



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

Day 1: Saturday 8th June 2019 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 where we'll meet others from the group that are meeting us in Jasper. 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 our accommodations at the *Sunwapta Falls Hotel*. A delicious 3-course meal will be served in the on-site restaurant.

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.

Day 2: Sunday 9th

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.



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Day 3: Monday 10th 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 *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 Moraine Lake or 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: Tuesday 11th 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. We'll drop off any one staying on in Banff or Canmore for a few days after the tour finishes at your hotel and those heading home that evening 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.

WHATS INCLUDED:

Package Includes:

- 3 nights hotel accommodation (twin share)
Night 1: Sunwapta Falls Resort, Night 2: The Crossing Resort, Night 3: Lake Louise Inn
- 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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Package Excludes:

- Breakfast on Day 1 and Lunch on Day 1 and 4.
- Single supplement (Own room to yourself during tour) = \$380 + 5% gst.
- Flights into Edmonton and out of Calgary if required.
- Tour guide Gratuity: Optional but appreciated and customary in Canada for good service.
- Airport transfers (arrival flight) = \$52.50 inc tax per shuttle depending on availability.
- Additional non rider activities
- Alcoholic drinks not included in evening meals.

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

Contact:

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