



Road Bike Tours
Between Jasper & Banff, Alberta
Custom Bike Tours Available

780.885.9813
mountainmadnesstours.com



6 day Jasper to Highwood Pass Cycle Tour

Discover the Rockies by Bike

6 Days (7 Nights) | From: CAD \$2547 per person + 5% gst (twin share)

Cycling Jasper to Highwood Pass through two National Parks and a Provincial Park over Six days is the ultimate cycling tour in Western Canada. An incredible setting in which to challenge yourself physically and mentally, yet find the ability to let go and immerse yourself in the rejuvenation of the Rockies.

The tour begins with a few leisurely rides and some sightseeing or activities in and around Jasper National Park and the relaxed mountain town of Jasper. On day 2 we'll start our journey on the world famous Icefields Parkway. This relaxing introduction will warm you up nicely for the longer and more challenging days ahead. The next two days see us cross into Banff National Park and visit the iconic Lake Louise. A quiet back road will see us cruise into Banff on the undulating Bow Valley Parkway and the Legacy trail bike bath into Canmore. From here we'll continue onto Kananaskis Country.

The last epic day on the bike will take us over the Highwood Pass (the highest paved road in Canada) to the cowboy town of Longview. We'll have a celebratory beer and meal at the local pub before driving you back to Calgary that evening for your flight home the next day.

The mountain scenery is truly breathtaking and the slower pace offered by the bicycle means there is ample time to appreciate it. You'll take in the views, snap lots of photos, have a few rest breaks - and we'll still arrive at our nightly destinations with time to spare. Relax in the evenings with a hot bath or a beverage enjoyed in the blaze of a mountain sunset, or explore the nearby sights and views on foot. Staying in the unique and cozy hotels along the way will give you the extra comfort each night that you deserve. You've worked hard during the day, and we love giving you time to pamper yourself in the evening.

Total tour distance: 502 km / 312 Miles + (depending on whether you choose to take on any of our additional "bonus trips" for a little extra mileage!)

Arrival Day: Fly into Edmonton, shuttle from the airport to your hotel, optional rides in the River Valley.

Day 1: Drive from Edmonton to Jasper, short rides / sightseeing in around Jasper.

Day 2: Ride Jasper to Sunwapta Falls **(49 km / 30 Miles)**.

Additional out and back side trips are available if desired in the morning. (Mt Edith Cavell rtn = **42 km / 26 miles**)

Day 3: Ride Sunwapta Falls to Saskatchewan River Crossing. **(98 km / 61 Miles)**

Day 4: Ride Saskatchewan River Crossing to Lake Louise. **(85 km / 53 Miles)**

Day 5: Ride Lake Louise to Kananaskis via Banff and Canmore **(140 km / 87 Miles)**

Day 6: Ride Kananaskis Villiage over high wood pass, highest paved road in Canada, **(130 km / 81 Miles)**, Shuttle to Calgary for the night.

Departure Day: Fly home today at your leisure.



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Arrival Day (Wednesday): Edmonton

Please plan to arrive a day before the scheduled tour departure date. If the majority of the group can arrive into Edmonton on the same or similar flights we can include airport shuttles to your hotel upon arrival. Accommodation at a local hotel in Edmonton will be included in this package on the arrival night.

Traveler's Tip: Arrive a couple of days early to explore Edmonton, the capital city of Alberta and North America's largest northernmost city. Get a few more days of self-supported riding and sightseeing in on the numerous bike paths and trails in and around Edmonton.

Things to Do:

- Experience Edmonton's magnificent River Valley which spans 48kms and crosses through 20 parks and attractions.
- Check out Elk Island National Park; only 40 minutes from the City Centre
- Go skydiving, shopping, golfing, dining, visit Museums, cultural sights and more.

Day 1: Thursday: Transfer to Jasper

Coffee in hand, you will be picked up from your accommodation bright and early this morning for your transfer to Jasper. Exact departure details will be published closer to the actual tour date. We'll make a quick lunch stop in Hinton and start the trip off right with a visit to Meitte hot springs close to Jasper. We'll unload the bikes and get settled at Beckers Chalets located on the banks of the Athabasca River. Local rides or activities will be available to fill the afternoon. Dinner will be at the onsite restaurant.

Traveler's Tip: We can also meet you in Jasper today if you wanted to take the relaxing scenic journey by train from Vancouver to Jasper (instead of flying into Edmonton and taking our shuttle).

Day 2: Friday: Icefields Parkway to Sunwapta Falls – Total Distance: 49km (30 miles), + optional self guided out and back ride to Mt Edith Cavell: 42km (26 miles)

After breakfast the morning will be yours to either explore Jasper, take part in optional activities in and around town or take yourself on various out and back self guided rides. At about noon we'll regroup at the hotel to review the route, elevation, and bike safety tips and you and the group will set off on an epic adventure as you are guided onto the beautiful Icefields Parkway. Watch out for wildlife and townsfolk cheering you on! There will be one rest stop at the spectacular Athabasca Falls which will help bring the group back together, as well as supply you with some nutrition. We will then continue on to our accommodations at the *Sunwapta Falls Hotel*. A delicious 3-course meal will be served in the on-site restaurant.

Traveler's Tip: Additional non riding actives today could include a Gondola ride up to Whistlers peak, various hikes, a round of Golf, Hikes through Malign Canyon, or at the base of Mt Edith Cavel, Whitewater rafting on the Athabasca or Sunwapta Rivers, or souvenir shopping in town.

Things to Do:

- After dinner, relax with a glass of wine in front of your in-room fireplace (available in most rooms).
- Take a short, 1km walk down to the nearby falls and venture along one of the many hiking paths that snake along the river.
- Sit out on the deck of your cabin and watch the moon journey across a stunning mountain backdrop, with the sounds of nature at night rising all around you.



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Day 3: Saturday: Sunwapta Falls to Saskatchewan River Crossing – Total Distance: 98km (62 miles)

A bountiful, gourmet breakfast is served around 8am. After a quick briefing of the route, hills (aka “bumps”) and rest stops, we’ll hop on the bikes and hit the road for the day’s journey to Saskatchewan River Crossing. We’ll climb past Tangle Falls and over the BIG bump, making our way towards our lunch stop in the shadow of the great Columbia Icefields, from which flow the Athabasca and Dome glaciers. After a nutritious meal and a well-deserved break, we’ll get back in the saddle and ride the scenic Sunwapta Pass. A rewarding 15 km downhill section awaits as we sweep down towards the valley floor again and on to the impressive cliffs and waterfalls of the Weeping Wall. A few rest stops along the way will break up the journey, provide photo opportunities, and give the group a chance to re-congregate as necessary. We’ll then conquer the remaining rolling hills accompanied by the sound of flowing rivers and in the presence of towering, snow-capped mountains. Before you know it, you’ll be enjoying a cold drink under Mt. Wilson at the *Crossing Resort*. You’ll be tired but satisfied knowing you’ve just knocked off one of the longer days of cycling of the tour.

Traveler’s Tip: Keep an eye out for the Crossing on your left as you approach! After nearly 100kms and with a 360 degree view of Mountains surrounding the resort, a tired traveler or two have been known to inadvertently sail on by!

Things to Do:

- Check out the extensive gift shop! Lots of shopping is available at this unique mountain resort, and with plenty of cargo space in the van and trailer, we are happy to carry your treasures back for you.
- Enjoy the outdoor patio at the pub! Take in some stunning scenery while you recount the adventures had and memories made over the day’s kilometres.

Day 4: Sunday: Bow Pass to Lake Louise – Total Distance: 85km (53 miles)

After fuelling up at breakfast you’ll climb out of the valley in the shadow of Mount Murchison. Shortly after, the terrain levels off again and you’ll cruise easily past endlessly changing vistas of mountains, turquoise green Glacial Lakes and abundant wildlife. Bow Pass, the final challenge of the day awaits – but feel free to take it at your own pace. Your reward will be witnessing a panoramic view like no other of Peyto Lake far below; in the distance, the valley that you’ve been riding down for the past few days can be seen in all its glory, surrounded by mountains as far as the eye can see. You’ll descend to the shores of Bow Lake for a well-deserved lunch break in a breathtaking setting before we essentially roll downhill all the way to Lake Louise. The lovely and well-appointed *Lake Louise Inn* is where you’ll rest your head tonight.

Traveler’s Tip: the Bow Pass ascent is long, but manageable! Don’t forget, though, that you can always hop in the van if you’re not feeling the love for it at any moment!

Things to Do:

- Take a dip in the hotel pool or relax in the hot tub!
- Stretch your legs with a leisurely walk through the quiet village of Lake Louise.
- Get your group together and hop into the van for a jaunt up to the stunning Lake Louise and Moraine Lake, the area’s namesake. These turquoise, glacier-fed lakes are situated in an amphitheater of towering mountains and is absolutely a must-see!



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Day 5: Monday: Bow Valley Parkway to Kananaskis via Banff / Canmore – Total Distance: 140 km (87 Miles)

After the last few days, today will be a breeze as far as the terrain goes although you'll be covering a few more miles on the bike. You'll pedal 60 km (37 miles) on gently rolling hills and flats towards Banff on the historic Bow Valley Parkway. Shaded by ancient trees, this leg of the tour offers plenty of time for peaceful reflection in lush surroundings. We'll take a rest break under the awesome Castle Mountain before joining a bike path called the Legacy trail that brings us into the world-class town of Banff. You'll be able to take in all the magnificence of Banff's surroundings including Mt Rundle, Cascade Mountain and Vermilion Lakes from the peace and quiet of your bike. We'll have lunch here in Banff before rejoining the Legacy Trial bike path to ride 20km (12 miles) to Canmore.

Rolling out of Canmore there's about 60km (37 miles) to go till the hotel. We'll start on a quiet road (1A) that runs parallel with the main highway. We'll merge onto the main highway 1 for a few km before turning south onto Highway 40. We'll then travel through to Kananaskis Villiage where we'll stay at the Delta Lodge at Kananaskis for the night. You'll have the afternoon to yourself to play a round of golf, go whitewater rafting, horse-riding, Hike or Mountain Bike on the surrounding trails. Alternatively or in addition to the above activities you could go shopping in the village, book a massage, soak in the hot tubs at the onsite Summit Spa and fitness centre and relax for the afternoon.

Travellers Tip: Tomorrows a big one, make sure you take advantage of the hot tubs tonight and rest those legs.

Day 6: Tuesday: Over the Highwood pass we go to Longview — Total Distance: 130 km (81 Miles)

Breakfast will be served at the onsite restaurant then we'll start the days 130 km journey over the Highwood Pass (Canada's highest paved road @ 2200 m above sea level) to the small cowboy town of Longview. There will be a rest stop or two set up along the way to bring the group back together if necessary and to supply you with some nutrition.

On arrival into Longview we'll pack up your bikes whilst you have a couple of celebratory drinks and dinner at the local cowboy pub across the street.

After dinner we'll provide transfers to a hotel near Calgary international Airport or back to Edmonton where you can continue your travels.

Wednesday, Departure Day: Home sweet home

After a leisurely breakfast, you can sit back and relax and reflect on how awesome you are. The hotel can provide free transfers to Calgary international Airport located just a few mins from the hotel.



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WHATS INCLUDED:

Package Includes:

- 7 nights hotel accommodation (twin share)
Night 1: Coast Edmonton Plaza downtown, Night 2: Beckers Chalets, Night 3: Sunwapta Falls, Night 4: The Crossing Resort, Night 5: Lake Louise Inn, Night 6 Delta at Kananaskis, Night 7: Wyndham Garden Calgary airport.
- Meals: 5 Breakfasts, snacks on 5 riding days, 5 lunches, 6 Dinners.
- Van support during riding days and National Park fees
- Transport for you, your luggage and your bike to Jasper from Edmonton on day 1 and return transport to Calgary International Airport hotel on day 6.
- USB disk with high-quality photos taken during the tour.
- Edmonton Airport to hotel transfers at the start of the tour, assuming similar arrival timing for most tour participants.

OPTIONAL EXTRAS

Package Excludes:

- Meals on Arrival and Departure Day, Breakfast and Lunch on Day 1.
- Single supplement (Own room to yourself during tour) = \$670 + 5% gst.
- Flights into Edmonton and out of Calgary if required.
- Tour guide Gratuity: Optional but appreciated and customary in Canada for good service.
- Rental Bike = \$220 + 5% gst. (road bike, Felt VR30 model, carbon fork, aluminum frame, disk brakes, Shimano 105 components)
- Additional non riding activities
- Alcoholic drinks not included in evening meals.

Note: A moderate level of fitness and a road / cross / touring / mountain bike (with slick tires) or one of our rental bikes are recommended to take part in this tour.

- We've seen all types of people of varying fitness levels and bikes successfully complete this tour. Good mental attitude will triumph all challenges and you'll come out the other side of this tour stronger and more confident than ever. We'll be just around the corner if it ever gets a bit too much and can give you a ride in the van if you're not feeling the love for it at any stage of the tour.
- Are you a bit scared of the distances or hills on the tour or worried about keeping up with your partner or others on the tour? We have an electric pedal assist bike available in our rental fleet to help you out .

Minimum numbers required to run tour:

We are happy to provide this custom tour for a group of at least **6** passengers. If you are happy to share your tour with other like minded riders we can try and help you meet this number by advertising your tour on our website.



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More Questions:

Please see our [FAQ document online](#) for more general information applicable to all our bike tour itineraries.

Pricing:

Twin Share (2 separate beds in same room): CA \$2547

Single Supplement (room to yourself): CA \$670 + 5% gst.

Rental bike options: CA \$220 + 5% gst. (road bike, Felt VR30 model, carbon fork, aluminum frame, disk brakes, Shimano 105 components)

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More info: <http://mountainmadnesstours.com/cycling-tours/jasper-banff-bike-tours>