



Jasper to Banff 4 day, 3 night Cycle Tour (Hotel)

Discover the Rockies by Bike

4 Days (3 Nights) | From: CAD \$2,447 per person + 5% gst (twin share)

Cycling Jasper to Banff over four days is the perfect mix of effort, reward and relaxation; 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 leisurely half-day ride over gently rolling terrain; this relaxing introduction will warm you up nicely for the longer and more challenging 2nd and 3rd days ahead. The final day finishes spectacularly as we cruise to our final destination on the undulating Bow Valley Parkway.

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 Icefields Parkway 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: 288 - 312 km (depending on whether you choose to take on any of our additional "bonus trips" for a little extra mileage!)

Arrival Day: Edmonton or Jasper

If arriving into Edmonton or Jasper from out of town or Country please plan to arrive a day before the scheduled tour departure date. (Bike rentals and Arrival night accommodation are also available at additional cost)

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. You may also arrive in Jasper today if travelling by train from Vancouver.

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.



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Day 1: Transfer to Jasper

Icefields Parkway to Sunwapta Falls – Total Distance: 50km (31 miles)

Coffee in hand, you will be picked up from your accommodation bright and early this morning for your transfer to Jasper. We'll make a quick lunch stop in Hinton and arrive in Jasper around 1pm. We'll pick up anyone that we are meeting in Jasper then after picking up some supplies from a local bakery we'll drive a few km's out of town to Beckers Chalets. There, we'll unpack the bikes while you take the opportunity to change into your bike gear and stock yourself up with food and water from our well-supplied stash. After a quick review of the route, elevation, and bike safety tips, you and the group will set off on an epic adventure as you are guided out of town and 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: If coming from Vancouver, 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).

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.

Meals included: Dinner

Downloadable Map for your GPS device: <https://ridewithgps.com/routes/29836210>



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Day 2: 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 the longest day 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.

Meals included: Breakfast, Lunch and Dinner

Downloadable Map for your GPS device: <https://ridewithgps.com/routes/29845808>

Day 3: 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 tour 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 *Mountaineer Lodge* 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:

- Relax after the ride in the hot tub or steam room.
- 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!

Meals included: Breakfast, Lunch and Dinner

Downloadable Map for your GPS device: <https://ridewithgps.com/routes/30019117>



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Day 4: Final ride into Banff / Canmore – Total Distance: 60 to 85 km (37 - 53 Miles)

After the last few days, today will be a breeze. You'll pedal the final 60km on gently rolling hills and flats towards Banff on the historic Bow Valley Parkway. Shaded by ancient trees, this final 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 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. From here, you'll have the option of finishing the cycling portion of the tour **or** continuing to challenge yourself by riding an additional 25km on a dedicated bike path to Canmore. You can then sit back and relax, as we will provide transfers to Calgary or Edmonton where you can continue your travels.

Traveler's Tip: If you'd like to extend your stay in the Banff area (which we highly recommend!), we will happily provide transfers to your hotel in town.

Meals included: Breakfast and Lunch

Downloadable Map for your GPS device: <https://ridewithgps.com/routes/30025027>

WHATS INCLUDED:

Package Includes:

- 3 nights hotel accommodation (twin share)
Night 1: Sunwapta Falls, Night 2: The Crossing Resort, Night 3: Mountaineer Lodge
- Meals: 3 Breakfasts, 3 Lunches, 3 Dinners and unlimited snacks
- 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 Edmonton via Calgary and Calgary International Airport from Banff on day 4.
- USB disk with high-quality photos taken during the tour.

OPTIONAL EXTRAS

Package Excludes:

- Breakfast and Lunch on Day 1.
- Single supplement (Own room to yourself during tour) = \$560 + 5% gst.
- Flights into Edmonton and out of Calgary if required.
- Tour guide Gratuity: Optional but appreciated and customary in Canada for good service.
- Accommodation in Edmonton the night before tour if required.
- Rental Bike for 4 day tour = \$220 + 5% gst. (Carbon fork, aluminum frame, hydraulic disk brakes) or Electric Pedal assist bike
- Additional non rider activities
- Alcoholic drinks not included in evening meals.



MOUNTAIN MADNESS
CYCLE TOURS

Jasper & Banff
Custom Bike
Tours Available

780.885.9813
mountainmadnesstours.com

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Custom groups: For custom groups of 6 -11 people we can customize the above itinerary to suit your groups needs. Contact us to check our availability and for a custom quote. We love custom tours and are more than happy to modify or add anything to suit your groups needs.

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 4 day 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 electric pedal assist bikes available in our rental fleet to help you out.

Minimum numbers required to run tour:

We are happy to provide guaranteed departures for a group of at least 2 passengers.

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

Pricing:

- Twin Share, bring your own bike from: \$2,447
- Optional rental bike: +\$220
- Single Supplement (room to yourself): + \$560

Pricing listed above is per person in CA\$ and excludes 5% gst.

Contact:

Mountain Madness Tours: Ben Johnson | **Web:** www.mountainmadnesstours.com

Email: info@mountainmadnesstours.com | **Phone:** + 1.780.885.9813

More info: <https://www.mountainmadnesstours.com>



Scheduled Tour Departures 2025 / 2026

2025 Scheduled departures:

2026 Scheduled Departures:

Tour 3: 13 - 16 June

Tour 1: 12 - 15 June

Tour 4 Custom: 21 - 25 June

Tour 2: 19 - 22 June

Tour 5 Custom: 28 - 2 July

Tour 3: 26 - 29 June

Tour 6: 4 - 7 July

Tour 4: 3 - 6 July

Tour 7: 11 - 14 July

Tour 5: 10 - 13 July

Tour 8: 18 - 21 July

Tour 6: 17 - 20 July

Tour 9: 25 - 28 July

Tour 7: 24 - 27 July

Tour 10: 1 - 4 August

Tour 8: 31 - 3 August

Tour 11: 8 - 11 August

Tour 9: 7 - 10 August

Tour 12: 15 - 18 August

Tour 10: 14 - 17 August

Tour 11: 21 - 24 August

Tour 12: 28 - 31 August

Tour 13: 4 - 7 September

Note: The above tour dates are subject to change. Please check the [Join A Tour](#) page of our website for up to date information and current seat availability.