



Canadian Rockies Hiking Lodge Based

6 Days



The Adventure Company | EST. 1969


MT+SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Canadian Rockies Hiking Lodge Based

With an endless supply of vibrant turquoise lakes, glacier-fed rivers, snow-capped peaks, and alpine meadows, the Canadian Rockies is one of the most coveted outdoor destinations on the planet. From hanging glaciers to high-alpine meadows, nature lovers find constant inspiration in the region's stunning terrain and jaw-dropping views. We'll spend six days exploring the finest trails within the Canadian Rockies. We'll journey through the ancient shale fields surrounding Stanley Glacier. We'll explore the rocky shores of crystal-clear Helen Lake. We'll picnic in the Valley of Ten Peaks. Our hikes will showcase a stunning array of diverse and sublime wilderness. By the end of each awe-inspiring day, we'll fall asleep refreshed, renewed, and inspired for our next amazing trek.

Details

Arrive:	Banff, Alberta
Depart:	Banff, Alberta
Duration:	6 Days
Group Size:	4-12 Guests
Minimum Age:	18 Years Old
Activity Level:	

Testimonials

I was lucky enough to include 4 members of our family and it was a tremendous bonding and learning experience. It is comforting to know you have MTS handling all of the planning and organization and can concentrate on the beauty, relationships, and experience!

Doug G.

MTS delivers remote adventure with the smoothest logistics and unrivaled depth of local experience. One call and you are expedition ready. Booking our eighth trip now!!

Helen S.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

 1-800-974-0300

 info@mtsobek.com

Why Take This Trip With Us?

REASON #01

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

REASON #02

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

REASON #03

Adventurers with limited time will love this special weeklong adventure.

What to Expect



ACTIVITIES

Scenic hikes up to 11 miles on dirt and rocky trails.



LODGING

Five nights in a comfortable mountain lodge hotel.



CLIMATE

Enjoy mild summers with rain and clouds and winds near glaciers and mountains. Daytime 55°F - 70°F. Evenings 35°F - 50°F.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Spending his childhood exploring outdoors in the French-speaking province of Quebec, Etienne followed his love of adventure to the Canadian Rockies and began his dream job, guiding outdoor trips, in 2016. He is a certified Professional Interpretive Guide, and proficient in wilderness first aid. His enthusiasm for the landscapes and stories of the region is infectious, and he looks forward to sharing this passion with you on every adventure.

Etienne Labelle

Sean was born in British Columbia but grew up in the UK. He enjoyed a career teaching politics and history, but the outdoors was always calling. He returned to Canada in 2008, and has since guided hiking, canoeing, and bear viewing adventures around Whistler and the Rockies. Sean has the following certifications: ACMG Assistant Hiking Guide, IGA Apprentice Hiking Guide, Wilderness First Responder, Flatwater Canoe and CSIA Level 1.

Sean Boyle

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Itinerary

DAY 1

SPEND THE DAY ON AN INDEPENDENT EXPLORATION OF BANFF

Arrive at your leisure into the vibrant mountain town of Banff. There are several convenient options to get you from Calgary into the town center. While we've reserved your comfy accommodations for the night, you'll have the day free to explore the town at your own pace. Whether you spend the day soaking in the hot springs, visiting museums and shops, walking along local trails, or sampling a delicious variety of cuisine, Banff provides a variety of charming highlights. No meals or organized activity included. Your guides will meet the group tomorrow morning to begin our adventure!

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DAY 2

VISIT KOOTENAY NATIONAL PARK AND HIKE TO STANLEY GLACIER

Today's trail showcases the impressive diversity, resilience, and ancient history of the Canadian Rockies. While Stanley Glacier is a bucket-list worthy destination on its own, our hike through the spectacular landscape along the way is equally impressive. Mountainsides recovering from wildfires under a colorful blanket of fireweed and lodgepole pine saplings. Five hundred-million-year-old fossils in what's considered one of the most significant geological heritage sites on the planet. Glaciers hanging from the crests of towering peaks. From the forest floor to 360° wide-open vistas, our first hours of exploration provide an unending supply of awe-inspiring moments. All meals included.

Activity: 5 miles hiking with 1,200' elevation gain and loss

Meals: B, L, D

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DAY 3

HIKE THE ICELINE TRAIL AND TAKAKKAW FALLS IN YOHO NATIONAL PARK

Created in 1886 as Canada's second national park, Yoho is home to over 507 square miles of jaw-dropping wilderness. Today's trail showcases the full grandeur of the park and is considered one of the most scenic hikes in all the Canadian Rockies. With its assortment of glaciers, waterfalls, lakes, and spectacular views it's easy to see how the Iceline Trail holds such a special place in the hearts of locals and visitors alike. Throughout today's hike we'll be treated to occasional views of 1,224' Takakkaw Falls. Once we've completed our journey along the Iceline Trail, we'll take a short walk to stand at the foot of falls, which are the second tallest in Canada. Breakfast & lunch included; dinner on your own.

Activity: 6-9 miles hiking with 1,300'-2,000' elevation gain and loss

Meals: B, L

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DAY 4

TREK THROUGH A HIGH ALPINE PARADISE IN ROUTE TO HELEN LAKE

We start our day by visiting some of the most gorgeous lakes in the Canadian Rockies. Our first stop is famous Peyto lake, with its turquoise blue waters which at the right angle resembles the head of a wolf. Our second detour is to Bow Lake, at the foot of Crowfoot Mountain and Glacier. Just across the world-famous Icefields Parkway from Bow Lake sits our trail to Helen Lake. With our boots laced and our cameras poised we'll begin our journey through spectacular subalpine wilderness. Colorful wildflowers dot vibrant green meadows and glacier-fed streams trickle under towering, jagged peaks. The 360° views seem endless, so we'll take our time to truly soak in the splendor of this Rocky Mountain paradise. For those looking for an extra challenge, our guides will lead you to the summit of Cirque Shoulder for jaw-dropping panoramas that you will never forget. All meals included.

Activity: 8.6 miles hiking with 1,800' elevation gain and loss

Meals: B, L, D

DAY 5

MEDITATE ALONG THE SHORES OF MORaine LAKE BEFORE EXPLORING THE VALLEY OF THE TEN PEAKS

A visit to Banff wouldn't be complete without a visit to Moraine Lake, one of the most recognizable destinations within the Canadian Rockies. Set at the mouth of the Valley of Ten Peaks, the azure waters of Moraine Lake border today's trail. As we hike along Moraine's shoreline, we'll gradually climb through stands of evergreen trees but still have peek-a-boo views of the lake and surrounding peaks. Eventually we clear the lower forest and break out into a high alpine utopia. Surrounded by smatterings of Larch trees, wildflowers, and the towering Ten Peaks we'll hike to Eiffel Lake, where we'll enjoy a well-deserved picnic lunch. All meals included.

Activity: 7-11 miles hiking with 1,300'-1,800' elevation gain and loss

Meals: B, L, D

DAY 6

ENJOY CRYSTAL CLEAR LAKE AGNES AND ITS CHARMING SHORELINE TEA HOUSE

A short walk from Lake Louise takes us to the start of today's hike. With its clear waters, lovely views, and idyllic setting, Lake Agnes provides a postcard perfect image of the Canadian Rockies. Making the destination even more rewarding is the Lake Agnes Tea House, which since 1905 has been serving backcountry travelers a menu of teas and snacks in the high alpine. While we'll enjoy our picnic lunch along a quieter part of Lake Agnes' shores, we'll set aside time for those who want to indulge in a Tea House treat. Later this afternoon we'll shuttle back to Banff where we'll say our final farewells to new friends and the beautiful Canadian Rockies. Breakfast and lunch included.

Activity: 6.5 miles hiking with 1,560' elevation gain and loss

Meals: B, L

Dates

Jun 29 - Jul 4, 2025	Sep 21 - 26, 2025
Jul 6 - 11, 2025	Jun 25 - 30, 2026
Jul 13 - 18, 2025	Jul 5 - 10, 2026
Jul 27 - Aug 1, 2025	Jul 12 - 17, 2026
Aug 3 - 8, 2025	Jul 19 - 24, 2026
Aug 24 - 29, 2025	Aug 2 - 7, 2026
Aug 31 - Sep 5, 2025	Aug 9 - 14, 2026
Sep 7 - 12, 2025	Aug 30 - Sep 4, 2026
Sep 14 - 19, 2025	Sep 6 - 11, 2026

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Inclusions & Exclusions

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all 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 portorage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses

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► The World of MT Sobek

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

Awards



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