

**GO GREEN!** Rather than printing these notes, we suggest saving this PDF file on your smartphone. Not only is it more environmentally friendly, but it also means these notes are always at hand!

## Athabasca Accommodated

### 3 days/2 nights

*Explore the true Canada with our 3 day Athabasca tour! We'll be travelling along the Icefields Parkway, one of the most scenic roads in the world, through the Rocky Mountains in Banff and Jasper National Parks! You'll discover amazing glacial lakes (like Peyto Lake), snow-capped mountain peaks, pristine rivers, and thunderous waterfalls, all while keeping an eye out for Canada's diverse wildlife, like bears, elk, moose and bighorn sheep. We'll get you off the bus for hikes, swimming, and of course for those Insta-moments!*



*Note: the Athabasca is the middle 3 days of the 8 day Caribou tour. Some of your fellow travellers will have started together in Vancouver before you join them, and some will be continuing back to Vancouver after you finish.*

### Highlights

- Visit the famous Lake Louise, reportedly the most photographed lake in the world!
- Marvel at the aqua blue Moraine Lake (seasonal)
- Cozy up to the campfire at the Rampart Creek wilderness hostel
- Enjoy the stunning vistas from Mistaya Canyon
- Feel (and see) the power of Athabasca Falls!
- Hike to the toe of the Athabasca Glacier at the Columbia Icefield

### What's Included

- 2 nights mixed gender, hostel dormitory style accommodation
- Moose Bus transportation
- Services of a professional & fun tour guide/driver
- 1 dinner
- National Park fees

### Itinerary

#### Day 1: Banff to Rampart Creek

It's time to visit those famous blue lakes! Lake Louise is calling, as is Moraine Lake (seasonal) before heading onto the Icefields Parkway for breath-taking views of jagged

mountain peaks, glaciers, raging rivers and more turquoise lakes. Keep your eyes peeled for large furry animals as we make stops at the Crowfoot Glacier, Peyto Lake (our favourite) and Mistaya Canyon before arriving at our rustic wilderness hostel alongside Rampart Creek. We invite you to really take in your surroundings with a dip and a sauna, and perhaps a campfire under the stars.

Moose Accommodation: HI Rampart Creek. Please note: there are no alternative accommodation options at this location, but we know you'll love having a true taste of Canada at Rampart Creek's rustic wilderness hostel.

### **Day 2: Rampart Creek to Jasper**

Jasper National Park today! But first we'll stop at Big Bend lookout for a great view of the U-shaped North Saskatchewan River Valley. Get your legs ready because next up is the Columbia Icefield, the largest ice field in the Rocky Mountains at 325 square kilometres, where we'll hike to the toe of the Athabasca Glacier (conditions permitting.) Then on to Maligne Canyon, the deepest canyon in Jasper National Park, for a hike that crosses several bridges over the canyon with jaw-dropping views. Jasper townsite is our destination, and if you're seeking an adrenaline rush, there is an option to take a guided mountain bike tour on arrival.

Moose Accommodation: HI Jasper

### **Day 3: Jasper to Banff**

Our first stop: Athabasca Falls, one of the most powerful and picturesque in the Rockies! This is followed by a bit of mountain goat spotting (we're still amazed at how they hold on) at the Goats and Glaciers viewpoint. Then on to Waterfowl Lakes to soak in the backdrop of Mount Chephren, which was named after the 4th Dynasty Egyptian Pharaoh. Our tour ends after a group dinner back in Banff.

Meal inclusions: Dinner at Samesun Banff

Moose Accommodation: There is no accommodation included tonight. You will need to make your own arrangements.

## **Joining Your Trip**

### **Banff**

We pick up from the following hostel locations in Banff on Day 1 of this tour. Please be ready and waiting in the hostel lobby 15 minutes prior to your scheduled pick up time.

<b>Hostel Name</b>	<b>Pick Up Time</b>	<b>Hostel Address</b>
HI Banff Alpine Centre	8:00am	801 Hidden Ridge Way, Banff
YWCA - Y Mountain Lodge	8:10am	102 Spray Ave, Banff

Samesun Banff	8:15am	433 Banff Ave, Banff
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**NOTE:** if you are staying anywhere else in Banff, you will need to make your own way to one of these locations.

## Finishing Your Trip

### Banff

On the final day of the tour, we drop off at all of the hostel locations in Banff listed in the Pick Up section above. If you are staying elsewhere, you will need to make your own way there from one of the above locations. Under normal circumstances, expect to arrive in Banff by 5pm. But remember, dinner is included tonight!

**NOTE:** we strongly recommend that you DO NOT book onward travel on the final day of the tour, since traffic or other unexpected circumstances may cause delays.

## Accommodation

We know that a good night's sleep is important, especially after a busy day of travelling with lots of fun activities. We choose hostels and backpacker properties that offer budget value, as well as great facilities, and a welcoming atmosphere.

You have purchased our accommodated tour, which means all your accommodation is included for the standard nights of the trip, at a Moose discounted rate. You'll be staying in mixed gender hostel dorm rooms. By staying in shared rooms you get a chance to meet more people, hang out with other Moose travellers, and have paid less than you would booking a private room or hotel.

**NOTE:** if you wish to stay in gender-specific dorm rooms, you can request this at the time of booking. Our hostel partners will try to accommodate your request, but we cannot guarantee it will be possible.

### Accommodation Locations

Day & Location	Hostel Name	Address	Phone Number
Day 1: Rampart Creek	HI Rampart Creek <sup>1,2</sup>	Highway 93 N, Banff National Park	+1 778 328 2220
Day 2: Jasper	HI Jasper	708 Sleepy Hollow Rd, Jasper	+1 778 328 2220
Day 3: Banff	none <sup>3</sup>		

#### Notes:

1. Rampart Creek is a rustic, wilderness hostel with no running water, and solar & propane generated power. It features a cozy fireplace, outdoor fire pit, and a wood-burning sauna! Please note there are no alternative accommodation options nearby, but we think you're going to love this truly Canadian experience!

2. Moose groups will stay at HI Athabasca Falls (also a rustic, wilderness hostel), instead of HI Rampart Creek, on the following dates: 22-May-2021, 13-Oct-2021
3. You will need to make your own reservation for the final night of the tour.

### Do I Ever Need To Book My Own Accommodation?

You ONLY need to make your own reservation for your pre & post tour nights in Banff.

## Daily Departure Times

We depart from the included accommodation at the following times on each day of the tour:

Day & Location	Hostel Name	Departure Time
Day 1: Banff	See <b>Joining Your Trip</b> section above	
Day 2: Rampart Creek	HI Rampart Creek	9:00am
Day 3: Jasper	HI Jasper	8:30am

## Optional Activities

Why not enhance your trip by participating in one of the below adventure activities during your tour? No need to book ahead. Your Moose guide will give you more information during the tour. But please budget for them if you are interested!

The optional activities listed below are not operated by Moose, except for the free hiking, swimming and wildlife spotting activities. Moose arranges the activity as an agent of the local supplier. If you choose to participate in an optional activity, your contract will be with the activity provider and their conditions will apply. Some activities are seasonal, weather dependent, or require minimum numbers to participate.

**NOTE: the prices and activities listed below are approximate and subject to change.**

ACTIVITY	APPROX. COST (CAD)	LOCATION
Hiking, swimming, wildlife spotting	Free	Various locations
Guided mountain biking (1.5 hrs)	\$89	Jasper
<b>ACTIVITIES THAT ARE AVAILABLE AFTER YOUR TOUR FINISHES IN BANFF</b>		
White water rafting (4 hrs, includes BBQ lunch)	\$135	Banff
Horseback riding (from 1 - 3 hrs)	from \$61	Banff
Banff Gondola	from \$64	Banff
Banff Upper Hot Springs Pool	\$8	Banff
Bike rentals	from \$28	Banff
Helicopter flight - Rockies (from 12 - 30 min)	from \$143	Banff

Big Canoe tour (1.5 hrs)	\$46	Banff
Via Ferrata (from 2.5 - 6 hrs)	from \$161	Banff