



# Canada Banff & Beyond Winter Adventure Lodge Based High Alpine Snowshoeing in a Winter Wonderland

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

**We love talking travel!**  
Contact us at [info@mtsobek.com](mailto:info@mtsobek.com)  
or call **800-974-0300**





# Feel the difference

with **Mountain Travel Sobek**

## Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

## Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

## Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.







## Leading the Way

### World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.







# Why take this trip with us?

## REASON 1

MT Sobek is a legendary outdoor outfitter, carving out a reputation as a leader in sustainable, low-impact adventures.

## REASON 2

Our team of local guides are true experts, with over 20 years' experience leading trips in Canada.

## REASON 3

This trip offers the perfect blend of active winter adventure, and relaxing nights at a warm and welcoming lodge.

## At A Glance

### ACTIVITIES

Snowshoeing in a winter wonderland.



### LODGING

Modern and cozy mountain lodge hotel.



### CLIMATE

Winters are crisp with day time highs in the 30°Fs and nights dropping into the teens.



## KNOW BEFORE YOU BOOK

### Accommodations

The national park accommodations on this trip provide great access to the top activities in the area. However, they are simpler compared to what we usually consider comfortable lodging-the rooms being more basic. Some buildings date back to the early 1900s and have been minimally renovated to follow park regulations. Overall, the service might feel slower and meal quality and selection much more limited compared to other MT Sobek trips. Keep in mind that internet and cell phone service are very limited throughout the parks.





# Canada Banff & Beyond Winter Adventure Lodge Based

## High Alpine Snowshoeing in a Winter Wonderland

Sitting at the foot of the Canadian Rockies and among 2,500+ square miles of national park land, the towns of Banff and Lake Louise provide the ideal jumping off point for iconic, world-class adventure. We'll spend 6 days playing in the spectacular winter paradise of Lake Louise and Banff, Kootenay, and Yoho National Parks. Our guides have curated the best experiences in the area for us, so whether we're hiking through dramatic Johnston Canyon or snowshoeing through a stunning high alpine wilderness, our days will be filled with exhilarating winter exploration.

### 6 Days

**Start:** Banff, Alberta

**End:** Banff, Alberta

**Departing:** January, February, March, April, December

**Activities:** Hiking & Trekking, 5 Trip Codes

**Lodging:** Comfortable Hotels

**Group Size:** 4-12 Guests

**ACTIVITY:**



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*Our winter trip Banff January 2025 was one of the more memorable trips my wife and I have ever taken. Our guides were the perfect mix of professionalism, erudition, humor, and good cheer. We enjoyed the breathtaking scenery of an Alberta/ British Columbia Winter more than we ever imagined.*

- Greg D.

Check [mtsobek.com](https://mtsobek.com) for date-specific pricing.



# The Itinerary

## DAY 01

### Explore Chickadee Valley in Kootenay National Park

Meet this morning for introductions and a group orientation in the town of Banff, Alberta. Please arrive ready for a day outside and prepared with more warm layers than you think you'll need. Our destination today is the Chickadee Valley. Depending on the snow and trail conditions, your guides will distribute the most appropriate equipment for your hike, which may include snowshoes, trekking poles and/or crampons. Your guides will also provide a refresher on how to properly use and adjust these winter tools. Once prepared, we will head out on a fabulous introduction to this amazing winter wonderland. Lunch and dinner included.

**MEALS:** Lunch | Dinner

**TRANSPORTATION:** 1.5 private van transfer

**ACTIVITY:** 5.6 miles snowshoeing or hiking with 975' elevation gain and loss

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## DAY 02

### The dramatic Kananaskis Valley and picturesque Chester Lake

A day of wondrous winter adventure awaits as we journey to Chester Lake, a true jewel hidden within the lovely Kananaskis Valley. From the Chester Lake Trailhead, the way winds gradually uphill through evergreen forests draped in snow and rewarding vistas, with a trailside lunch en route to the lake itself, serenely nestled among the surrounding peaks. The layering of sediment, pressed together and thrust upward by colossal tectonic forces to form these magnificent peaks, is on full display in the exposed strata of rock here, formed millions of years ago at the bottom of ancient seas. Returning to Banff later this evening, we'll enjoy a memorable dinner at a lively, award-winning restaurant to celebrate the day.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** Two 1.5-hour private van transfers

**ACTIVITY:** 9.2 miles snowshoeing

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## DAY 03

### Journey along the eastern border of British Columbia in Yoho National Park

Today's travels take us to Yoho National Park, Canada's second oldest national park. A land of towering peaks, massive glaciers and tumbling waterfalls, Yoho National Park transforms into an unbelievably gorgeous winter wonderland under a cover of powdery snow and ice. Our goal today is either Emerald Lake or Sherbrooke Lake, both of which offer outstanding views of the President Range and beyond. This evening we return to our cozy home-away-from-home where we soak our tired legs in a warm hot tub. Breakfast & lunch included; dinner on your own.

**MEALS:** Breakfast | Lunch

**TRANSPORTATION:** 2.3 hours private van transfer

**ACTIVITY:** 5-6 miles snowshoeing or hiking with 1,000'-1,230' elevation gain and loss

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## DAY 04

### Hike or snowshoe to world-famous Lake Louise

As one of the most photographed outdoor destinations on the planet, Lake Louise also holds the honor of being Canada's highest village. Today's hike begins at the charming Lake Louise Train Station—the trail traces the original route of a narrow-gauge tramway that once transported guests to the iconic Chateau Lake Louise—and ends at stunning Lake Louise, where turquoise waters meet the dramatic backdrop of glaciers and mountains. As we admire the awe-inspiring scenery, we'll each enjoy a hot thermos of fortifying homemade soup. The afternoon holds the choice to continue your hike to the Fairview Lookout above Lake Louise, take a stroll around the glistening lake's edge, or enjoy the cozy comfort and gorgeous views from the Chateau. All meals included.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1.4 hours private van transfer

**ACTIVITY:** 5.5 miles snowshoeing or hiking with 1,340' elevation gain and loss

## DAY 05

### Wander spectacular Johnston Canyon en route to the Ink Pots

A winter adventure to Banff National Park would not be complete without a visit to beautiful Johnston Canyon. Shaped by centuries of erosion, the canyon's soaring walls hide a treasure trove of frozen waterfalls, deep tunnels, and clear blue pools. With several coveted ice climbing routes available in Johnston Canyon, visitors are often treated to a front-row seat of brave climbers navigating frozen crags and waterfalls. We'll continue our journey through snow-covered forests and powdery sub-alpine meadows before reaching a series of geothermal pools. Surrounded by soaring peaks we'll enjoy a picnic lunch before heading back to Banff for a celebratory last dinner together. All meals included.



**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1 hour private van transfer

**ACTIVITY:** 7 miles snowshoeing or hiking with 1,889' elevation gain and loss

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## Tunnel Mountain and Stewart Canyon

Tunnel Mountain, one of Banff "smallest" mountains but oh so famous for its access to some of the best views of the Bow Valley and it's surrounding peaks. The trail to the summit of Tunnel Mountain meanders through a forest of Douglas Fir which makes for great photo options. Arriving at the summit ridge, we are met with dramatic views of Mt Rundle, the Hoodoos and the Fairholme Range. We'll also be looking down on one of Banff's most famous historical landmarks, the Fairmont Banff Springs Luxury Hotel. After our morning hike, we head to Cascade Pond for a picnic lunch under the dramatic East face of Cascade mountain. We finish the day with a stroll to Stewart Canyon bridge at Lake Minnewanka, Banff National Park's largest lake, enjoying this easy hike to cap off an amazing week of exploring and adventuring in the Canadian Rockies. We expect to arrive back in Banff by the late afternoon where we say goodbye to the beautiful Bow Valley. Breakfast and lunch included.

**MEALS:** Breakfast | Lunch

**TRANSPORTATION:** 1 hour private van transfer

**ACTIVITY:** 3 miles snowshoeing or hiking with 860' elevation gain and loss; 2 miles snowshoeing or hiking with 200' elevation gain and loss; 7 miles snowshoeing or hiking with 1,889' elevation gain and loss





# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Banff Caribou Lodge**

Located in Banff National Park, the Banff Caribou Lodge & Spa offers a mountain lodge hotel, a great steakhouse restaurant and a full service spa, all in one outstanding location. This ideal vacation spot is located on Banff Avenue, the main street in the town of Banff. Surrounded by mountains, there are plenty of activities to keep you busy. Rooms at the Banff Caribou Lodge & Spa offer mini fridges, flat screen tvs, in-room coffee and tea, wifi and of course mountain fresh air.



# Departure Dates

This trip is available to run in: January, February, March, April, December

**Book early for a greater choice of available dates.**

Once you book, your price is GUARANTEED!

December 28, 2025-January 2, 2026

January 11-16, 2026

January 25-30, 2026

February 8-13, 2026

February 22-27, 2026

March 8-13, 2026

March 22-27, 2026

April 5-10, 2026

# What's Included

## PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

## PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages
- Gratuities for MT Sobek guides
- Travel Protection Program
- Personal expenses





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The Adventure Company | Est. 1969

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