as a nearby hostel or hotel. When this is the case the upgrade is at your own expense.

Transport
Private van

NORTH AMERICA VEHICLES

Our large fleet of 15-passenger vans are fully equipped with air-conditioning system, V8 engines and any camping or cooking equipment needed for your trip. Most have cloth-upholstered seats and carpeted interior with radio or CD players. Your luggage is typically transported in a trailer which is towed behind the van.

The vans are regularly serviced by a well-established network of maintenance and service facilities throughout the continent. However, unforeseen maintenance problems can still occur while on the road and we appreciate the patience of our travellers as we make necessary repairs as quickly as possible.

While your group will have a van for all included activities on the trip, the services of the van and leader may not be available for your use during free time, or after you have arrived for the day. If you need a special trip into town you may need to arrange transport or a taxi.

Money matters
SPENDING MONEY

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

CANADA

The most convenient way to access money is via ATMs, which are plentiful throughout Canada. Most optional activities can be paid for with a credit card.

TIPPING

Tipping can be an appropriate way to recognise great service when travelling. While it may not be customary in your home country, it is an entrenched feature of the tourism industry across many of our destinations and is greatly appreciated by the people who take care of you during your travels. It is always best to avoid tipping with coins, very small denomination notes, or dirty and ripped notes, as this can be regarded as an insult rather than the goodwill gesture it is intended to be.

During your trip you may have a local guide for an included or optional activity. We suggest CAD 5 – 10 per traveller per local guide.

We suggest tipping 15% to 20% of your bill at restaurants and CAD 1 per drink at bars.

Provincial and federal taxes aren't normally listed on menus but will appear on your bill. Keep this in mind when your bill comes out slightly higher than the listed prices.

YOUR LEADER

You may consider tipping your leader for outstanding service throughout your trip. The amount is entirely a personal preference; however, as a guideline CAD 10-20 per traveller per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length and involvement of your leader on your trip. Tipping is always appreciated.

CONTINGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable flights. Make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved. The recommended amount is listed in USD for the reliability of universal travellers, however, local currency may be needed once in the country to cover these costs.

Packing

We will provide tents, basic sleeping mats, camp kitchen essentials, camp chairs and campfire supplies.

All luggage is carried in trailers or inside the vehicle so please don't bring more than one medium sized bag, backpack or suitcase (20kg/44lb maximum) per person. Your suitcase/rucksack may get some rough handling, so make sure it's a tough one. A small daypack with your water bottle and camera may be carried with you inside the vehicle.

If traveling in shoulder season (April, May, September, October), please be prepared with extra cold weather clothing as temperatures can dip below freezing at night. Even during summer months it can get quite cold overnight, especially in desert and mountainous areas.

ESSENTIAL:

Sleeping bag. Please bring one from home or you can purchase one before your trip starts. Sleeping bags can easily be bought in the US and Canada at big stores like Walmart and Target or at sports and camping supply stores like Mountain Warehouse in Canada or REI in the US. As we offer trips throughout the year and travel in diverse climate zones, we recommend you carefully consider the weather and choose an appropriate sleeping bag. Please bear in mind that nights can be very cold even in the warmer months. We can experience temperatures as low as -5C and even snow. If you choose to purchase a sleeping bag during your trip, please consider donating it to a secondhand shop or homeless shelter before you return home.

Quick-dry towel

Travel Pillow

Sun protection - hat, sunscreen, sunglasses

Light jacket, fleece and base layers. No matter the season, you should be prepared for changing temperatures and weather conditions.

Wind and waterproof jacket

Breathable, non-cotton hiking t-shirts

Long hiking pants or zip-offs

Nylon hiking shorts

Water bottle or bladder: you will need water during activities and it's best to avoid buying unnecessary plastic. We recommend 2-3 litres of capacity

Closed-in hiking shoes with a good grip, ankle support and waterproof membrane that are comfortable to walk for an entire day

Comfortable shoes for shorter walks or evenings spent around the campsite

Torch/flashlight/headtorch

Personal travel documents which may include a passport, visa, driver's license, travel insurance, flight tickets and your Essential Trip Information. Photocopies of these documents stored separately from the originals will be handy. While not valid, a photocopy of your identification makes it much easier to obtain replacements if necessary.

RECOMMENDED:

Cell phone, camera with spare batteries, charger, and power/plug adaptor (Types A & B are used in North America. Voltage is 120V). Some of our vans have USB-2 style charging ports inside.

Insect repellent (insects are present intermittently all over the USA and Canada depending on recent rainfall.)

Personal trekking/hiking poles (Pack these in your checked baggage. Trekking poles are not permitted in your carryon luggage on flights to or within the USA and Canada)

Gaiters and/or waterproof pants – recommended for wet or snowy conditions

A cotton bandana or scarf. Can be wetted and worn around the neck to facilitate evaporative cooling in dry and hot conditions, used as sun or dust protection, or used to protect your neck and head from cold

A simple plastic bag/waterproof toiletry bag (that can hang on a nail on the back of a door) will be useful to keep your clothes dry inside basic camp shower structures.

Travel eco-friendly wipes/hand sanitizer

Swimwear

Shower shoes – rubber sandals to be worn while in camp showers

Personal medical kit. Your guide will carry a large kit but we recommend you carry items such as mild pain killers, electrolytes, anti-diarrhoeal, antibacterial gel, wet wipes, blister patches/moleskin, bandaids/plasters etc.

OPTIONAL:

Sleeping bag liner

Thermarest. While we provide a basic camping mattress for each client, some travellers find they like the extra comfort of a double layer.

Lip balm and extra moisturizer if traveling to arid desert areas.

Ear plugs to guard against a snoring tent-mate

A good book, a journal or headphones to listen to music with.

If you need some further tips for packing, you can always check out our essential checklist for hiking/trekking trips here:

<https://www.intrepidtravel.com/adventures/trekkies-packing-guide/>

Climate and seasonal information

WEATHER IN WESTERN CANADA & THE ROCKIES

Coastal Areas & Vancouver Island:

Coastal regions, including Vancouver Island, Vancouver and Victoria, have a temperate maritime climate. This means mild, wet winters and warm, dry summers. In winter, temperatures rarely drop below freezing. Winter high temperatures range from 7°C to 10°C (45°F to 50°F) and lows range from 1°C to 4°C (34°F to 39°F). Rain is common in winter, and there may be some snowfall, particularly in the surrounding mountains. Summers are warm and dry, with average high temperatures 20°C to 23°C (68°F to 73°F) and lows 12°C to 15°C (54°F to 59°F). Vancouver Island's microclimates can vary significantly from one region to another. The west coast is known for its lush rainforests, while the eastern side is drier. The northern areas tend to be cooler than the southern regions.

Interior Areas:

Interior regions, including towns like Kelowna and Kamloops in British Columbia, have a semi-arid climate characterized by hot, dry summers and cold winters. Winter highs average 1°C to 4°C (34°F to 39°F) and lows

average -5°C to -2°C (23°F to 28°F). In summer, highs average 27°C to 32°C (81°F to 90°F) and lows are 13°C to 16°C (55°F to 61°F).

Mountainous Areas:

The mountainous regions, including Whistler, Jasper and Banff, are known for their changeable weather, and rain or snow showers can occur even in summer. Be prepared for variable conditions and pack accordingly. Expect significant temperature variations between day and night. Be prepared for cooler temperatures in the evening, especially in the shoulder seasons (spring and fall). Spring in the mountains is cool and marked by melting snow, which may impact activities such as boat tours and alpine hikes. Crowds are much less dense. Springtime average highs are 4°C to 11°C (39°F to 52°F) and lows are -6°C to 1°C (21°F to 34°F). Summers are the busiest season and experience daytime temperature highs from 18°C to 22°C (64°F to 72°F) and lows from 3°C to 7°C (37°F to 45°F). In Fall, temperatures begin to cool, especially in the evenings, and foliage changes color. Average highs are -6°C to 1°C (21°F to 34°F) and lows are -1°C to 4°C (30°F to 39°F). Winters are snowy and cold with average high temperatures -6°C to -1°C (21°F to 30°F) and lows -15°C to -11°C (5°F to 12°F).

Wildfire season in Canada runs from late spring to early fall, peaking in summer. Most wildfires occur in remote areas, but smoke can travel and affect distant locations. Our team has contingency plans in place to address any impacts from wildfires on our travel plans.

Group Leader

On this trip you will be accompanied by two certified hiking/trekking guides who are trained in wilderness safety. They will share the responsible of camp setup, leading hikes, driving the van and navigating. The allowable driving times for drivers is strictly controlled in North America. This ensures our drivers are well rested and are not over-tired from too many hours on the roads.

Our North American camping trips are built around the co-operation and participation of all the group members under the supervision of your leaders. Your leaders will show the group how to set up and use the camp equipment, and form work groups to take turns cooking, cleaning and shopping. Everyone is expected participate and carry their share of the workload, making camp chores easier. If the whole group participates it will be quicker, easier and more fun.

Safety

TRAVEL ADVISORIES & ALERTS

We recommend that you check your government's foreign travel advisory for the latest information about the destination before you travel. You will also need to ensure that your travel insurance covers you for all destinations and activities on your trip. We also recommend saving the phone number for emergency consular assistance for your government's consulate in the destination/s you'll be travelling. Links to travel advisories and any current travel alerts for our trips can be found here: <https://www.intrepidtravel.com/travel-alerts>

PERSONAL SAFETY

Ensure you have a secure method of carrying your passport, phone, credit cards and cash while travelling such as a money belt. Leave all other high value items, including jewellery, at home Use safety deposit boxes at hotels to store your valuables when available and ensure your luggage is lockable. Be aware of the risk of pick-pocketing and petty theft. Exercise caution when walking at night, don't walk alone and stick to well-lit streets wherever possible. Be vigilant on public transport and look out for your fellow travellers. Take precautions such as carrying your bag in front of you and never leaving personal items unattended.

LGBTQIA+ TRAVELLERS

Intrepid welcomes all LGBTQIA+ customers on our trips, however we operate in parts of the world that are less accepting. We support LGBTQIA+ customers to travel to these destinations and are committed to ensuring they face no discrimination on any part of the trip we control. We recommend you visit Equaldex (<https://www.equaldex.com/>) and your government's foreign travel advice for LGBTQIA+ travellers when choosing your trip.

<https://www.intrepidtravel.com/safety-guidelines>

PETTY THEFT AND PERSONAL SAFETY

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

BEARS

Whilst travelling throughout North America it's not uncommon to encounter bears within campsites and national parks. Your leader has been specifically trained for these situations and, if camping, will inform the group on how to 'bear proof' the camp in the evenings or when the site is unattended. There's absolutely no reason to be alarmed by this possibility as it is extremely rare for bears to approach humans.

Community guidelines

Intrepid won't tolerate any kind of violence, harassment (whether physical, verbal or sexual), or disrespect toward fellow travellers, our teams or local communities.

To ensure the wellbeing of everyone on the trip, decisions made by your group leader are final.

Romantic relationships between travellers and group leader or local representative are not permitted while on trip.

Any behaviour that prevents your leader from continuing the itinerary as planned, breaks local laws or opposes any of these guidelines may result in Intrepid denying your booking or removing you from the trip.

If something concerns you during your travels, please speak to your group leader immediately. Alternatively, you can contact us on the emergency contact number detailed in the Problems and Emergency Contact Information section of this Essential Trip Information.

CANNABIS

Cannabis is legal in Canada, however taking it across international borders, including into the United States is illegal. For more information: <http://www.justice.gc.ca/eng/cj-jp/cannabis/>

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons, we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SOLO TRAVELLERS

On our trips, rooming is organised on a twin-share basis. We pair up solo travellers with another traveller of the same gender, as per the gender marker on each of their passports.

We also offer an optional single supplement on most trips for travellers who prefer to have their own room. This only applies to accommodation during the tour. Pre-trip and post-trip accommodation booked through us will always be on a single-room basis.

On a small selection of trips some accommodation will be open-gender and multishare, such as a felucca in Egypt or an overnight train in Vietnam. Please review the Accommodation section of the Essential Trip Information for details about your trip.

LGBTQIA+ TRAVELLERS

We strive to create a safe and inclusive environment for everyone. If your gender identity differs from what is indicated on your passport, please contact us so that we can discuss rooming options with you.

Travel insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that, at a minimum, you are covered for medical expenses, including emergency repatriation. If you are travelling within your home country or region, please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your group leader or local representative.

If you have credit card insurance, your group leader or local representative will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number, rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

For travellers who reside within the European Union, Switzerland or the USA, the requirement to purchase travel insurance cannot be compulsory. However, the purchase of travel insurance is still highly recommended, and each country you visit may have its own specific entry requirements. For example, some mandate travel health insurance for all foreign travellers, regardless of their nationality. Travellers from the European Union, Switzerland or the USA who decline travel insurance when travelling outside their home region must sign a Travel Insurance Waiver Form at the Group Meeting, recognizing personal responsibility for emergency medical and repatriation costs should they arise.

For assistance with travel insurance or other services, please visit the link below:

<https://www.intrepidtravel.com/booking-resources/our-services>

Responsible travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip group leaders or local representatives, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

The Intrepid Foundation

Our non-profit, The Intrepid Foundation, gives travellers more opportunities to make a positive impact in the places they visit.

We have over 50 Intrepid Foundation partners across the globe addressing four key focus areas: protecting the environment, taking a stand for wildlife, addressing inequality and empowering communities.

Intrepid matches all post-trip donations dollar for dollar and takes care of the admin fees – this doubles your impact and ensures every cent goes to our partners on the ground.

Visit our website for more info: <http://www.theintrepidfoundation.org/>

Water First work with Indigenous communities in Canada to address critical water challenges through education and skills training programs. Donations support three of their programs – preparing young Indigenous adults for careers in their community's water treatment plants, training Indigenous community members to restore places of local significance, and engaging Indigenous school children with fun and unique learning resources. Intrepid will

double the impact by dollar-matching all post-trip donations made to The Intrepid Foundation. To find out more or make a donation: <https://www.theintrepidfoundation.org/t/water-first>

Booking Conditions

By booking this Intrepid Travel Tailor-Made Adventure, you agree to the Intrepid Standard Booking Conditions <https://www.intrepidtravel.com/au/booking-intrepid/booking-conditions> and any deviations specified below that apply to your Tailor-Made booking as set out below.

If you are making a booking on behalf of a group, you must ensure each traveller has read and agrees to our Booking Conditions before making the booking.

- You must provide a travellers' name list and details including name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure of the trip.
- All rates are per person, based on indicated numbers travelling together as one movement. Any changes to the group size at any time before or after confirmation of services will require the trip to be repriced.
- The details set out in your proposal are a quotation only. The pricing and itinerary are subject to availability of accommodation, transport, leaders, and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
- By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
- A contract will exist when we accept your deposit.
- If we, or a third-party operator, is required to make amendments to your original proposal, subsequent pricing may become applicable to your booking.
- Any changes to the itinerary made by you AFTER services have been confirmed will require a revised quote and may be subject to an additional charge (as levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.
- Hotels listed in the quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- If complimentary transfers are included, (on a group basis) they are only applicable if going to accommodation booked through us. Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.
- Some Tailor-Made tours, such as our Tailor-Made Australia trips, may have cancellation terms that deviate from those set out in the Intrepid Standard Booking Conditions. Your Tailor-Made consultant will advise you of the cancellation conditions that apply to your booking prior to you paying your deposit.
- You acknowledge that you are choosing to travel at a time where you may be exposed to the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols before and during your trip. Depending on the most recent health information available to us, we may require you to comply with mandatory health policies, including the need for proof of vaccination or medical tests. More information can be found on our Covid-19 Customer Information page [here](#). Please note that these policy requirements are subject to change following advice from relevant authorities.