

CANADA WALKING ADVENTURES

A perfect tour for outdoor enthusiasts!

wildside
for travel less ordinary

11 – 28 July 2026



CANADA WALKING ADVENTURES – 2026

INTRODUCTION

With a small population compared to its vast size, Canada's wilderness is immense, wild, and largely untouched. There is history and character unique to each region, Canadian culture is a rich mosaic of customs. During our Canada Walking Adventures, experience charming communities and changing landscapes on foot, hiking rugged trails with the support of expert local teams. There is no shortage of beauty and wonder awaiting the active traveller.

TOUR INFORMATION

This active adventure takes us to each of the mountain chains of Western Canada from Vancouver to Calgary, with outstanding day hikes in the country's finest national and provincial parks. At night we stay in comfortable hotels or mountain lodges and during the day our fully supported hikes reveal the natural splendours that this area is famous for. Home of elk, moose, caribou, bighorn sheep, black and grizzly bears; this is a vast wilderness of countless alpine lakes and pristine rugged mountains. On foot, we can explore places with names like 'Meadows in the Sky', enjoy spectacular ridge hikes, and award ourselves with sweeping vistas across granite peaks and tumbling glaciers. This is truly a hiker's paradise.

TRAVEL COMFORT

The pace of this tour is graded as moderate, and we'll be moving to pack in all the highlights. There will be some long drives on some days, and a few early starts necessary to connect all the dots and maximise our time outdoors. The trip will be a comfortable sized group tour with a maximum 14 tour members – expect to be walking or hiking everyday for 14 out of the 16 days.

CLIMATE

Please be prepared for a wide range of temperatures while on tour, depending not only on month of travel and location but also on altitude. Vancouver tends to be quite temperate year-round, but in spring and autumn, morning temperatures are often brisk or cold, warming up fast after the strong sun rises. Summer (June – early September) temperatures can be hot (up to 30 degrees Celsius); However at altitude, like in Banff, Yoho and Jasper National Parks temperatures can be cold at night and in the morning - And snow can linger at high elevations well into the season! In the Canadian Rocky Mountains, a cold front could be experienced even in the summer, lowering temperatures significantly. Ensuring that you have the correct clothing for an alpine environment is crucial to your safety and enjoyment.

MONEY

There are a lot of inclusions in this trip. The Canadian dollar is certainly more palatable than its US counterpart right now, making this a good tour choice! The rule of thumb is always NZ\$80-\$100 per person per day. In reality, an evening meal with tips and any incidentals during the day (cafes, bars, souvenirs) is your daily guide on this trip.

GROUND OPERATOR AND TOUR LEADER

Our ground operator will be **Great Canadian Trails** (logo below). Your guide is an experienced professional, local hiking guide with certification from the Association of Canadian Mountain Guides (ACMG) and/or from the Interpretive Guides Association. Please note we are joining a *scheduled departure* with **Canadian Trails** so other travellers/nationalities will be present on this trip.

The Tour Leaders are the key to the success of the company; they are local experts who are bursting with first-hand knowledge which they love to share, and their unique insights will bring the destination to life. Your Tour Leader will be on hand throughout your tour to make sure arrangements run smoothly, to organise all the local logistics and to keep you safe. Your Tour Leader should be your first point of contact if you encounter any difficulties or disappointments in the country – please raise any concerns, however small, with your Tour Leader as they are best placed to assist you.



ITINERARY: WALKING ADVENTURES CANADA

11 JUL Day 1 – Depart for Vancouver

Arrive at the City of Vancouver for 3 nights.

Transfer to central 4* hotel and settle in before stepping out to enjoy dinner at a local restaurant.

12 JUL Day 2 – Free Day Vancouver (B)

Today we have a surprise activity and one that should delight everyone for our first day in Canada!

In the evening we'll meet our Hike Guide and go through a short group briefing where you'll meet other participants and details of the itinerary will be discussed.

13 JUL Day 3 – Walking the North Shore Mountains of Vancouver (BL)

One of the most amazing things about Vancouver is its superb location between the Coast Mountains, Fraser River, and the Pacific Ocean. Just beyond the city limits, you can very quickly enter a stunning wilderness of old growth forest - of towering Douglas Firs, huge ferns, and hanging mosses. We'll explore part of this today as we make our way up Hollyburn Mountain for an outstanding view of the city, the Strait of Georgia, and Vancouver Island. Return to Vancouver for overnight. Walking: 9 kms. Elev. gain: +/-350m.

14 JUL Day 4 - Explore Vancouver and transfer to Manning Provincial Park (BL)

We'll explore the city this morning with visits to Stanley Park and Lions Gate Bridge, Chinatown, and Gastown. From Vancouver, we drive up the Fraser Valley and into the Cascade Mountains crossing Allison Pass. Overnight Manning Provincial Park. Walking: 2-3 kms

15 JUL Day 5 - Cascade Mountains, Manning Park (BL)

The Skyline loop trail in Manning Park begins at Lightning Lake with a gradual ascent to the ridge. The rewards of this climb come with a spectacular view of the Cascade Mountains whose meadows are adorned with an amazing display of wildflowers. From Despair Pass we hike down to Strawberry Flats, to the trailhead, and then return to our hotel.

Walking: 19 kms. Elev. gain: +/-700 m

16 JUL Day 6 - Cascade Mountains and to BC's Interior (BL)

We head northwards towards the northern tip of the American Great Basin Desert, which extends as far south as Mexico. On the way, we cross over the Coquihalla Summit, one of the highest points in the Cascade ranges, where we will stop for a hike to the summit of Zoa Peak. This area is very well known for its rugged granite peaks and open ridgelines. After our hike, we will continue to BC's hot and dry interior, a climate perfect for growing apple, apricots, peaches, cherries, and grapes. We'll spend the night in the historic town of Merritt, BC. Walking: 11 kms. Elev. gain: +/-635 m.

17 JUL Day 7 - Enderby Cliffs Hike and on to Revelstoke (BL)

We continue our travels across the changing landscape of British Columbia towards Revelstoke. In order to really appreciate how the landscape has changed, we will stop halfway and hike along the summit of the Enderby Cliffs, giving us expansive views south into the Okanagan and north to the Monashee Mountains. In the afternoon, we continue to the quaint mountain town of Revelstoke for overnight at a comfortable lodge. Walking: Approx 7 kms. Elev. gain: +/-450 m

18 JUL Day 8 - Hiking in Mt. Revelstoke National Park (BL)

Mt. Revelstoke National Park is best known for its 'Meadows in the Sky Parkway' and the mountain top trails at the end of the road. The road gains 1000m in elevation from the town of Revelstoke and passes through a variety of different forest zones until it ends at treeline. From here, we can begin our mountain top hike through beautiful flower filled meadows to Eva Lake, Miller Lake, and Jade Lake Pass. We return to Revelstoke for overnight. Walking: 16 kms. Elev. gain: +/-450 m.

19 JUL Day 9 - Trail of Giant Cedars and Glacier National Park (BL)

As we head east we are now traveling into the heart of the Selkirk Mountains, some of the most daunting and rugged mountains in Canada (part of the Columbia Mts). We follow the route to Rogers Pass, famous for the difficulties it presented in the construction of Canada's first railway. We will stop first for a very brief visit to the Trail of the Giant Cedars to see a section of inland temperate rainforest with truly 'giant' trees. Then, once we are in Glacier National

Park, we will begin a rewarding hike up to Balu Pass that quickly leaves the forest and leads to views of the park's signature mountain, Mt Sir Donald, on the opposite side of the valley. We continue to our comfortable lodge just east of the park in Golden, BC for the next two nights. Walking: 13 kms. Elev gain: +/-780m.

20 JUL Day 10 - Purcell Mountain Hike (BL)

After the previous days' (and next day's) big elevation, today we will take it a little bit easier and enjoy a spectacular ride to the top of the mountain at Kicking Horse Resort. From the gondola we then have a few options to walk ridge lines or to hike to the summit of Terminator Peak. To the east and across the valley we will have fantastic views of the Rocky Mountains stretching to the south and north as far as the eye can see. Walking: 4-7 km. Elev Gain: ~300 m.

21 JUL Day 11 - Yoho National Park's Iceline Trail (BL)

We follow the Kicking Horse River into the heart of the Rocky Mountains. Our hike today is in the Yoho Valley, starting at 302m high Takakkaw Falls. We'll hike to the top of the Iceline Trail for extreme close up views of the Emerald Glacier and views across the Yoho Valley to the Wapta Icefield. After our hike, we make our way into the province of Alberta, to our home for the next two nights in Lake Louise. Walking: 12-17 kms. Elev gain: +/-700 m.

22 JUL Day 12 - Icefields Parkway (BL)

We have a casual day today exploring some of the easy short walks along the Icefields Parkway in Banff and Jasper National Parks. The highlight walk will be to Parker Ridge with expansive views of the Saskatchewan Glacier. The parkway also has some of the trip's best opportunities for spotting wildlife such as bears, bighorn sheep, and mountain goats. Walking: 5 kms. Elev gain: +/-250 m.

23 JUL Day 13 - Kootenay National Park (BL)

Today, we'll hop back over the provincial border some great hiking in Kootenay National Park, BC - just west of Banff National Park. Our route today is the Stanley Glacier Trail which takes us quickly into a hanging valley and through the remnants of two forest fires, one occurring in 1968 and the other more recently in 2003. It is aptly known as the 'Fire and Ice' trail because, once we are through the burnt forest, we suddenly see looming above us Stanley Glacier. The trail continues for some time and finally ends at an alpine plateau just a few hundred metres below the hanging ice. Returning to Alberta this evening to stay overnight in Canmore (2 nights). Walking: 12 kms. Elev gain: +/-400 m.

24 JUL Day 14 - Hiking in Kananaskis Country (BL)

Our final day of hiking in the Rockies brings us to the eastern edge of the Rockies for a great view of the prairies and the city of Calgary, 60 kms to the east. We'll choose either the Heart Mountain Loop or walk up to the Yamnuska Ridge. We can now truly say that we have seen all of the mountain chains in Western Canada, from the Pacific Ocean to the Prairies. After our hike, we will enjoy a dinner together in Canmore. Walking: 11 kms. Elev gain: +/-1000 m.

25 JUL Day 15 - To Calgary (B) **If EXTENSION booked, see below**

Our walking tour concludes with a transfer to Calgary, which will depart after breakfast.

Once in the city we'll leave our luggage at the hotel for an afternoon check in and head out for an orientation walk and Lunch. This evening enjoy a boot scoot'n Line Dancing experience, and some Cowboy dinner action!

26 JUL Day 16 - Free day in Calgary (B)

Today enjoy a morning cycle tour (ebikes available) around the City this morning before our early afternoon transfer to the airport.

Late afternoon, depart for home with a flight connection in Vancouver to Auckland.

27 JUL Day 17 - Miss a day

28 JUL Day 18 – Home

Arrive Auckland. Onward travel if required.

EXTENDED OPTION: Add \$4802 per person

25 JUL Day 15 Canmore to Banff

Transfer back to Banff with a free day (30 mins).

Check in and collect Rail tickets at the Rocky Mountaineer Office. Overnight Banff Hotel. **(B)**

26 JUL Day 16 Rocky Mountaineer Banff to Kamloops (B,L)

Transfer from the hotel to Rail station in Banff 7:00 am in time for the Rocky Mountaineer Rail departure at 8:00 am. Enjoy a breakfast service in the Silver Leaf carriages as you depart on this exhilarating journey west. Relax in your comfortable chairs with huge picture windows and a dome view of the Rocky Mountains. Today's highlights are the Continental Divide, spiral tunnels, Kicking Horse Canyon, Rogers Pass and Craigellachie. Overnight at Kamloops Hotel.

27 JUL Day 17 Rocky Mountaineer Kamloops to Vancouver (B,L)

From a Desert like interior of BC, through winding river canyons and pristine forests tracking through to the Pacific Ocean. Changing landscapes will continue to delight. Highlights today are the steep slopes and rock shed along the Thompson River, lush green fields and rushing water at Hells Gate in the Fraser Canyon. Once in Vancouver this evening, transfer to your hotel. Overnight Vancouver.

28 JUL Day 18 – Home

A Free day in Vancouver until this evening's flight home to Auckland. Arrive home **30 July**

Terms & Conditions: CANADA WALKING ADVENTURES

VANCOUVER/ CALGARY: Departs Auckland Saturday 11 July 2026

TOUR PRICE: \$14,790 per person Extension on Rocky Mountaineer Rail \$4802 per person

TOUR COSTS INCLUDE

***AIR NZ Flights:** Auckland – Vancouver // Calgary - Vancouver - Auckland

1 NZ 24 **11JUL** Auckland – Vancouver depart 2005 hrs arrive 1405 hrs

2 Tour

3 AC 221 **26JUL** Calgary – Vancouver depart 1625 hrs arrive 1701 hrs

4 NZ 23 **26JUL** Vancouver – Auckland depart 2055 hrs arrive 0545 hrs 28JUL

Note: we are not holding flight allocations. Tickets will be issued once a group of 5 is formed.

***Great Trails Guide:** Qualified Adventure Guide and Driver. Experienced, knowledgeable and service oriented.

***All Vehicle Transportation:** Touring Van, plus any necessary airport shuttles.

***All Tour Accommodations:** 15 nights hotels and lodges, generally 3-star category as detailed in itinerary.

***11 Fabulous** day hikes

***All Entry Fees/Permits:** To all National Parks, State Parks, featured attractions and activities specific to the tour.

***National Park Entry** fees and sightseeing as indicated

***Meals:** 15 breakfasts, 12 lunches, 1 dinner

NOT INCLUDED

***Tips and gratuities** for driver/guide and service staff (restaurants, hotel staff, airport transfers)

***Meals** not indicated (mostly evening meals)

***Insurance** – mandatory

***Domestic flights** from provincial ports can be added from all Provincial towns and Cities: Please ask for a quote.

***Premium or Business Class** upgrades are allowed. Please ask for a quote.

ROCKY MOUNTAINEER SILVERLEAF SERVICE **EXTENSION**

Custom-designed, single level, glass-domed Silver Leaf coach puts you right in the middle of the awe-inspiring scenery of the Canadian Rockies. Relax and take in the dazzling vistas, and enjoy delicious meals at your seat.

INCLUSIONS:

- Assigned seating in a single-level dome coach with panoramic view through oversized windows.
- A refreshing welcome aboard toast to start the rail journey.
- Breakfast and lunch meals served onboard each day at your seat.
- Complimentary alcoholic and non-alcoholic beverages and gourmet snacks available throughout the journey.
- Interactive and captivating storytelling and historical trivia told by Rocky Mountaineer Hosts.
- Station transfer to/from all rail stations and partnered hotels.
- Onboard train gratuities.

IMPORTANT:

- Your luggage will be delivered to your hotel room in Kamloops or Whistler and Quesnel.
Carry a small day bag as you will not have access to your checked luggage onboard the train.
- All accommodations in Kamloops while charming, are of moderate standard and cannot be upgraded.
- The Kamloops accommodation are assigned three days prior to the train departure.

FOOD & DRINK

Provided we are advised well in advance of your departure, we are able to cater to vegetarian diets and can assist with medically recommended diets (allergies and intolerances). We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that passengers travel with all necessary medications for food allergies and be capable of self-administering these medications.

ROOMING, NUMBERS & PACKING

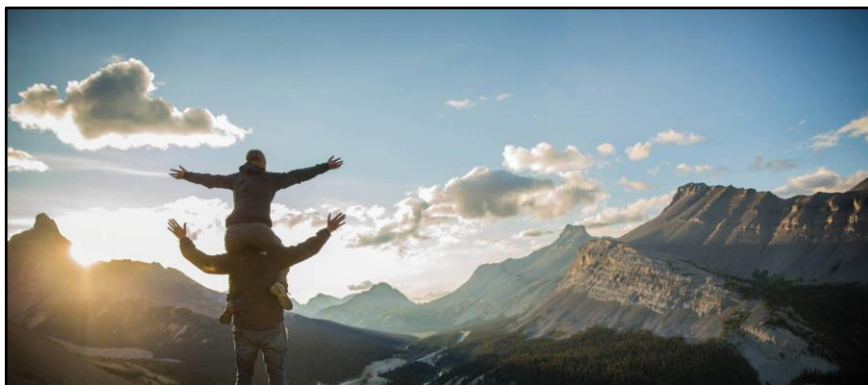
Rooms have been costed for either Double or Twin-share. We will arrange for you to share accommodation with another traveller of the same gender and, if we cannot match you up, we will provide a single room at no extra charge. If you prefer not to share, a single supplement is payable to guarantee your own room. The cost of the single supplement is **NZ \$3980**. The Vans used can seat up to 16, we will look to keep the maximum number to 14. The Minimum we need to run the tour is 6. One main luggage bag plus a daypack. In your daypack you will need to carry extra warm clothing (dependant on altitude, location and weather), lunch, rain gear, water bottle, camera gear, valuables and small items such as sunscreen, lip-balm etc. A packing guide will be sent in the prior to departure.

AGE AND CAPABILITIES

This tour will appeal to and suit mature active travellers. The majority of our clients fall into the 60's and 70's age range and enjoy our unhurried style of small-group travel and a shared enjoyment of the outdoors. We don't focus on age, but if joining we want you to participate and enjoy everything on offer. You should be a reasonably active person. This trip is not suitable for people with limited mobility. You should be capable of walking various terrain for 3-4 hours at a time at a steady pace and carrying a day pack of up to 8-9kg. For this moderately graded hiking trip hikers should be prepared for plenty of roots, rocks, elevation gain, some steep inclines/declines.

These iconic trails can feel tough at times as we take on mountainous ascents and descents, the epic views along the way make the challenge worth it. While you don't have to be a hiking pro to get the most out of this trip, you should enjoy hiking in nature and have a good level of fitness. Each day will involve uphill hikes with elevation gain, which you should be prepared for both mentally and physically.

By its very nature, adventure travel involves an element of the unexpected. To get the most out of your adventure it is important that you are flexible, positive and eager to take on any changes that arise.



Booking :

How To Book

Complete our **ONLINE BOOKING FORM** - <https://www.wildsidetravel.nz/booking-form/>

and then email a copy of the front page of your passport and advise payment of a **NZ\$800** non-refundable deposit per person. *This ensures we can fulfil payment of deposits to the airline and ground operator to secure seats and hotel rooms ahead of time.

Email: - andrea@wildsidetravel.nz

Bank Transfer - **ANZ 06-0507-0871753-01**

Account Name: **Wanderlust Travel Experts Ltd**

Please use **WILDSIDE** as your Reference

Credit Card – add 1.6% fee. Phone this through to us.

FINAL PAYMENT

The balance of your tour cost is 2 months before tour departure, **Friday 01 May 2026**. Payment can be made via Bank Transfer or Credit Card (1.6% card fee)

CANCELLATION TERMS

Should **Wildside Travel** cancel the trip due to advice from our Ground Operator and cannot provide the tour or sudden Boarder restrictions, and other reasons beyond our control, you are due a refund of deposit and all refundable services paid less an admin fee of \$80 per person. Or monies can be deferred to another Wildside tour. If **you** wish to cancel, your deposit remains non-refundable. If you have paid in full a refund will be calculated according to Airline and Accommodation refund policies. We recommend you take out insurance cover early, so you are covered for non-refundable money paid at any time. If you leave the trip to come home early, there is no refund for unused portions.

CHANGES TO FLIGHTS

If you need or wish to alter your booking in some way or upgrade to a higher cabin, change fees will apply. Please make any amendment requests prior to tickets being issued and prior to full payment to avoid this.

TRAVEL INSURANCE

Comprehensive Travel & Medical Insurance is essential for tours to South America. We would recommend you purchase insurance at the same time you make any payments so we can be completely confident of your cover. We can provide a quote for you; we use Kiwi Holiday Insurance— so please discuss your cover needs with us. If organizing your own, you will be required to provide us with details of your Travel Insurance and any medical conditions we should know about before we leave on tour. We will get this from you after full payment.

TRAVEL DOCUMENTS

All participants must be in possession of a valid passport (valid for a minimum of 6 months) and all visas, permits required for your passport type. It is ultimately your responsibility to have the necessary documentation to travel. New Zealand passport holders are visa free for 90 Days in Canada and are required to complete an online eTA prior to arrival. Links will be sent for this. If you have another type of passport, please let us know. We provide all our tour documentation and tickets via our **TRIP PLANS** Travel APP. And will ask you to download this onto your smart phone. If you do not have a G4 or G5 smartphone, do let me know so we can make other arrangements.

EXCLUSIONS

We do reserve the right to amend the itinerary of any day due to weather, road and vehicle problems, or other civil circumstances beyond our control. We will also endeavour to take all reasonable steps to look after you and your personal property, but we will not be held liable for any accident, personal injury, illness and any consequential loss, damage or loss of property or delays. Wildside is not liable for defaults in the performance of other operators whose services we may employ.

TIPPING | GRATUITIES

Is not included and yes, will be expected by the Guide at the end of the hike tour. Please budget for this to save embarrassment. The guideline is approx. NZ\$10/day. (roughly \$120 - \$150).

We do look forward to you joining us on a tour designed to be spectacular every single day with our signature 'less ordinary' experiences!

