



**Road Bike Tours**

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

**780.885.9813**

[mountainmadnesstours.com](http://mountainmadnesstours.com)



## **Jasper to Banff 4 day, 3 night Cycle Tour (mixed group, wilderness Hostel / Hotel tour)**

### **Discover the Rockies by Bike**

**4 Days (3 Nights) | From: CAD \$1,508 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 around the camp fire at the hostel or with 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 wilderness hostels along the Icefields Parkway you'll meet plenty of interesting travellers along the way.

**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, Arrival night accommodation and Airport Transfers 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.



## Jasper to Banff 4 day, 3 night Cycle Tour (mixed group, wilderness Hostel / Hotel tour)

### Day 1: Transfer to Jasper

#### Icefields Parkway to Sunwapta Falls – Total Distance: 56km (35 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. There, we'll unpack the bikes while you take the opportunity to change into your bike gear and stock yourself up with fuel 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 the *Sunwapta Falls Hotel* where a delicious 3-course meal will be served in the on-site restaurant. After dinner we'll shuttle those on the hostel tour back to Athabasca Falls Wilderness Hostel (located 24km's down the road) where they will stay the night. As there are no regular showers at the hostel we may be able to book an additional shower room at the hotel for people booked into the hostel package to use (this is not guaranteed though and additional bush showers exist at the wilderness hostels as alternatives).

**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 around the fire in the common room and meet various travellers staying at the hostel.
- 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 under the stars and an open fire and watch the moon journey across a stunning mountain backdrop, with the sounds of nature at night rising all around you.

### Day 2: Sunwapta Falls to Saskatchewan River Crossing – Total Distance: 98km (62 miles)

At 7.30am we'll shuttle the hostel crowd back to Sunwapta Falls where a bountiful, gourmet breakfast will be served. 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. Dinner for everyone will be at the onsite restaurant at about 6.30pm after which we'll shuttle those on the hostel tour back to Rampart Creek Hostel (located 12km's down the road) where they will stay the night. As there are no regular showers at the hostel we may be able to book an additional shower room at the hotel for people booked into the hostel package to use (this is not guaranteed though and additional bush showers exist at the wilderness hostels as alternatives).

**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 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.



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### Day 3: Bow Pass to Lake Louise – Total Distance: 85km (53 miles)

At 7.45am we'll shuttle the hostel crowd back to Saskatchewan River Crossing where we'll have breakfast at the onsite restaurant. After fuelling up 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 *Lake Louise Hostel* is where you'll rest your head tonight. With full services available at tonight's hostel you'll be able to treat yourself to a real shower this evening.

**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:

- 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, the area's namesake. This turquoise, glacier-fed lake is situated in an amphitheater of towering mountains and is absolutely a must-see!

### 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 hostel / hotel in town.

## WHATS INCLUDED:

### Package Includes:

- 3 nights hostel accommodation (bunk beds in dorm rooms)  
Night 1: Athabasca Falls, Night 2: Rampart Creek, Night 3: Lake Louise
- Meals: 3 Breakfasts, 2 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.



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### OPTIONAL EXTRAS

#### Package Excludes:

- Breakfast on Day 1 and Lunch on Day 1 and 4.
- 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.
- Airport transfers (arrival flight) = \$52.50 inc tax per shuttle depending on availability.
- Rental Bike for 4 day tour = \$220 + 5% gst. (entry level road bike, Felt Z85 model, carbon fork, aluminum frame)
- Additional non rider activities
- Alcoholic drinks not included in evening meals.

**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.

Want a bit of extra comfort on your tour? Check out our Jasper to Banff in 4 day Hotel tour. A bit more expensive, but lots of advantages including all the usual services, comforts and privacy of a regular hotel each night.

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 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: \$1,508
  - Including rental bike: \$1,728
- Pricing listed above is per person in CA\$ and excludes 5% gst.

#### Contact:

**Mountain Madness Tours:** Ben Johnson | **Web:** [www.mountainmadnesstours.com](http://www.mountainmadnesstours.com)  
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**More info:** <http://mountainmadnesstours.com/cycling-tours/jasper-banff-bike-tours>



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**Scheduled Tour Departures 2019 / 2020**

**2019 Scheduled departures:**

**2020 Scheduled departures:**

**4 day tour:**

**4 day tour:**

Tour 1: 31st - 3rd June 2019  
(20% early season discount available)

2020 dates coming soon.  
Contact us to set up your custom tour in 2017 / 2018 now.

Tour 2: 7th - 10th June 2019

Due to high demand on accommodations in the rockies planning for larger custom tours may need to start up to 2 years in advance. Don't delay contact us today!

Tour 3: 14th - 17th June 2019

Tour 4: 21st - 24th June 2019

Tour 5: 28th June - 1st July 2019

Tour 6: 5th - 8th July 2019

Tour 7: 12th - 15th July 2019

Tour 8: 19th - 22nd July 2019

Tour 9: 26th - 29th July 2019

Tour 10: 2nd - 5th August 2019

Tour 11: 9th - 12th August 2019

Tour 12: 16th - 19th August 2019

Tour 13: 23rd - 26th August 2019

**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.