

The Magnificent Canadian Rockies (#0929) July 19 – July 27, 2009

03/06/09



Crowfoot Glacier and Bow Lake

Thanks for your interest in the Canadian Rockies trip.

If you enjoy hiking and mountains, you will be happy with this adventure. It includes several of the best day trails in the park, immense views and a wide variety of terrain---it is always astonishingly beautiful.

Note the **Qualifications** and be realistic about your ability. The trip has been developed for strong intermediates with significant mountain experience and capable of hiking 5 – 7 hours a day. The pace is not fast, but it is steady, even on relatively steep grades. We stop frequently to enjoy magnificent views and for photos.

If you have an interest in participating, we suggest that you act quickly. The group is limited to 14 participants.

If you have any questions, you are welcomed to phone me in the evening between 7 – 9 pm, 401-331-4553 or CL Don Parker 207 642-4198 before 9 pm.

We look forward to a summer of memorable hiking.

Regards,

Jack



Prospectus

The Magnificent Canadian Rockies, #09-29

Best Day Hikes

July 19 – July 27, 2009

Hike with Friends

Features

The Canadian Rockies: 7600 square miles of preserved wilderness and one of a handful of UNESCO World Heritage sites. *National Geographic* rates it as 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 – July is prime time – provide breathtaking views and memorable experiences each day. Incredible photo opportunities.



Canadian Rockies: A world Class Wilderness

The Canadian Rockies are a classic wilderness: with 200 miles of countless, snow capped mountains. Canadians preserve their wilderness: no logging, mineral extraction, grazing and no cities, mega resorts, tourist strip malls, or development. Beyond Banff there are only a few gas stations, hotels and cafeterias. The clutter of modern civilizations is left behind.

Tour Summary

The hiking covers the spectrum of terrain: numerous lakes, rivers and valleys, high peaks, rocky plateaus left by receding glaciers, high lookouts, huge glaciers, rocks, pale blue waters, flower-covered alpine meadows and dramatic waterfalls.



Day Hikes/Qualifications

Daily hikes are all Intermediate Level: Length 6 –12 or more miles, with elevation gains of up to 2800 ft. We expect to be on the trail about five to seven hours each day. We hike at a moderate, steady pace and maintain a slower but steady pace on grades. Participants should have strength and endurance demonstrated by recent and regular mountain hiking experience.



Hiking in the Canadian Rockies

Breathtaking! The trails can be narrow, rocky or snow covered, and some grades are steep. The elevation range of our activities will be 5500' to 9000'. July and August are the drier months but mountain weather can be inconsistent. We have experienced short hail storms. A shower and drizzle may occur in the course of a week. Temperatures are moderate, typically in the 60's-80's during the day and 40's-70's at night. The northern location provides extended daylight. Excellent hiking weather. Bottom line: If you can deal with the trails and weather in the Whites, you will be pleased.

Hike Selection

We identify the higher rated trails within 45 minutes of our lodging. Our final selection depends on the advice of the Park Ranger regarding conditions that close trails: high water at stream fords, deep snow, wet conditions, mud, slippery footing, closed access roads, bear warnings and so forth. Our selections are basically from Don't Waste Your Time (on mediocre trails) in the Canadian Rockies, by Kathy & Craig Copeland, Wilderness Press. Contact Amazon to purchase inexpensive 1998 or 2000 editions (used). Most of our hikes are from the Best 25 trails. The new edition (published by Hikingcamping.com) costs \$40 and has lots of full color photos but the content is about the same as the 1998 edition. We recommend purchase of this guide and review of the best hikes in Banff, Yoho and Jasper Parks.

Hike Organization

On some days the group may hike together. On other days a longer and a shorter hike will be offered. There will also be an Option Day: A half day (morning) (optional) hike to provide R&R or time for non hiking activities.

Each day we will review the completed hike and the next day's hike alternatives.

Safety

We want each participant to return in great condition. Safety is a major concern. We do our best to avoid undue risk. We hike as two a groups: Some days on the same trail other days different trails. The Park rules require groups to stay together. This is most successful tactic for avoiding contact with bears. We stay on marked trails, we do not "bushwhack" and we avoid areas that are known or suspected to be hazardous.



Tour Review in Brief

Our tour starts Sunday at Calgary airport. Our vans will head northwest on the Trans-Canada Highway, 80 miles, through flat plains and then the eastern slopes of the Rockies to our first destination, Lake Louise and the upscale Lake Louise Hostel. Our day hikes explore the best of Icefield Parkway, Lake Louise, Yoho and Banff areas, See details on tentative hike schedule page.

Naturalist/Conservation Elements

Banff, Lake Louise and Columbia Glacier have interesting Visitor Centers with outstanding interpretive displays and presentations.

Lake Louise also has an excellent evening Ranger presentation. Wildlife is abundant. We have seen bighorn sheep, mountain goats, marmots, ground squirrels, elk, moose, grizzly bears, wolves and osprey. Wildflowers are everywhere. On one day, a local Naturalist will join us to comment upon wildlife, habitat. We are strongly committed to "Leave No Trace" hiking.

Lodging

We will stay at The Lake Louise Hostel each night. Blankets, sheets and towels are provided. Hostel have dorm/bunk sleeping arrangements. Some dorms may be co-ed. . It is a modern facility with numerous showers, 4 per room sleeping accommodations, a pleasant dining room, a spacious, sunny deck, a large, peaceful library and a complete kitchen. The final night we will check into an airport hotel in Calgary.



Lake Agnes Teahouse

Canadian Rockies 2009, Trip Itinerary & Prospective Hikes

Day	Hike	#	Mi	Alt Gain	Max Alt'	Comment
Sun Jul 19 Calgary to Lake Louise	Arrival					No Hike
Mon July 20 IceFields	WilcoxPass	13	5	1100	7800	High meadow offers immense glacier views, most dramatic in the park
	Parker Ridge	42	3	900	7450	Eye popping view high above Saskatchewan Glacier
Tues Jul 21	Paget Lookout Stanley Glacier	47	4.6	1700	7000	Firetower view of the Kicking Horse Valley, Lake O'Hara
		44	5	1200	6400	Glacier, Hanging valley between cliffs, waterfall, Site of interesting forest fire
Wed Jul 22	Emerald Triangle	29	12	2890	7600	Total exploration of Yoho Valley, large lake Natural amphitheatre, west shore. Lush forest of Douglas fir, and western red cedar
	Emerald Basin	46	5	935	5300	
Thurs Jul 23	Helen Lake	7	9	1800	8000	Largest meadow in the Can. Rockies, wildlife, 360 degree Mt view Second group may not climb the plateau
Fri Jul 24 Option Day	Fairview Teahouse, Lake Agnes	29		3328		Superb views of lake Louise area, Bow valley
		66	4	1780		And Beehive, see lakes, forests, Bow Valley Mts
Sat Jul 25	Iceline	13	10	2265	7250	Most scenic-high on avalanche plain. view Yoho Valley
	Paradise Lake Annette	5	11	1310	6680	Above Takakkaw Falls, Canada's 2 nd highest water fall Rated 5 th best, rapturous shore of the Lake under Temple Mt, Horseshoe glacier, Giant steps
Sun Jul 26	Sentinel Pass, Larch Meadow	4	7	2381	8564	Valley of the Ten Peaks, high point reached by a major trail
Afternoon stroll around Banff	Possible dinner in Banff					Drive to Calgary, Airport Hotel
Mon Jul 27	Fly Out					Continue individual explorations

Notes: Hike selection subject to change without notice due snow, high water, weather, bears. ** Rating 4 is the highest based upon Guide book "Don't Waste Your Time in the Canadian Rockies"



Takakkaw Falls, Canada's 2nd Highest



Lake Louise



Dining

We will dine at local restaurants each night and enjoy comfort and camaraderie around the table. Group members prepare their own breakfast each morning: fruit, hot/cold cereal, rolls, beverage, and other locally available foods. A trail lunch will also be packed. A wide variety of sandwiches as possible. Fruit and cookies will be provided. Restaurants normally provide chicken, fish, meat and pasta. Meals are simple, tasty and hearty. Dinner will be provided on the first Saturday. Three meals will be provided each of the following day. Due to early departure, no meals will be provided on that day.

Transportation

We will use vans to transport our group of 14-16. Baggage space is limited. The hotel in Calgary will provide transportation to the air terminal.

Participation in Group Service

Each participant will be expected to volunteer for food preparations and clean up chores as well as other lodge, travel and trail assignments as necessary to help the group maintain steady, safe progress.



References

www.canadianrockies.net

www.nationalgeographic.com (select Search, then check Banff, Lake Louise, Yoho)

http://www.pc.gc.ca/pn-np/ab/banff/index_e.asp



Fun in the Rockies – 2007

Cost

Deposit	\$500.00
March	Air travel tickets. We will help you purchase them if desired.
May 15	\$870.00
Total	\$1370.00

Included: lodging, meals, vans, park fees. Medevac transport insurance

Checks should be payable to Jack Schempp.

Note: Current (March 2009) airfare to Calgary from Boston or Newark in July 2009 ranges \$400-700.

Participants purchase their own flight tickets. Reference: Orbitz (www.Orbitz.com) or Expedia (www.expedia.com) or SideStep (www.sidestep.com)

Cancellation Policy

Cancellation must be in writing – postmarked prior to date below.

Prior to April 30– All money returned except \$100 non-refundable portion

Thereafter, \$100 non-refundable portion and funds necessary to keep the trip cost from increasing expense to other trip members will be deducted from the refund.

If a qualified replacement is enrolled, there would be a refund less the non refundable \$100.00.

Additional Costs

The basic price of the trip includes all land transportation, lodging and meals. However, some participants may choose to add items to their dinners, such as cocktails and wine. It will be the responsibility of the participant to keep track of these added expenses (a form will be provided to record these expenses) on a daily basis. To simplify restaurant payments the total bill will be paid by the leader. On the last day of the trip these expenses will be reconciled and a check payment made to Jack Schempp. Please bring a blank check for this purpose.

Responsibilities

Participants are required to submit paperwork and payments promptly and to bring equipment and personal items as listed in information to be provided by the leaders after acceptance into the trip. They are also expected to assist the leaders and complete meal and camp chores as assigned.

Leader – Jack Schempp

has led more than 50 Major Excursions, weekend and multi-day hike, bike, X-C skiing trips. This is his 9th AMC Major Excursion to the Canadian Rockies. He has also led Major Excursions to the Mt Rainier, Mt Hood (OR), Mt Baker (WA), Grand Tetons, Yellowstone, Sawtooth Mountains(ID), Yosemite and Southern Utah canyon areas. He is certified in Wilderness First Aid and CPR.



Co-leader – Don Parker

Has been leading trips for the Maine Chapter since fall '99. He routinely leads three trips a year to Acadia National Park. Two are bike the carriage roads in the spring and fall; and one in January when we xc ski or hike if no snow. Outdoor activities that he enjoys are hiking, biking, backpacking, xc skiing, downhill skiing and recently has been getting into telemark skiing and backcountry skiing. He colead a Major Excursions hiking trip to Switzerland in August 2007.

Final Consideration

The Canadian Rockies are an experience of a lifetime. The enjoyment of exploring these great mountains is enhanced by the company of enthusiastic AMC members. We always have lots of fun. Don't miss it!