



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

CANADIAN ROCKIES TREK
CANADA

Sun 09 Jul - Sat 15 Jul 2023





In aid of Diabetes Canada

09 Jul - 15 Jul 2023



YOUR CHALLENGE DAY BY DAY

DAY 1 Sun 09 Jul

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Arrive into Calgary

Your flight will arrive into Calgary today and you will be transferred to Lake Louise to meet your mountain guides for a briefing and welcome dinner. After meeting the rest of your trekking partners, you will turn in for the night, ready to start the challenge bright and early tomorrow morning. (D).

Accommodation: Hostel in Lake Louise.

Transportation: 199kms, 2hrs 5mins

DAY 2 Mon 10 Jul

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Sentinel Pass and Moraine Lake

After breakfast, we head to a less explored and stunning area of Banff National Park. Starting on the shores of Moraine Lake in the Valley of the Ten Peaks, we hike through the Larch Valley to reach Sentinel Pass on the shoulder of Mt Temple. From here we can descend on the other side of the pass reaching Paradise Valley to complete a loop trail taking us back to Moraine Lake road or return the way we came.

Either option we choose will be the right one, as we'll be surrounded by stunning scenery throughout the trek. We'll return to our hostel in time to watch the sun dipping low behind the mountains and prepare our dinner in great company. (B, L, D).

Accommodation: Hostel in Lake Louise.

Hike: Sentinel Pass Hike: 6hrs to 8hrs of trekking / 11.5km or 17km / +800m, -900m.

Transportation: 30kms, 40mins

DAY 3 Tue 11 Jul

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Plain of Six Glaciers, Big Beehive and Agnes Lake

With the Victoria Glacier as a backdrop to its emerald green silence, Lake Louise is one of the most famed and visited landmarks in the Canadian Rockies. We head out early and enjoy a serene moment on the shores of Lake Louise. After feasting our eyes and filling our cameras with this natural gem, we head off for the stunning Plain of Six Glaciers trail.

Skirting along the flank of Mt Whyte the trail is a steady 5.5kms climb that rewards you with exceptional views of Lake Louise and a quaint little tea house. An extra 1.5kms will get you to a unique vantage point on Abbott Pass and the Victoria Glacier. If we feel like something a little bit more challenging, we can opt to climb to the top of the Big Beehive before hiking down to Lake Agnes and back to Lake Louise. With 905m of height gain, this trek is sure to get those muscles working, but the culmination of reaching the summit are well worth the efforts. (B, L, D).

Accommodation: Hostel in Lake Louise.

Hike: Plains of 6 Glaciers Hike: 5hrs to 7hrs of trekking/ 15kms to 19.4kms / 420m to 905m elevation.

Transportation: 10kms, 20mins.

DAY 4 Wed 12 Jul

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Yoho National Park – Emerald and Hamilton Lakes

Today, we keep pushing west to reach Yoho National Park. Yoho is a Cree expression meaning amazement and wonder. With its massive icefields, impressive waterfalls and jade green lakes, Yoho is a special place with an incredible density of must-sees. We start our exploration of the park by visiting Emerald Lake, one of its more well-known attractions.

After admiring the lake and perhaps enjoying a coffee on the Lodge's terrasse, we head out to Hamilton Lake for an 11km hike that will take us past Hamilton Falls on the way to a beautiful alpine tarn. On the way back to our accommodation, we can stop at the natural bridge and at the spiral tunnel viewpoint to have an up-close look at this engineering marvel. Dinner in one of Lake Louise's restaurants (not included). (B,L).

Accommodation: Hostel in Lake Louise.

Hike: Hamilton Lakes Hike: 5 to 6hrs of trekking / 12kms / +830m.

Transportation: 76kms, 1hr 5mins.

DAY 5 Thu 13 Jul

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Yoho National Park - Iceline Trail

This morning we tackle one of Yoho's signature treks: the Iceline Trail. The trail starts next to the majestic Takakkaw Falls. At 373m they are the 2nd highest in Canada. We'll take the time to admire them at leisure before, during and after our hike. According to how we proceed we'll also get to see Laughing Falls and Twin Falls.

Taking us up the east side of the President's Range this trek offers incredible views of the falls, of the Waputik Icefield and the Daly Glacier to the east.

After reaching a Plateau near Yoho Pass, we have a few different options for the return route. We can choose to do the complete 20km loop through the little Yoho valley or shave off a few kms cutting through Celeste Lake. We return to our accommodation to relax and enjoy dinner. (B,L,D).

Accommodation: Hostel in Lake Louise.

Hike: Iceline Trail Hike: 6-8hrs of trekking / 12kms or 20kms according to the option / 710m elevation.

Transportation: 74kms, 1hr 15mins.

DAY 6 *Fri 14 Jul*

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Hike Cory Pass

Today we will drive near to Banff to hike the Edit and Cory Pass Circuit, a classic for those who can handle a little challenge. On top of stunning views, this trail is the most varied hike close to Banff, taking you in to a number of different micro ecosystems – from a steep and dry ridge, to an arid pass, back through to a lush forest. For dinner tonight we head up on the Banff Gondola to reach the summit of Sulphur Mountain to enjoy a mountain top buffet dinner as the grande finale. (B,L,D).

Accommodation: High Country Inn hotel 3*or similar.

Hike: Edit and Cory Pass Circuit Trek: 14.3kms, 1075m elevation gain, 6-8hrs trekking.

Transport: 60kms, 40mins

DAY 7 *Sat 15 Jul*

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Fly from Calgary to your home destination

After breakfast, you will transfer to Calgary airport for your flight home. (B).

Transport: 145kms, 1hr 30mins.

NB

Key: B = Breakfast, L = Lunch, D = Dinner.

HOW TO FUND YOUR CHALLENGE

SELF FUNDER

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Pay a registration fee of C\$750.00 when you book

Then a balance of C\$2775.00

(10 weeks before your challenge)

Raise as much as you can for your charity.

WHAT'S INCLUDED

Before you go

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- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- Sponsorship forms
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice
- A-Z of fundraising ideas
- Sponsorship forms (online and hard copy)
- Fitness training notes
- 16 and 20 week trek/bike training schedule
- Warm up exercise routines
- Public liability insurance
- Risk assessment and emergency management planning

On your challenge

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- Internal road and air transfers as per the itinerary
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Entrance fees to national parks or other places of interest visited on the itinerary
- All ground staff including English speaking guide, drivers, cooks, and porters
- Full back-up support including first-aid qualified staff and first-aid supplies
- A Charity Challenge T-Shirt
- All challenge management before, during and post event
- Group first aid supplies
- Equipment as per the challenge activity

WHAT'S NOT INCLUDED

Before you go

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- Visa (if required)
- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Vaccinations (please check Trip Notes for requirements)

On your challenge

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- Personal spending money

THE DETAILS

Prices include all known air taxes

We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

Typical group size

The typical group size is 10 - 34 participants

Optional extras

Extensions at end of trip*
Single room supplements*
Travel insurance
Business class upgrades*
(*subject to availability)

Travel insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <https://www.campbellirvine.com/charitychallenge>.

Why book with Charity Challenge?

- Fully supported multi-day Canadian Rockies challenge
- Learn all about the local history and environment along the route with our highly experienced, knowledgeable, and fully qualified and experienced Mountain Leaders
- Accommodation in hostels and hotels
- Celebration meal and medal at the end of the challenge
- The same high-quality Charity Challenge experience that you would associate on all our international challenges.

Level of difficulty

The Canadian Rockies Trek involves five days of between 5 to 8 hours of trekking each day. It involves a good level of fitness, and you'll need the endurance to do multiple days of consecutive trekking. Each day of walking is remote and away from roads and immediate access to support vehicles.

Food and drink

All of your food and drink is included from dinner on the first night through to a celebration dinner on the final night and breakfast before departure on the final morning. During the trek, breakfast and dinner will be provided for you at the hostel.

Drinks: Coffee and tea at breakfast time and plenty of water throughout the day. Any other type of drink is at your own expense.

Breakfast examples: Most days is a buffet style with toast, yogurt, fruits, and granola, and sometimes there will be a hot breakfast like pancakes or omelettes.

Picnic lunch Examples: Sandwiches with vegetables and/or fruits, pasta or rice or quinoa salad with a mix of ingredients.

Dinner examples: we try to organize a 3-course meal at night such as:

- Appetizer with chips or olives or crackers or a soup
- Main course: meat or vegetarian option with rice and / or vegetables or a curry or pizzas.
- Desert: something simple but sweet!

Due to the remote nature of the trekking routes, you will need to carry all your drinking water with you each day. There are no re-fill points available. We would recommend you carry between 2 and 3 litres, depending on weather conditions.

We can cater for most dietary requirements. Please indicate your dietary requirements on your booking form. If you have any questions or concerns about this then please don't hesitate to contact us.

Leadership

You will be accompanied by fully qualified walking leaders who are all first aid trained. They have a broad range of

backgrounds and experiences and are there to keep everyone safe and happy. We always ask all our participants to respect any decision that any of the leaders has to make.

How is the group managed?

This is a fully supported, leader led challenge. The itinerary is designed to be fully supported and so you will always be accompanied by our leaders. Our leaders are there to assist you and to try to ensure that everyone can complete the challenge and have a great time.

Like all our challenges, we manage the trek as a **team** challenge, and we encourage everyone to see themselves as part of the team. Our aim is to walk at a speed that is appropriate for all group members. It is important to remember that this is a multiday trekking itinerary, and so we will walk at a pace that is appropriate to keeping you going for all five days of walking. Your challenge leaders are very experienced at setting the correct pace, and they will be with you at all times.

Should it be necessary for the group to split into different walking speeds during the day then your challenge leaders will facilitate this. However, a challenge leader must be with you at all times.

Should anyone develop any problems during the day then the leaders will be in place to deal with them. As this is a remote trekking challenge it is not always possible for our support vehicle to access your location immediately.

Clothing and equipment

During this challenge you will need to have two bags. One day pack that you use to carry everything you need for the day of trekking, and one kit bag that contains all your camp clothing and other equipment (sleeping bag etc) and spare clothes. This kit bag is left at the campsite in your tent each day.

- Rucksack/backpack (30-50 litres) for your belongings for the day : sweater, spare t-shirt, rain gear, warm clothes, packed lunch, sunglasses, water bottle, etc. Your guide will let you know every day what is needed for the hikes and activities.
- Duffle bag (max 80 liters) with side zipper as your main luggage for an easier access to its content. No hard suitcases. The luggage is transported in an enclosed trailer. Only one bag per person; The relaxed atmosphere of this trip allows you to bring minimal clothing and personal effects.
- Be prepared: On your flight, bring a small 'emergency kit' with you in your carry-on bag in case your main luggage is delayed by the airline (e.g. toothbrush, t-shirt, spare underwear). Also, wear your hiking boots on the plane.

What to carry during the day? This challenge takes place in a remote and rugged environment, away from roads and immediate access to the support vehicle. It is therefore extremely important that you come prepared with the correct kit for this challenge. Please ensure that your waterproof jacket can keep you dry when subjected to rain for several hours at a time (although we hope in June/July it won't be needed), and that you also have waterproof trousers, as legs get just as wet as tops. Footwear should also be waterproof and most importantly should have good grip. Sports trainers are not appropriate for the terrain of this challenge.

Clothing and equipment for the hostels: We recommend that you have at least one pair of clothes that you can change into when you reach the hostels. This will ensure that you always have a dry set of clothes at the end of the day.

Please refer to the kit list for more information about what is appropriate. The full kit list for this challenge can be viewed in your account area or on the website.

Flights

We will organise flights for you from either **Toronto Pearson, Vancouver or Edmonton International Airport**. You will be flying to Calgary return. Your flight tickets will be e-mailed to you before departure. Exact times will be confirmed closer to departure. If you wish to pay extra and upgrade to business or first class, please email flights@charitychallenge.com.

Training

This is a tough, multiday, endurance challenge that requires everyone to have taken their training seriously. It involves early mornings, long days and sustained periods of ascents and descents. It is certainly not for the fainthearted, and it should ideally be undertaken by someone who has trained on similar terrain.

The ideal training for this challenge is, naturally, walking in the outdoors, including some hills so that you can be comfortable with the ascent and descent experienced on this challenge. However, if you do not have the luxury of living near any hills, then the stairs at home (or an office block) are a great place to start. Most training should be part of an ongoing lifestyle, but if this is not the case then you should begin training three to four months prior to the challenge and gradually build up as suggested. Remember to use the kit that you will be using on the challenge (boots, backpack, poles etc) to get them worn in. There is no substitute for walking in the hills so try, if possible, to get out on a weekend and train in an area with steep hills. The more you exercise before the challenge, the more you will get out of it.

The Canadian Rockies Trek is a real endurance event, and you should gear your training towards being comfortable doing exercise for prolonged periods of time. Recovery times are also important to consider, and again you should structure your training so that you are comfortable exercising again after only a night's rest. We would recommend that all people training towards this challenge should aim to be able to comfortably do two long days of walking (6-8 hours) on back-to-back days as a minimum.

We suggest you have a healthy lifestyle and are in good physical shape to join this trip. You should be able to walk for 6 to 8 hours with an average 400m to 950m elevation gain each day. The hikes are at varying altitudes, from about 1000m to 2650m.

Group size

The maximum group size for this challenge is 24 passengers.

Trekking in the National Parks has a guide to passenger ratio of 1:12 so the group will be split into 2 trekking groups of 12 trekkers, each with one guide.

Keeping safe post-covid

This challenge is planned to run in Summer of 2023 when we hope that we will live in a 'post-Covid restricted' world. Please rest assured that Charity Challenge will continue to monitor all the latest advice from both the government and local authorities and will ensure that all of our safety systems and protocols are up to date.

Emergencies

Your leadership team are all trained to deal with emergency situations in remote areas and will be carrying a mobile phone and radios in case the emergency services need to be contacted. The event is not run as a race and you will never be encouraged to walk at a pace 'beyond your ability'. There will always be a wide variety in people's walking abilities which will be carefully managed by the leaders. If we find that you are unable to complete any day of the trek, then we will arrange for you to be collected by the support vehicle and taken to the hostel.

Accommodation

During the challenge you will be in hostels which are shared dormitories of 4 passengers to a room. The dormitories each have a sink and there is a shared bathroom.

Challenge timings

On the day of arrival, you should plan to arrive at the hostel for XXXpm. Dinner is intended to be around XXXpm, with the welcome and safety briefing taking place immediately after dinner.

On the day of departure, you will be free to leave any time after breakfast.

On each day of the trek, you can expect to start with breakfast at around 7am, with the aim to start trekking by 8am. We aim to finish each day by 3-4pm. However, these timings will be adjusted according to weather forecasts, the group's ability etc.

On some days there are short minibus transfers to/from the trek area.

Please note: Precise details and timings will be made available in your Final Details that are sent out one month prior to the challenge.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge, we liaise with the local authorities to make sure that we minimise our impact on the local environment.

We believe that acting responsibly should add to your enjoyment of the challenge. Our leaders care passionately for the environment and will be keen to talk to you about how you can do your bit to conserve the local environment and enhance your experience.

For extra information, please visit our Responsible Tourism pages, where you will be able to view a list of the other

projects that we currently support.

Terrain

The terrain mainly follows good quality footpaths but the nature of any footpath, means that in places these can be muddy and indistinct. Hikes are mainly mountainous with a few near lakes. This trek consists of a series of hikes to the peaks of the Canadian Rockies. A variety of terrain is explored, from forest trails to scrambles over rocky ridges.

Weather

The Canadian Rockies weather can be extremely variable so please read your kit list carefully and make sure that you bring all essential kit.

For the Rockies, you will mostly experience a mountain climate. In the summer, days are pleasant, sometimes hot, but the nights are cool. In early summer and fall, nightfall can bring rain and snow, and even freezing temperatures. In the summer, the days are long, and the sun does not set until about 9pm. Participants will need summer clothes when in the town and warmer clothes while hiking in the alpine treks.

Trekking the route is a serious undertaking and is contingent upon appropriate weather conditions. If weather forecasts predict strong winds, heavy rain or poor visibility then your leaders may take decisions to alter the itinerary. This challenge has been designed with several 'contingency' routes in case of bad weather. Any decisions to not trek a certain route will be taken by your leaders and we ask you to always respect their decisions.

Toilets

During the days of trekking, toilet facilities are limited to the great outdoors. Your leaders will be able to give you advice on the appropriate toilet etiquette when trekking. The hostel has shared bathroom and washing facilities.

Insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes.

Safety

Charity Challenge considers the safety of all our participants and staff to be a top priority, and as such we set up Challenge Safe, a thorough safety management system. Challenge Safe formalises our ethos when it comes to safety and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is paramount!

Here are a couple of important points that you should be aware of:

- Make sure you have all the kit listed as essential on the kit list.
- Although the challenge takes place in June, mountain weather can be extremely variable, so we recommend that everyone has multiple hats and gloves and warm layers to ensure that they always have a dry item to wear on each day.
- This is a significant physical challenge over a prolonged period. Please make sure that your fitness level is suitable to take on the challenge.

Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.

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Any more questions?

Contact us:

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