

BIG Banff Active Winter Adventure: Johnston Canyon & Lake Louise



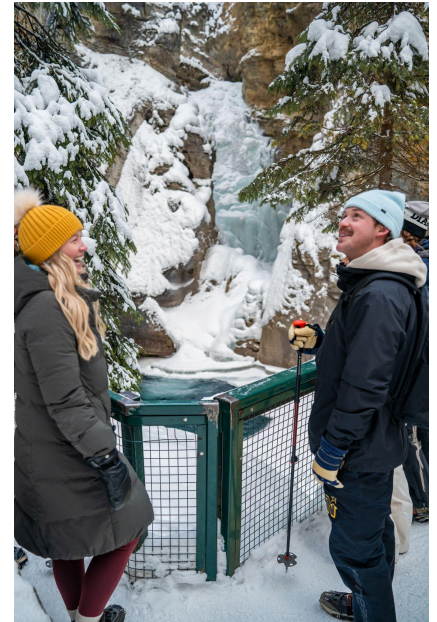
Strap on your snowshoes and ice cleats for a day filled with winter wonderment! Your day will begin with a pick-up in either Calgary, Canmore or Banff. Our first stop is magnificent Johnston Canyon! Waterfalls become ice sculptures as we navigate the 5km trail through the canyon. Michelangelo himself couldn't create such beauty if he tried! Later, we'll pause for lunch in Lake Louise Village, before heading up to world-famous Chateau Lake Louise on the shores of the lake itself. Join our optional 1km snowshoe loop when we arrive, or spend your time at the lake your own way. There's skating beside the ice castle, a stroll along the lakeshore, a sleigh ride and a place to relax inside the hotel with a warm drink. Whatever you decide to do while at Lake Louise, you won't soon forget this wonderful winter experience!

Adult Price (16+): \$160. Child Price (8-15): \$90. Minimum age 8

Trip itinerary

* Times may vary based on group size and pickup locations

- 6:40 am** Pick up in Calgary (Downtown Hotels)
- 7:00 am** Pick up in Calgary (McDonald's Bowness)
- 8:00 am** Pick up in Canmore (Hotels)
- 8:30 am** Pick up in Banff (Hotels)
- 9:00 am** Hike to the Upper Falls at Johnston Canyon
- 12:00pm** Stop in Lake Louise Village for Lunch
- 12:45pm** Visit Chateau Lake Louise
- 1:00pm** Snowshoe (optional)
- 2:00pm** Free time - Lakeshore walk, ice-skate, horse-drawn carriage ride, hot drink
- 3:30pm** Depart from Lake Louise
- 4:30pm** Banff Drop off
- 5:00pm** Canmore Drop off
- 6:00pm** Calgary (Mcdonalds) Drop off
- 6:30pm** Calgary (Downtown) Drop off



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Frequently Asked Questions

What's included in my trip?

- A Professional Guide and Driver
- Private group transportation throughout
- Hot drinks and a light snack
- Activities outlined in the itinerary
- Ice cleats, poles, snowshoes

What's not included in my trip?

- Activities not included in the itinerary
- Lunch
- Gratuity for Big Nature Guide/Driver

What should I expect?

- Temperatures ranging from 0° to -25° C (32°F to -13°F)
- Snow and ice
- 5.4km (3.4 miles) and 135m (433ft) elevation gain (Johnston Canyon)
- Uneven and slippery terrain
- Possible delays in pickup / dropoff time due to traffic and road conditions
- Seating in van is first-come first-served

What should I bring?

- Waterproof winter/ hiking boots
- Winter jacket
- Long johns & hiking pants or snow pants
- Hat/Toque
- Scarf or buff
- Gloves/Mitts
- Rain Coat & Rain pants
- Sweater or fleece midlayer
- Sunglasses and sunscreen
- A refillable water bottle
- A backpack
- Lunch (or money to purchase lunch in Lake Louise)
- Cash for a gratuity for the Big Nature Guide/Driver

What can't I bring?

- Pets (except accredited service animals)
- Glass bottles
- Drugs or alcohol

Can I bring my children?

- Children aged 8 to 15 are welcome to join. Children less than 8 years old cannot join this tour due to its active nature.



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Will the trip really take 12 hours from Calgary?

We expect the day to take about 12 hours if you are getting picked up and dropped off in downtown Calgary. However, the day could be shorter or longer depending on possible traffic delays, weather conditions, actual hike time, and other unforeseen circumstances. You should plan for the trip to take up most of your day.

How should I prepare for a Winter Adventure with Big Nature?

- Prior to any adventure, it's important to check the weather forecast for the Banff area. Be prepared for cold temperatures and potentially changing weather conditions.
- Layering is key for staying warm during winter activities. It is recommended to wear moisture-wicking base layers, insulating mid-layers, and a waterproof and windproof outer layer.
- Long johns with hiking pants overtop are suitable for a mild day (warmer than -10C)
- On colder days (-10C or lower) snow pants are highly recommended
- Don't forget a hat, gloves, scarf, and warm socks
- Wear sturdy waterproof boots with good traction
- Stay hydrated by drinking plenty of water before, during, and after your adventure. Pack high-energy snacks like nuts, dried fruits, and energy bars to keep you fueled throughout the day
- Bring a backpack to carry your water and snacks or any layers you might want to remove or add on the hike
- Know Your Limits! Winter activities can be physically demanding especially when you are wearing a few layers. Be honest with yourself and your guide about your fitness level and don't push beyond your capabilities. We will take breaks during the walk to talk about the area and to rest and refuel.
- We will be utilizing crampons, snowshoes and hiking poles to help maintain balance and stability, especially on uneven, slippery terrain or deep snow.
- Don't forget to enjoy the scenery! Take time to appreciate the beauty of the winter landscape and the unique formations of the ice falls.
- After Your Adventure: Once we make it back to the van it's important to take inventory of any wet layers you might have, think about taking off wet clothing immediately and warm up in the vehicle.

By following these tips and adequately preparing for your winter adventure, you can ensure a safe and enjoyable experience exploring Johnston Canyon and Lake Louise in cold conditions.

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Cancellation Policy

Cancel with a 100% refund any time up to 48 hrs before trip departure. Full Payment is required at the time of booking.

Please feel free to reach out should you have any questions regarding the trip, trip policies, or getting to Calgary. We also offer Custom trips should you feel inspired to work with us to plan a trip that differs from this itinerary.

We look forward to connecting you to the beauty of the Western Canadian Rockies.

Warm regards,



The Big Nature Team

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