Day Hiking in the Canadian Rockies
August 20, 2020 - August 30, 2020 (Trip# 2047)

Thank you for your interest in this exciting trip! Please read the information carefully, and then contact us if you have any questions. Trip leaders: Mike Darzi, (Mike.Darzi@Gmail.com; 301-580-9387) and Sam Jamke (samjamke@myfairpoint.net; 603-472-2536).
Summary: The *National Geographic* rates the Canadian Rockies one of the ten "must see" wilderness destinations *in the world*. Towering snow-capped peaks, huge glaciers, serene glacial lakes, dramatic waterfalls, flowering alpine meadows provide breathtaking views and memorable experiences each day.

We will fly into Calgary, Alberta, to rent cars and begin our journey. We will spend our first night at a motel in Calgary and our first day hiking to Lake Annette. After the hike, we will drive to the HI-Lake Louise Alpine Center where we will spend the next eight nights. Each day, we will do hikes with panoramic vistas that have startling impact. These are hikes that you would be eager to do again. Most hikes will be in Banff National Park, one in Yoho National Park, and one in Jasper National Park. We will spend our last night in Calgary at a motel near the airport and enjoy a farewell dinner before departing for home.
Daily Itinerary

Following is the daily itinerary which we plan to follow. Note that the hikes may be changed or days swapped to take advantage of the best weather. (mi. = round trip mileage, ft. = feet of elevation gain). On the full days of hiking, the hiking time per day will average 6 to 8 hours, counting breaks, lunch, and photography stops.

Day 1, THU 8/20:
Fly to Calgary, Alberta, where we will rent cars, shop for lunch supplies, have dinner and spend the night.

Day 2, FRI 8/21:
We'll begin our hiking by going to Lake Annette (8.7 mi., 820 ft.). While the lake is beautiful, it is the views of Mt. Temple’s sheer 4,000-foot north face that are most impressive and the main attraction.

Day 3, SAT 8/22:
Hiking to Helen Lake, we will spend little time in the trees before emerging into a sub-alpine zone where we can see meadowland beauty and distant scenery. After a break at the lake, we can continue to a high ridge with improved views. On a 2014 trip, this area was populated by many friendly marmots and in 2016, AMC hikers encountered a grizzly. (8.3 mi., 2,300 ft.).

Day 4, SUN 8/23:
We will drive north on the beautiful Icefields Parkway, stopping at some scenic outlooks along the way. Then we will do two short hikes, one to the saddle on Parker Ridge (2.5 mi. 892 ft) and the other to Wilcox Pass (5 mi. 1,100 ft.). Few hikes anywhere are as instantly and extravagantly gratifying as these are. The views of the Columbia Icefield are amazing.

Day 5, MON 8/24:
We'll want to get an early start to avoid the crowds for this rightly very popular hike which starts at beautiful Moraine Lake and goes through the Valley of the Ten Peaks to the eye-popping views from Sentinel Pass (9.2 mi. 2,381 ft.). On our return, we will take a side trail for about a mile for close-up views of the spectacular Valley of the Ten Peaks.

Day 6, TUE 8/25:
Today we will climb spectacular 9,000 ft. Fairview Mt. (6.6 mi. 3,328 ft.) on the highest trail in the Canadian Rockies. Along the way, we will go through Saddleback, a meadow-like pass rich with wildflowers and a destination in its own right.
Day 7, WED 8/26:
We will do a 3.4-mile walk through world-famous Johnston Canyon in the morning, then drive into beautiful Banff for some sightseeing, food and/or souvenir shopping and dinner.

Day 8, THU 8/27:
In Yoho Nat'l Park, our hike starts at awesome Takkakaw Falls, possibly the highest waterfall in Canada. After admiring the Falls, we head to the Iceline Highpoint. (10.5 mi., 2,265 ft.) This is a steep hike over rugged glacial moraine, but the postcard-worthy scenery makes the trip more than worthwhile. Views of Emerald Glacier and the west face of the Vice President are dazzling highlights.

Day 9, FRI 8/28:
We will hike along Mosquito Creek to one of the finest wildflower meadows in Banff National Park at Molar Pass. The pass also offers an excellent view of the twin-peaked Molar Mountain as well as the glacier-crested summits of Mount Hector. (12.6 mi. 1,775 ft.).

Day 10, SAT 8/29:
Today's hike from Chateau Lake Louise through the Plain of the Six Glaciers (8.6 mi., 1,522 ft.) is probably the most famous and popular hike in the Canadian Rockies. We'll get up early for this, so we can enjoy the dazzling beauty of this colossal amphitheater and get to the teahouse before things get too crowded. Then, we drive to Calgary for our Farewell Dinner and to spend the night.

Day 11, SUN 8/30:
Fly Home.

Possible Itinerary Changes

While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters in areas to be visited, or governmental or ranger recommendations). The leaders reserve the right to make such changes as necessary, both before and during the trip.
Participant Profile

You should enjoy traveling and be comfortable traveling in areas which are unfamiliar to you. You should recognize that you may find yourself in closer quarters or be less comfortable than you are used to at home. You should make it a priority to help others on the trip and contribute to their having a great time. If you do that, we guarantee that you will have a great time.

This is a moderate/vigorous hike geared towards the outdoors adventurer and experienced hiker. You must be able to hike up to 13 miles per day at a moderate pace with elevation gains between 1,500 feet and 3,400 feet, while carrying enough equipment to keep you safe in the event of bad weather or injury.

Experience & Risks

People wishing to participate in this trip must have previous hiking experience at the intermediate level or higher. Although the hiking will be at a moderate pace, this is not a trip for beginners or people who have not hiked during the past year. This trip is not the right time for getting into shape. You should already be in good physical condition by the time you arrive in Calgary.
Hiking with a pack, up mountains above 8,000 feet is physically demanding, especially for people who generally reside at or near sea level. Although the elevations for the most part are not high enough for contracting altitude sickness, the combination of physical exertion and lower oxygen levels will require that we pace ourselves and pay close attention to proper nutrition and hydration.

When you participate in this activity you should be both physically and mentally prepared and equipped with the appropriate gear. You should always be aware of the risks involved and conduct yourself accordingly. We are not responsible for your safety: you are.

Bears are rarely a problem in the Canadian Rockies, but we will be carrying bear spray and we will review safe practices for hiking in bear country before we start our hikes.

It may happen on any trip that a trip member is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of group or individual safety. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant’s being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

Prior to your being accepted as a participant in this trip, you will be asked to discuss your capabilities and experience with us. We may also request references to confirm your fitness level and suitability for participating in trip activities. Please do not be offended by our questions.

**Safety**

As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with the leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips and camps, and transportation in vehicles or on foot. When you apply for acceptance onto a trip, please carefully read and sign the *Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and call if you have any questions.

**National Park Rules: We will obey the rules and regulations of the National Parks that we will be hiking in.**

**Trip Price**

The trip cost is $1,900 per person for shared occupancy for AMC members. The cost for Non-members is $2,000. Non-members can *join* for $50, and get the member price.

The price for this excursion is based on quotes or estimates obtained at the time the trip was planned. The final price of the trip will be adjusted in accordance with the best final arrangements we can make. Any savings we achieve, as well as any cost increases we
incur, will be shared by trip participants. Our cost estimates are conservative, and so a refund is more likely than a price increase. All Adventure Travel trips are run on a non-profit basis and refunds, if any, are issued after the trip’s financial accounting is complete.

In accordance with AMC policy, you are subsidizing the leaders’ costs. Beyond this, the leaders are not allowed to realize any profit from this excursion. The trip price includes an AMC overhead fee to cover the administrative expenses of offering Adventure Travel excursions. The trip fee also includes emergency medical and evacuation insurance coverage, which is required by the AMC. It does not include insurance for travel delay, interruption, or cancellation, or for baggage loss. If these possibilities concern you, individual travel insurance is recommended. More information about the included emergency medical and evacuation insurance, as well as optional and recommended travel insurance, will be provided to participants in their formal acceptance letters, which will be sent out when the trip has the required number of accepted applicants.

A deposit of $800 is due with the application. The balance of $1,100 is due by May 20, 2020.

Includes:

- Ten nights of lodging
- Dinner for the entire trip, starting with dinner on August 20, 2020, excluding alcoholic beverages
- Continental breakfast for the two nights spent at a Calgary Hotel, breakfast either at Cafe at hostel in Lake Louise or to be prepared at hostel with food purchased by trip
- Car rental and gas
- Park Entrance fees
- Emergency medical & evacuation insurance coverage

Does not include:

- Airfare. The trip leaders will advise you and will facilitate group travel, but the purchase of tickets is the responsibility of the participant. At this time, we estimate that the cost for a round trip ticket between the US East Coast and Calgary will be in the range of $700 to $900.
- Lunches, beverages, trail snacks, personal items, optional activities, & incidental expenses.
- Travel insurance

Accommodations / Meals / Transportation / Gear

We will spend the first night in Calgary at a hotel near the airport. We will then drive to Banff National Park where we will spend eight nights in a hostel in Lake Louise. We will return for our final night in the Calgary airport area.
HI-Lake Louise Alpine Center is a modern hostel with in-room sinks and toilets, showers just outside the room entrance, 4 people per roomy five-bed rooms, a pleasant dining room, a spacious, sunny deck, a large, peaceful library and a complete kitchen.

Dinners will be at local restaurants. Breakfast in Calgary will be provided by the hotel. Breakfasts in Lake Louise will be provided at the cafe within the hostel when time permits. For days when we will have to leave to start our hike before the cafe opens, the trip will purchase continental breakfast food for your use in the kitchen of the hostel. All trail lunches are the participant’s responsibility. The hostel in Lake Louise has kitchen facilities and a dining area to prepare lunches and breakfasts on those days where we need to leave before the cafe opens. We will purchase food before we leave Calgary and then resupply as needed during the trip. There is a food mart in Lake Louise and supermarkets in Banff.

Some participants will be asked to share in the driving, which requires a check of your driving record. Please inform the leaders if you are willing to do this.

A gear list will be provided.
Registration

We expect a group size of 16 people, including the 2 leaders. This trip is likely to fill quickly. If you are interested, you should apply as soon as possible. When registration is complete, we will send all participants the names, addresses, and phone numbers of all those going on the trip. A waiting list will be established when the trip is full.

To apply, you must download, complete, and submit the applications documents which consist of:

- Application
- Confidential medical form
- Acknowledgement and Assumption of Risk and Release form
- Supplemental Medical Questionnaire (optional)


You will not be accepted and your check will not be deposited until the leaders have determined by telephone conversation with you that you and the trip are a good match. Deposit checks from waitlisted applicants will not be cashed until a spot is available, the applicant is accepted onto the trip, and he/she has confirmed continued interest.

Participant Cancellation Policy

Cancellations before Nov 1, 2019 will receive a full refund. Cancellations on or after that day will lose a minimum of $200 of their deposit. Any additional refunds will only be made if cancellation does not raise the cost of the trip to the other participants or leaders. There is a possibility that participants will not receive any refund. There will be no refunds for cancellations after June 20, 2020. Participants are encouraged to purchase trip cancellation insurance. If the trip is cancelled by the AMC, participants receive a full refund for any deposits and payments.

Participants are responsible for their own airline tickets & other external expenses. Most airlines will not give refunds for cancellations; sometimes they issue coupons for a future trip with an administrative charge and an expiration date. Trip cancellation insurance is advised—policy information will be supplied to all participants.
Leaders

Mike Darzi

Mike has been leading outings for the Appalachian Mountain Club and the Sierra Club for over 20 years, and is a former Chair AMC Potomac Chapter. He has led numerous multi-day trips in the northeast and mid-Atlantic U.S., including the Berkshires, Acadia National Park, the White Mountains, Pine Creek Gorge, the Adirondacks, and Shenandoah National Park. For AMC AT, he has led trips to Morocco, France, Switzerland, Bulgaria, and SW US. Contact Mike at Mike.Darzi@Gmail.com or 301-580-9387.

Sam Jamke

Sam (Ruth) Jamke is a four-season hike leader with the NH chapter and former Chapter Chair. She has led about 17 Adventure Travel trips. She is also is a hike leader for AMC August Camp. She has climbed the White Mountain Four Thousand Footers and the New England Hundred Highest in winter. Her other hiking venues include many western states, Morocco, Patagonia, the UK, Antarctica, and Canada. Contact Sam at samjamke@myfairpoint.net or 603-472-2536.