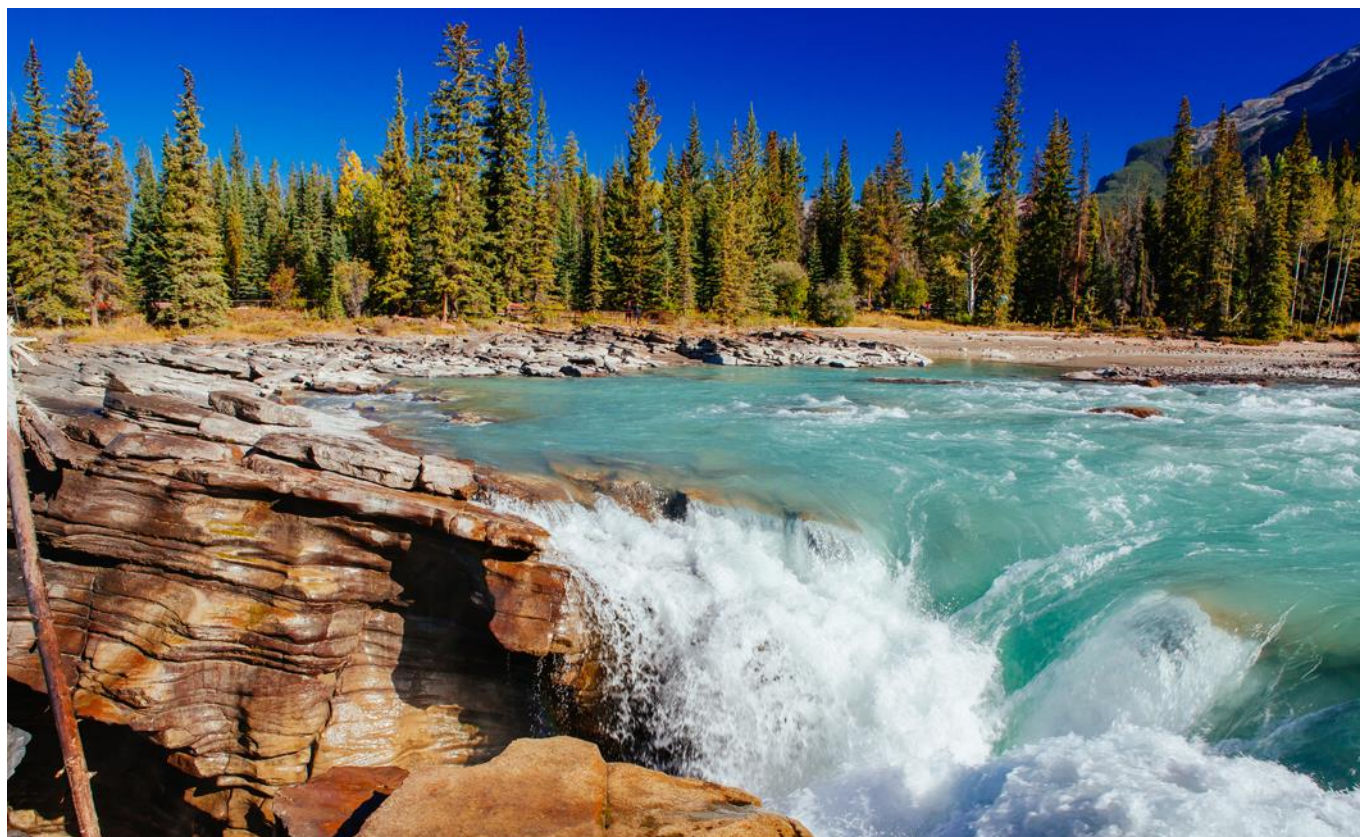


Gentle Walking Canadian Rockies

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
Grade	Gentle
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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Managing Director: Steven Berry. Registered in England No. 2118433. VAT No. 496 6511 08

Departures

Group departures

2023 Dates:

Sat 24 Jun - Thu 06 Jul

Sat 05 Aug - Thu 17 Aug

Sat 02 Sep - Thu 14 Sep

This detailed itinerary is for our 2023 departures only. A separate itinerary for 2024 departures can be downloaded from our website or requested from the Mountain Kingdoms office.

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.

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.

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. 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



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

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

At a glance itinerary

Day 1	Fly to Calgary and transfer to hotel.
Days 2-4	Drive to Kananaskis. Walk Ptarmigan Cirque, Chester Lake Trail, Grotto Canyon and/or Grassis Lakes.
Day 5	Drive to Jasper with walk to the toe of the Athabasca Glacier.
Day 6	Edith Cavell Meadow Trail and visit Athabasca Falls.
Day 7	Maligne Lake and walk Bald Hills.
Day 8	Drive to Banff. Walk Parker Ridge.
Day 9	Drive Yoho National Park. Walk Laughing Falls.
Day 10	Drive to Lake Louise. Walk to Lake Agnes.
Day 11	Drive to Lake Minnewanka for lake shore hike or Tunnel Mountain Banff. Drive to Calgary.
Days 12-13	Transfer to airport and fly home.

Trip summary

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 enjoying some of the best landscapes in the Rockies. You will then drive on to Jasper with a stop off to visit the Athabasca Glacier on the way. 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 the powerful Athabasca Falls, plus you will enjoy the breathtaking panoramas over the Maligne Lake.

From Jasper you drive to Banff. In Banff you enjoy more remarkable panoramic views and fabulous mountains. You will walk the Parker Ridge, walk to Laughing Falls in Yoho National Park and drive to Lake Louise for the walk to Agnes Lake. Finally you will drive to Lake Minnewanka for a last lake shore hike or hike Tunnel Mountain in Banff before returning to Calgary for your flight home.

All in all a veritable feast of spectacular mountain scenery and fabulous walking.

Your trip itinerary

Day 1: Fly London to Calgary

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

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

Today you will drive to Kananaskis. Kananaskis is an area which offers some of the most beautiful landscapes of the Rockies but is quieter than some of the main national parks which you will visit later, being more popular with locals and not so much on the main tourist circuit.

Today your first walk 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!



Overnight: Mount Kidd Manor or Similar, Kananaskis (Meals: B L)

Day 3: Drive to trail head - 100km, 1½ hours, and walk Chester Lake Trail - 9.6 km, 3-4 hours, 310m ascent/310m descent.

Today you will enjoy a short and pretty hike to Chester Lake in Spray Valley Provincial Park, Kananaskis Country. The trail to this beautiful tarn is justifiably popular and meanders through spruce-fir forests and three meadows leading to the emerald waters of Chester Lake. The meadows near the lake are flushed with wildflowers in early summer, and wild berries which makes for good bear spotting opportunities. There are great views of the mountains that surround the lake: Bustall Pass, Mt. Chester, 3,054m, Mt. Smith Dorrien, 3,151m, Mt. Robertson, 3,177m, and Mt. Sir Douglas, 3,411m. The trail forks at the lakeshore. As you continue through groves of spruce, larch and subalpine firs, you enjoy a string of viewpoints to admire the lake from different angles. You hear the roar of a small stream and the calls of songbirds.

Overnight: Mount Kidd Manor or Similar, Kananaskis (Meals: B L)

Day 4: Grotto Canyon and/or Grassi Lakes hikes. Spend time in Canmore.

Today you have a couple of options for good hikes. It might also be possible to do both if the group is feeling energetic, or you could do one in the morning and in the afternoon spend time in Canmore Village by the river, in one of the many cool cafes or microbreweries in town. Your guide will discuss the options with you to be sure you get the most out of your stay here,

Option One: Grotto Canyon. Drive to Grotto Canyon Trailhead - 100 km/1¼ hours. Walk Grotto Canyon - 5km/2½ hours. 150m ascent/15m descent. This beautiful, narrow-walled creek bed provides the route for a satisfying and accessible hike, and is lots of fun. As you ascend the canyon the limestone walls get steeper and narrower, leading eventually to a beautiful cascade, spilling down over the rock face and glistening in the summer sun. Just before the falls, if you look at eye level to the left, you should be able to see the remains of ancient wall paintings, dating back between 500 and 1300 years ago. These are Hopi pictographs, produced by visitors from a native American tribe based in what is now Arizona. 150m ascent/ 15m descent

Option Two: Grassi Lakes. Drive to Grassi lakes trailhead - 120km, 1¾ hours. Grassi Lakes Walk - 4 km/2 hours. This short picturesque trail is much enjoyed by families and is one of Canmore's most popular hikes. There are two routes, an easier one, which takes you up a gentle incline to the spectacular turquoise lake, or a more challenging wooded trail that passes by a waterfall and offers beautiful views of Canmore and Bow Valley.

Overnight: Mount Kidd Manor or Similar, Kananaskis (Meals: B L)

Day 5: Drive to Jasper 370km, 4-5 hours. En route walk to the Athabasca Glacier - 1 hour round trip.

Today you drive along the spectacular Icefield Parkway Highway to Jasper - enjoying impressive views along the way. 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 stop for a gentle hike to the toe of Athabasca 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 glacier snout in past decades. You 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.

For your first night in Jasper your guide will suggest a local restaurant in Jasper for dinner.

Overnight: Becker's Chalets or Jasper Inn & Suites, Jasper (Meals: B L)

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.

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, golden mantled 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 Jasper Inn & Suites, Jasper (Meals: BLD)

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

The Bald Hills hiking trail has some of the most breath taking panoramas that Jasper has to offer. The hike is a moderate climb but very rewarding - you will take lots of breaks to ease the ascent. The trail 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 down at your own pace, reflecting on how this trail was well worth the effort after all!

Overnight: Becker's Chalets or Jasper Inn & Suites, Jasper (Meals: BLD)

Day 8: Drive to Banff - 300km, 4-5 hours. Walk Parker Ridge en route - 5-6km, 2-3 hours, 250m ascent/250m descent.

Today you make the drive from Jasper to Banff back along the breathtaking Icefield Parkway.

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 Banff, 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: Dorothy Motel or Similar, Banff (Meals: B L)

Day 9: Drive to Yoho National Park - 80km, 1½ hours. Walk to Laughing Falls 7.8km, 3½ hours, 125m ascent/125m descent.

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 you will stop at Emerald Lake before returning to your accommodation. Emerald Lake is the largest of Yoho's 61 lakes and ponds, as well as one of the park's premier tourist attractions.

Overnight: Dorothy Motel or Similar, Banff (Meals: B L)

Day 10: Drive to Lake Louise - 120 km, 1 hour. Walk to Lake Agnes (back and forth the same way) - 7.6km, 3-4 hours, 433m ascent/ 433m descent.

Today you drive to the village of Lake Louise. Lake Louise is one of many glacial lakes within Banff National Park and without question the most famous; the emerald colour of the water comes from rock flour carried into the lake by melt-water from the glaciers that overlook the lake. Lake Louise is 2km long, has an area of 85ha, and a maximum depth of 70m. Today you will enjoy much outstanding scenery, as you climb to the shores of picturesque Lake Agnes, with views from above the beautiful Lake Louise. The trail climbs gradually through subalpine forest for a mile to a switch-back that overlooks Lake Louise and the delta at its inlet. Views of the impressive quartzite cliffs of Fairview Mountain rise steeply on the opposite side of the lake. This popular trail leads you to Mirror Lake and through larch trees on an avalanche slope on Mount St. Piran. Here numerous flora, ground squirrels and chipmunk can be seen. You continue until reaching Lake Agnes, located at an altitude of 2,135m. Here, a historic tea house adds a sense of time to the beautiful natural surroundings and serves as a welcoming refuge for hikers. There is an option to continue the hike to Little Beehive summit for even greater views.

Overnight: Dorothy Motel or Similar, Banff (Meals: B L)

Day 11: Lake Minnewanka or Tunnel Mountain Hike. Drive to Calgary.

Today you have a couple of options. Discuss with your guide the best option for your group.

Option One: Lake Minnewanka: Drive to Minnewanka for a last lake shore hike - 2-3 hours. On this walk you may enjoy a beautiful out and back shoreline trail that you can follow for as long or for as little as you want.

Option Two: Tunnel Mountain in Banff: The trail begins from Tunnel Mountain Drive in Banff. It follows long, nicely graded switchbacks along the side of the mountain through the forest. Some of the switchbacks are steeper than others and some of them level out which provides a chance to catch your breath. There are some glimpses of the views along the way through the trees. The best views can be seen from the top of the mountain at the end of the trail. There are some bare rocks surrounded by forest which are perfect places to sit and admire the views overlooking Banff and the surrounding mountains and valleys.

After your last walk you will have some free time in Banff before you drive back to Calgary and will have time to walk downtown and enjoy a last farewell dinner with your group.

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

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

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)

Day 13: Arrive London.

Our grading system

Gentle Walking Canadian Rockies is graded as a Gentle 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.

Trip altitude

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 as a good source of information.

What the price includes

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, 3 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 [For further information about our campaign visit https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign](https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign).

Your accommodation

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.

Please note that in the Castle Mountain Chalets bathrooms are shared between rooms in a cabin.



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.



Mount Kidd Manor or Similar, Kananaskis

On top of the breathtaking views around the hotel, all of the rooms come with free Wi-Fi, mini fridge and complementary in room coffee. Your hotel has a hot tub, sauna, Kananaskis Nordic Spa and fitness centre.



Becker's Chalets or Jasper Inn & Suites, 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.

We also use Jasper Inn & Suites which has generous, modern rooms with a good range of amenities. It also has an indoor pool, a sauna and a popular on-site grill that has an outdoor dining terrace.



Dorothy Motel, Banff

The Dorothy is a boutique motel that has a quirky, retro vibe but with a good range of amenities. Rooms include mini fridges, microwaves and tea/coffee makers. Situated in a peaceful location it is backed by beautiful Cascade Mountain and has an attractive courtyard where you can sit and relax (check-in is at a neighbouring property).

Meal arrangements

11 Breakfasts, 10 Lunches, 3 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

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.

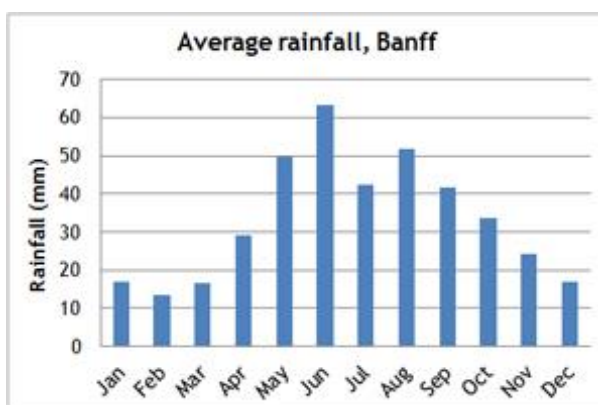
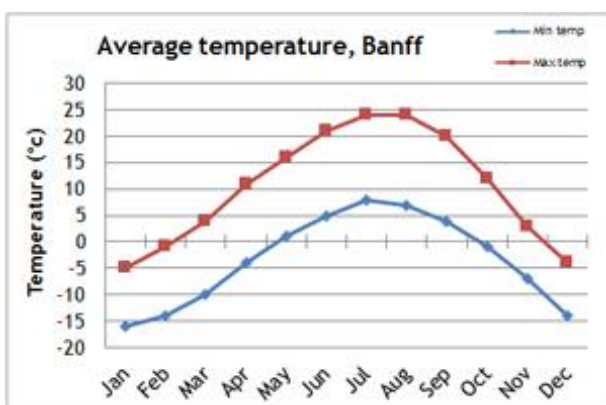
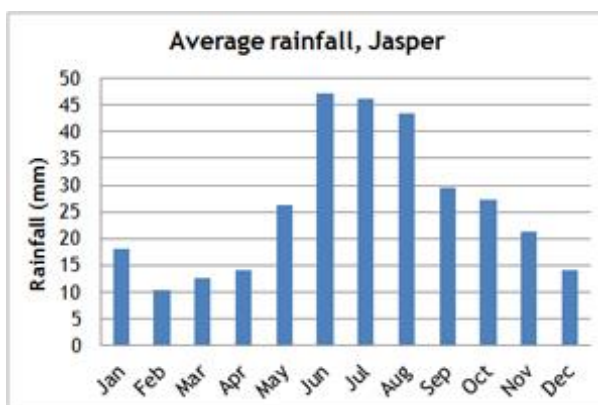
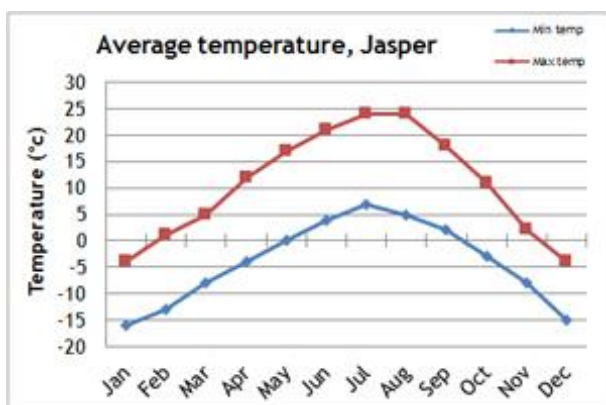
Further information

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

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.

Please contact
one of our
experts for
extension ideas

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?

- 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 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



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

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.

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

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.

