

DAY 1 24th Sept CANADA AND CALGARY

We depart from Scotland and arrive into Calgary in the evening. As we arrive late we stay the night in the centre of downtown Calgary.

DAY 2 25th Sept CANMORE AND THE SOUTHERN ROCKIES

This morning we transfer 1 ½ hours to the town of Canmore in the middle of National Parks and mountain country. We have lunch in town and then continue to our mountain refuge lodge where we will be based for the next two nights. This afternoon we meet the rest of the team that will be with us throughout the week and have a full briefing on our challenge.

DAY 3 26th Sept WIND PASS & SPRAY VALLEY 6-8KM - 4-6HRS TREK/TRANSFER 30MINS

After a good hearty breakfast we head off on our introductory hike today in Kananaskis Country, which is a favourite hiking playground for the local Albertans, but not so regularly visited by tourists. Wind Pass is our first destination for stunning views over the Spray Valley on one side and the Bow Valley on the other. If the weather and our strength is good then we will continue higher! This is a lovely day of 6-8KM trekking allowing us to prepare for the rest of our challenge. After lunch at the highest point we descend to our vehicles and transfer back to our lodge in Canmore.

DAY 4 27th Sept PRAIRIE VIEW MOUNTAIN 15KM - 5-6HRS TREK/TRANSFER 2 ½ HRS

This is the day that we trek the Prairie View Mountain trail. This area is popular with mountain bikers so we may see some out on the trails this late in the season. As we approach the top we trek through evergreen forest before emerging at the summit on rocky outcrops for spectacular views across Barrier Lake below us shimmering in the sunlight, and from the edge of the Rockies leading all the way across the prairies to the city of Calgary, approximately 80 kms away. After the trek we transfer to The Kananaskis Valley where we will be based for the next two nights.

DAY 5 28th Sept BURSTALL PASS 15KM - 6-7HRS TREK/TRANSFER 2 ½HRS

Our 15km round trek today takes us up to the Burstall Pass with its lofty mountain and glacier vistas, a classic hiking adventure along the Smith-Dorrien Trail. We make our way deep into the rugged wilderness of Kananaskis Country along a route that leads across the glacial melt water streams of the Robertson Glacier, up a headwall, and into the narrow Burstall Pass valley, eventually leading up to the pass located on the Alberta/British Columbia border. After a full days hike we continue back to our comfortable hotel.

DAY 6 29th Sept THE COWBOY TRAIL 6KM - 3-4HRS TREK/TRANSFER 5HRS

This morning we set off early driving towards Waterton Lakes National Park following the scenic "Cowboy Trail" along the eastern edge of the Rockies. We stop along the way for the Ptarmigan Cirque 6KM alpine trek which starts with a with a steep climb to take us up above the tree-line and the stark but stunning views around the Cirque. On our return to our vehicles we continue our drive to the town of Waterton, a 5hr total drive, to where we stay the night which is located in the very southwestern tip of Alberta and borders both British Columbia and Montana in the U.S. It is a quaint, little place with a permanent population of only about 100 people!

DAY 7 30th Sept CRYPT LAKE AND THE TRANS-BORDER TRAIL! 17KM - 7+HRS TREK

Our final trek is on the Crypt Lake Trail and certainly not one for vertigo sufferers! Its an awe-inspiring 17KM full day hike and rated as one of the best hikes in Canada. It starts with a boat ride across Waterton Lake to the trailhead, a gradual climb of 700 metres, a 200metre waterfall, a natural tunnel to pass through, cables for handholds, and the chance the walk into and back out of the United States by walking around the lake! After an exhausting day we return to relax in our hotel in Waterton and this evening we celebrate the end of a great challenge.

DAY 8 1st Oct 'HEAD SMASHED IN BUFFALO JUMP' TRANSFER 3HRS

Finally we transfer back to Calgary, the gateway to the Rockies and enroute we stop at a UNESCO World Heritage site known as Head Smashed In Buffalo Jump, for a fascinating discovery of native American life on the prairie before the arrival of Europeans. This evening we have free time in Calgary to either hit the town or relax in our hotel.

DAY 9 2nd Oct DEPART ROCKIES

Today we have free time until we transfer to the airport for our flight back to Glasgow.

Day 10 3rd Oct Arrive back in Glasgow.

This is a complicated itinerary and some elements may be subject to change.

INCLUDED

- Pre-trip briefing
- International flights
- Local guides
- Action Challenge Representative
- Action Challenge Medic
- All accommodation
- All meals, except in free time (Calgary)
- 3 litres of drinking water on trek daily
- All transfers
- All entrance/National Park fees as per the itinerary

NOT INCLUDED

- Visas
- Alcoholic drinks
- Travel insurance
- Items of a personal nature
- Local departure tax
- Tips for staff

ACCOMMODATION

Accommodation will be varied including a hostel in Canmore for 2 nights on a 4+ person room basis and hotels on a twin/triple room basis in Kananaskis, Waterton and Calgary. All accommodation is subject to availability.

RATING & FITNESS

This moderate+ challenge requires a good level of fitness to walk the route.