



**PRESIDENT'S  
SOCIETY**

Appalachian Mountain Club

# **President's Society Adventure Travel Discover the Canadian Rockies**

*Grizzlies, glaciers, turquoise lakes, mountain peaks, and more!*

**Thursday, July 9 – Saturday, July 18, 2020**



## About the Trip

Explore the Canadian Rockies like a local while enjoying hiking and paddling excursions through awe-inspiring scenery, forests, and meadows lit with glorious wildflowers, and catch a glimpse of iconic wildlife. July is the perfect time to enjoy Canada's natural wonders.

We have partnered with BikeHike Adventures to host this special 10-day adventure that takes you off the beaten path in Banff, Glacier, Kootenay, and Yoho National Parks.



*BikeHike Adventures is a highly rated adventure travel company, specializing in multi-sport adventure tours. Since 1994, they have been curating worldwide adventures, now in over 30 destinations worldwide.*

*Their tagline, "connecting the world through active travel" is simply because, more than anything else, their adventures are about people authentically connecting - with locals, with other travelers and with the destinations.*

## Itinerary

### Thursday, July 9

#### Day 1: Arrival Calgary - Canmore

Arrive at the Calgary airport by 2pm where a BikeHike Adventures representative greets us. After a 1.5 hour trip to Canmore we check into our hotel for the next 3 nights. Following a group dinner, take the evening to explore Canmore, once a small mining town that is now a mountain vacation base. (D)

### Friday, July 10

#### Day 2: Kananaskis Park

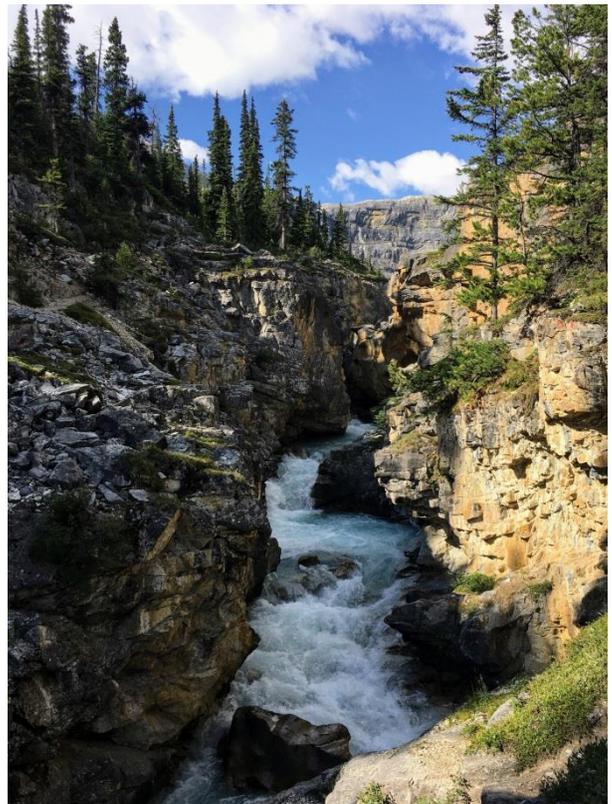
After breakfast we travel 45 minutes to the Eastern Ranges of the Rockies in Kananaskis Country. The hike today is along Burstall Pass, through forest and willow flats, then up to an alpine meadow with views of the surrounding valley and far-off peaks. The area seems unchanged from hundreds of years ago; tales and legends of the First Nations of the area wait to be told. (B, L, D)

Distance: 10 miles / 2,200 feet of gain

### Saturday, July 11

#### Day 3: Banff National Park

Banff is Canada's first National Park and the contrast between the bustling roadside views and the quiet calm found a short distance up the hiking trails is remarkable. Each bend in the road brings breathtaking vistas of the Bow Valley and Rocky Mountains. Today's full day hike begins with a visit to a small lake and (if we're feeling up to it) an uphill climb to the pass at 8,1000



feet, to gorgeous alpine meadows above tree line. Highlights of this Banff hike includes Bow Falls and some famous vantage points with incredible views. After dinner in Banff spend a bit of time exploring the boutiques and shops on Banff Avenue or go on a quiet stroll along the Bow River before the group returns to the hotel. (B, L, D)

Distance: 10 miles / 2,400 feet of gain

### **Sunday, July 12**

#### **Day 4: Kootenay National Park**

This morning we depart for the western flanks of the Rockies to Kootenay National Park. This is a place of unique contrasts, from icy mountain rivers to steamy hot springs, deep canyons and tumbling waterfalls. The variety of peaks along the route come to life and tell the million-year history of how the mountains were formed and changed over time through ice ages and erosion. A 5 mile hike to Stanley Glacier is followed by a 2.5 hour drive to Invermere, our home for the next two nights. (B, L, D)

Distance: 5 miles / 1,200 feet of gain



### **Monday, July 13**

#### **Day 5: Invermere**

Today we switch gears and take to the water for a day of canoeing, paddling the quiet and pristine Columbia River. Enjoy the surrounding wetlands and its abundance of birds, fish, reptiles and mammals, in an area much unchanged since explorers like David Thompson visited. The sheer size of the landscape begs the question of how the explorers found their way without maps and technology of today. Following dinner, there is an optional excursion to visit the Radium Hot Springs (additional \$). (B, L, D)

### **Tuesday, July 14**

#### **Day 6: Golden**

After breakfast we head to Floe Lake for another hike. This lake is surrounded by rock masses that have been folded and faulted to produce a variety of shaped peaks. We then drive along the western flank of the Rockies to Golden, where rows of mountains alternating with open valleys lead to this bustling town at the confluence of the Columbia and Kicking Horse

Rivers. Golden's history is tied to railroads and logging, but today serves as a recreational oasis due to its prime location just outside national parks. In the early evening we arrive at our Golden hotel for the next 3 nights. (B, L, D)

Distance: 11 miles /3,150 feet of gain



**Wednesday, July 15**

**Day 7: Glacier National Park - Golden**

This morning's trip heads west to the cedar forests, steep narrow valleys and pristine glaciers of Glacier National Park. Here we hike along Avalanche Crest, toward the glaciers and through alpine meadows, strewn with lichen-covered boulders. The park is home to Rogers' Pass, the final line in the railway which brought Canada together as a nation. (B, L, D)

Distance: 5 miles / 2,600 feet gain

**Thursday, July 16**

**Day 8: Golden**

Leave your hiking boots behind today and don rafting gear for a thrilling half-day of whitewater paddling on the Kicking Horse River. We put in on the calm and serene upper section of the river. The waves build as the canyon narrows, and so does our adrenaline. After paddling we head for lunch and then return to Golden for some free time. (B, L, D)

**Friday, July 17**

**Day 9: Yoho National Park - Banff National Park- Calgary**

Today we experience iconic views of the Canadian Rockies including Emerald Lake, Johnston Canyon and the expansive Bow Valley. We begin with a drive through Yoho National Park, to Lake Louise, through Banff National Park. Time permitting, our guide selects a good hike for us to partake in. The total driving time today is about 3 hours, but the views are worth it! After checking into our hotel in Calgary and freshening up, the group gathers for our final Canadian dinner together. (B, L, D)



**Saturday, July 18**

**Day 10: Departure**

After a long week of adventure and fond memories with friends, old and new, it is time to bid adieu. Have breakfast on your own and depart at your will. Airport shuttles are arranged through the hotel.

**Note about Itinerary:** Although we do our very best to adhere to the schedule above, this itinerary is subject to change due primarily to weather conditions.

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## Your AMC Staff Leaders

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**John Judge** is AMC's President & CEO. Since 2012 John has worked to oversee the nation's oldest outdoor recreation and conservation organization with more than 100,000 members, advocates, and supporters in 12 chapters from Maine to Washington, D.C. During his time at AMC, John has enjoyed hiking, paddling, and skiing with President's Society members throughout New England and the Mid-Atlantic, as well as Yosemite.



**Jennifer Norris** has been the Chief Development Officer for the Appalachian Mountain Club since April 2017. She is an avid traveler and outdoorswoman, having served as a Volunteer Wilderness Ranger in the Boundary Waters Canoe Area Wilderness (MN) and rope course volunteer. Jennifer has been busy paddling, hiking, skiing, and biking with President's Society members throughout the region and looks forward to traveling abroad with you. Jennifer is Wilderness First Aid and CPR certified.

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## Accommodations

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All evenings will be spent in three-plus star accommodations providing a clean and comfortable experience. We anticipate stays at the following hotels:

[Grande Rockies Resort](#)

[Invermere Kanata Inns](#)

[Glacier Mountaineer Lodge](#)

[Acclaim Hotel Calgary Airport](#)

*Please note that hotel locations are subject to change.*

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## Trip Grade/Comfort Level

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This trip is rated as moderate, meaning that a reasonable level of fitness is required, as the trip can require sustained endurance levels with each day's activities lasting approximately 4-5 hours. The day trips may include some mountainous terrain and/or hills.

Driven by a passion for the outdoors and discovery of people and places, this trip is for active adventurers who want to push themselves physically and mentally while exploring the natural world with this well-rounded multi-sport experience.

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## Trip Pricing and other important details

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**Cost of the Trip:** The cost of the trip is \$5,500 per person for double occupancy. Single supplement fee of \$1,300. Airfare is not included. The trip cost includes 9-nights lodging, and most meals (breakfast, lunch, and dinner). The trip cost also includes emergency medical and evacuation insurance coverage, which is required by AMC. It does not include insurance for travel delay, interruption, cancelation, or for baggage loss. The \$750 non-refundable deposit is due by September 15, 2019 and the balance of \$4,750 is due by February 15, 2020.

**President's Society:** The President's Society recognizes individuals who contribute \$1,000 or more to AMC's Annual Fund each year. This group has been critical to in the development of excellence in AMC's conservation, education and recreation programs. As this is a President's Society Adventure Travel trip, current President's Society members will receive priority for available space on the trip. To join the President's Society, visit [outdoors.org/joinps](https://www.outdoors.org/joinps) or contact Mark Cheever at 617-391-6608.

**Cancellation Policy:** We strongly recommend that every participant purchase trip insurance through Travel Insurance Services. Additional insurance information will be provided upon sign-up. Our cancellation policy is based on several considerations. First, cancellation shall not raise the cost to the other participants or to the leaders. Second, we will charge a canceling participant for the expenses already incurred on his/her behalf and any unavoidable future expenses that will be incurred as a result of his/her cancellation, unless they can be applied toward another acceptable participant. If you choose to cancel between February 15 and May 1, and we are able to determine a qualified replacement, there will be a refund less the non-refundable deposit of \$750. Please note that there is no guarantee that we will be able to secure a qualified replacement. If you cancel after May 1, funds necessary to keep the trip cost from increasing expense to other trip members will be deducted from the refund.

**How to Proceed:** To apply, you must request, complete and submit the Application, Confidential Medical Form, and Acknowledgement and Assumption of Risk and Release Forms. Enclose a non-refundable deposit of \$750 by September 15, 2019.

**Land Cost Includes:** Meals as indicated on the itinerary (B=breakfast, L=lunch, D=dinner), gratuities, all accommodation (twin shared), rafting on the Kicking Horse River, canoeing in Invermere, all internal transportation, admission to the National Parks, an experienced guide and driver.

**Not Included:** Airfare to/from Calgary, airline baggage fees, airport taxes, any additional hotel nights, meals included, optional travel insurance, and items of a personal nature.

**Equipment:** A full gear list is sent upon sign-up.

**Registration:** Call or email Stephanie Schiele to request trip paperwork for this fantastic adventure! More trip details, optional travel insurance and pre-departure information will be sent after registering.

**Staff Contact:**

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