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ON THE GLACIERS ROAD BY BIKE

Cycling from Jasper to Banff is the perfect mix of effort, reward and relaxation; an incredible setting in which to challenge yourself. During four days, on your bike, you will discover breathtaking landscapes of the Canadian Rockies, crossing Icefields Parkway, one of the most scenic road in the world. You will pass by the impressive national parks of Banff and Jasper, inscribed on UNESCO's World Heritage List.

 Region	Western Canada
 Activity	Nature - Adventure Short trips and extensions Summer
 Duration	4 days
 Code	AV-12
 Price	From €1,422
 Level	2/5
 Comfort	3/5

ITINERARY

Day 1 Jasper - Sunwapta Falls



You will arrive in Jasper around 1pm. We support our tours with a well designed tour van and enclosed bike / food trailer. We will keep an eye on the group as we leap frog you along the route, reacting quickly to any issues that may come up during the day. We will generally let you ride ahead for a few km's then we will drive past the group making sure everyone is doing ok and park a few km's ahead of the group at an appropriate place. After a quick review of the route, elevations and bike safety tips, you and the group will set off on an epic adventure guided out of the town and onto the beautiful Icefields Parkway. Then, you will stop at the impressive Athabasca Falls in the Jasper National Park. Night in the Sunwapta Falls Hotel.

- Dinner

- Accommodation : Hotel

Day 2 Sunwapta Falls - Saskatchewan River Crossing



After a gourmet breakfast, you will hop on the bike and hit the road for the day's journey to Saskatchewan River Crossing. After a nutritious meal, you will ride the scenic Sunwapta Pass, one of the highest mountain passes of Canada. Night in the Crossing resort.

- Breakfast, lunch, dinner

- Accommodation : Hotel

Day 3 Saskatchewan River Crossing - Lake Louise



After breakfast, you'll climb out the valley in the shadow of Mount Murchison. Then, you'll cruise easily past endlessly changing vistas of mountains, turquoise green Glacial Lakes and observe an abundant wildlife. Bow Pass, your final challenge of the tour awaits. As a reward for your effort, you can enjoy a scenic view like no other of Peyto Lake, in Banff National Park. 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. Night in the Lake Louise Inn.

- Breakfast, lunch, dinner

- Accommodation : Hotel

Day 4 Lake Louise - Banff



- Breakfast

For the last day of your cycling tour, you'll pedal the final 60km on gently rolling hills and flats towards Banff on the historic Bow Valley Parkway. 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 from the peace and quiet of your bike.

PERIOD & BUDGET

When to travel?

The best period for travelling is during the following months:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Price

From C\$2,122

The budget is an indication of the price per person, subject to availability. Your local agent will send you a customized quote with the exact price. The price can vary according to availability, level of services, period of travel, number of participants, booking time frame and other items.

Included

- Guide and van support all along the tour
- Bike and helmet rental for 4 days
- National Park fees
- 3 nights accomodation
- 8 meals
- Snacks
- Applicable taxes

Not included

- Air travel - Shuttle to the meeting point (OPTIONAL)
- Personal expenses
- Drinks (excluding coffee and tea with meals included)
- Tips for guide

Terms and conditions

Booking conditions

By registering for one of our travel, the customer bindingly accepts the General Terms and Conditions of Sale. Each customer must complete a registration form. The booking is definitively recorded when the customer has settled the payment of a deposit of 35 % of the total travel price (subject to availability at the time of registration). In case of short term bookings – within 35 days prior to the travel departure – the full travel price is due immediately. Payments can be settled via bank transfer (SWIFT code/IBAN number) or online, directly from our website (soon available). You will receive an email with a booking confirmation as quickly as possible

Invoice procedure

Once your booking is registered, we send you an email with the invoice. Full payment is required at least 35 days before your arrival. If the customer does not settle the payment of the travel price within the period agreed upon, Altai Canada reserves the right to cancel the booking free of charge.

Cancellation policy

If for any reason, you decide to withdraw from a journey, the amount already paid will be refunded subject to the following exceptions:

- Cancellation up to 45 days prior to the agreed beginning of the journey: You will be charged 20 % of the travel price, in addition with every non-refundable expense for additional services booked on request (internal flights, site entrance tickets, activities...)
- Cancellation between the 44th and 15th day prior to the agreed beginning of the journey: You will be charged 50 % of the travel price, in addition with every non-refundable expense for additional services booked on request (internal flights, site entrance tickets, activities...)
- Cancellation less than 14 days to the agreed beginning of the journey: You will be charged 100 % of the travel price, in addition with every non-refundable expense for additional services booked on request (internal flights, site entrance tickets,

activities...)

Any cancellation shall be notified in writing (email, letter or fax). Notice of cancellation will be effective upon receipt by us of your written communication.

If it comes apparent at an earlier point in time that the minimum number of participants cannot be reached for a travel, Altaï Canada is to exercise his right of withdrawal immediately. In such a situation, you will be informed of the cancellation of your travel no later than 21 days prior to the agreed beginning of the journey. Altaï Canada can also cancel a travel in case of circumstances amounting to "force majeure": volcanic eruption, civil disturbances, strikes, weather and climate conditions, travellers' security... In such cases, you are immediately refunded any payments on the travel price; however, you shall not be entitled to any compensation.

Changes to travel contract

If a change to travel contract is made at the customer's request, any fee that might arise from this change shall be paid by the customer. In any cases, every request for changes shall be notified in writing. In case of external events that could not be foreseen, Altaï Canada might change some aspects of the travel contract. We will endeavour to advise you of any changes as quickly as possible.

Pricing

All group travel prices on our website have been calculated for the indicated number of participants for each trip. The price list is confirmed after the booking. If the number of participants is lower than expected, an additional payment charge might be applied. For each travel and program, we mention the price per person – valid for the minimum number of participants – and we provide you with detailed explanations about the services included or not. Any change in the exchange rates or in the price of travel services in particular regarding the cost of the fuel, might entail price revision.

Contract transfer

In case of transfer of the contract by the customer to an assignee, modification and cancellation conditions apply.

Insurance

We recommend that you get personal insurance before your departure to cover the activities undertaken by Altaï Canada. If you have not purchased your insurance directly with us, we ask that you email us your insurance contract information (company, policy name, policy number, phone number) and bring this information with you on your trip.

PRACTICAL INFO

Food

« See the inclusions of this package »

Breakfast (All Tours) :

A full buffet breakfast will be supplied at the hotel restaurant. Buffet includes: Fruit, Cereal, Assorted pastries, Tea, Coffee, Juice, Yoghurt, Eggs, Bacon, Sausage, Toast, Pancakes, Hash Browns.

Snacks / Rest Stops :

A variety of healthy and nutritious foods will be available to you several times during the day to keep your body adequately fuelled and running in top condition. We recommend that you eat small amounts often throughout the day. You may choose from our large variety of rest stop foods at your will. Some common foods available include: Trail Mix, Fruit (dried and fresh), Assorted pastries, Crackers and cookies, (Fig newtons, wafer biscuits, rice crackers). We'll also have some nutritional supplements such as bars, gels and vitamins by Hammer Nutrition to help you get through the day if regular food doesn't quite do the trick for you.

Post Ride Snacks:

After an awesome day out on your bike we know you'll have some pretty gnarly cravings starting to set in. We'll do our best to get you through till the evening meal with our post ride snacks. Some items supplied may include: Crisps, Pretzels, Pop, Chocolate milk, Cookies, Nuts + other comfort foods that we've found to be popular post ride. A selection of snacks from the mix used during the day will also be available. Alcoholic drinks are at your own cost upon arrival at the hotel / hostel and in most cases are available from the hotel / onsite bar or can be purchased before the tour and made available after the riding day. Certain location specific restrictions apply.

Lunch:

A variety of sandwiches will be pre made by the tour guide or sourced from a local hotel restaurant along the route. These sandwiches will be available to you at anytime during the day. A selection of ingredients can also be made available to make your own sandwiches if what we supplied is not to your liking. The exact lunch menu is flexible and will likely be discussed in more detail with each individual once on the tour depending on your specific dietary requirements.

Evening Meal (All Tours):

For both hostel and hotel based tours we will have 3 course hot meals served to us at a restaurant, either at your hotel or a short drive down the road from the hostel. Set menu, buffet or off the menu items can vary tour to tour. Usually the meal will include a soup or salad followed by the main meal, followed by a desert of some kind. Non alcoholic drinks will be included with the meal. Alcoholic drinks are at your own cost.

Allergies, Specific Nutritional Requirements:

Are you allergic to any specific foods? Are you gluten free, vegetarian, vegan or have any other food related sensitivities? Please let us know upon signing up for a tour so we can plan accordingly. In most cases there are alternative menus and options available and if not we can come up with a variety of other options including you bringing your own specific nutrition along. If we know these things in advance we can be very flexible.

Transportation

We can offer our services for transfers and provide a rental car (seek us)

Budget & exchange

Visa and Mastercards credit cards are accepted almost everywhere. You can also exchange euros. 1 Euro = 1,57\$CAN (04/04/2018)

Tips

In the United States and in Canada, service is never included in the prices. In bars, restaurants and all the places where service is provided, it is expected that you tip the waiter/waitress between 15% and 20% of the total sum. Note that a lot of employees working as waiters are paid by tips only. Not giving anything or not giving enough would be poorly received. Even when paying by

credit card, you'll indicate the sum you wish to give. On this type of trip, it is customary to tip the guide(s) 4\$ to 5\$ by persons and per day.

Helpful equipment

- Small sunscreen, Lip Balm, Toiletries
- Medications
- Warm layers to change into in case of getting into van. Base & mid layer.
- Socks (Merino wool a good idea)
- Cycling jersey and padded cycling shorts
- Camera
- Some cash, ID, health care card
- Cycling gloves (long and short)
- Wind / rain Proof Jacket (if weather is looking suspect, please carry this with you)
- Arm warmers, Leg warmers (you will probably wear these for the first part of the day)
- Casual clothes for the evening
- hot tub shorts / bathers
- Two water bottles
- Red flashing light attached to rear of bike, two spare tubes (If bringing your own bike)
- Bike and helmet (unless renting one of us)

Passport

Consular formalities for Europeans and Swiss nationals:

Upon your registration, please transmit your passport information (name, first name, passport number, date of issues and expiration). Currently, to stay as a tourist for less than six months, a visa is not mandatory and a valid passport is sufficient with a validity exceeding by one day your stay in Canada.

Travelers must imperatively have an **electronic travel authorization (eTA) to enter Canada**. You will have to fill the form online and individually (**one application per person**) on <http://www.cic.gc.ca/english/visit/ave.asp> It is essential that you have a valid email address. The 7 CAD fees are payable by Visa, Mastercard or American Express credit cards. The eTA is granted in just a few minutes but we advise you to apply for it as soon as your trip is confirmed. The eTA is an electronic document linked to your passport and **stays valid for 5 years or until the expiration of the passport**, depending on the first of these eventualities to occur. You must then travel with the passport used to apply for it.

CAREFUL: for French women, the eTA must be filled with your maiden name. Hence, to facilitate the check-in at the airport, we ask travelers in Canada to indicate their maiden name for the booking of their tickets.

You travel with children:

Children and adults are submitted to the same obligations regarding passports and visa described above. Registration of minors on parents' passports is now impossible; children must hold an individual passport. It is compulsory to apply for an eTA for each child individually.

CAREFUL, from January 15th 2017 onwards, for all French minors traveling abroad alone, an authorization to leave the country is compulsory.

The child will have to submit the three following documents:

- The minor's valid passport
- A photocopy of the signatory's identity card, valid or expired for less than 5 years and the birth certificate
- The form, signed by one of the legal guardians, available online on <https://www.service-public.fr/particuliers/vosdroits/F1359>

Concerning other nationalities, seek the Canadian consular authority of your country.

ARRIVAL IN CANADA VIA A TRANSIT THROUGH THE UNITED STATES :

CAREFUL, we can exceptionally use American airlines for travels bound for the American continent (North and South).

They stop over in the US: **you must possess an electronic or biometric passport which is still valid 6 months after your departure from the US** (under "passport", a rectangle under a circle meaning a secure symbol).

You must also **apply for an electronic travel authorization (ESTA)** on the official website <https://esta.cbp.dhs.gov>. Valid for a duration of two years or until the expiration of the passport, this authorization must be requested at the latest 72h before your departure: we advise you to apply to it as soon as your trip is confirmed. It has to be paid for (14 USD online by credit card). The name you put on the form must be the same as the one that figures on your plane tickets and must of course appears on your passport. If the name used on the ESTA form is different from the one on your tickets, the airline can deny your boarding. Minors must also fill out an ESTA authorization.

The Visa Waiver Program allows French nationals to enter the American territory without a visa, either via transit or for a stay of 90 days to the maximum. A visa is nevertheless necessary if you only have an emergency passport. Furthermore, travelers who went to Iran, Iraq, Syria, Somalia, Yemen or Soudan since March 11th 2011 and people who are national of Iran, Iraq, Syria or Soudan cannot benefit from the Visa Waiver program anymore: more information on <http://www.diplomatie.gouv.fr/fr/conseils-aux-voyageurs/conseils-par-pays/etats-unis/>

ARRIVAL IN THE US OR TRANSIT THROUGH THE US :

Upon your arrival, the immigration service will take your photo and fingerprints. You'll have to wait behind the yellow line and not cross it unless you're told to, it can take some time. Customs controls will take place at the first access point to the territory (in case of a transit through a Canadian airport, it will be considered as a first access point to the US and the following process must be applied). Once you've been through the immigration service, you'll get your luggage back from the conveyer belt and go to the customs. In case of a continuation of your trip, you'll have to get your luggage back and bring them the baggage conveyer which serves.

Weather

Spring is a rainy season in the major part of Canada. During the day, temperatures generally get high but nights still cool. The median temperature is 12°C in March, April and the beginning of May. Summer officially starts on June 21st but for most Canadians, July and August are the real summer months. It is warm in most regions of Canada. In the South, they are above 20°C during the day and can sometimes pass 30°C. Autumn starts in September. Temperature gets chillier and leaves change color and fall. This season can be very rainy. In some regions, particularly in the North and in the mountains, it may start to snow towards the end of October. During the day, normal temperatures vary between 10 and 12°C in the major part of the country.

Unlike Europe, seasons are well defined in Canada. Temperatures can get higher than 30°C in summer and down to -30°C in winter. In fact, Canadian climate changes a lot from a region or a season to another. Canada extends from the Atlantic Ocean to the Pacific Ocean and lies at the same latitude as Roma at his southern extreme, where it reaches the Arctic.

To know the current climate and weather conditions by provinces and territories, go to www.meteo.gc.ca or www.meteomedia.com

Spring : Spring comes as soon as February on the West Coast. In the rest of Canada, weather gets warmer at the beginning of April and lasts until June.

Summer : Summer in Canada brings cool to hot temperatures from the end of June to the end of September. The warmth of summer lasts from June to August, and July is often the hottest month.

Autumn : Autumn brings pleasant and cool temperatures, particularly in September and in October. It is the best time of the year to enjoy the spectacular beauty of Autumn leaves in the East of Canada, to take long walks while breathing fresh air.

Winter : A major part of Canada is covered with a white coat during winter, temperatures fall below the freezing point, and snowfalls start at the end of October. However, winters are very cool on the West Coast where the snow doesn't stay long.

Electricity

As everywhere in the US, voltage runs at 110 Volts/60 cycles. New electric devices can be adapted to the current. It's preferable to check whether or not your device is equipped with a current transformer. In general, it is a black box located between the electric plug and your device. If your device isn't compatible with the 110-volt current, you'll need to get a current transformer sold separately. As electrical plugs are flat, you'll also need an adaptor to plug your device in. you'll find it easily on the spot or before departure in a shop specialized in travels. A waterproof Zip Lock bag is a good way to keep your equipment in a dry place.

Sustainable tourism

Since the outset, Altai works for an eco-tourism and an organization of trips that respects equitable and sustainable principles.

The harmonization of practices assures:

- A fair economical repartition
- The improvement of local teams' working conditions and their awareness of the protection of the environment
- The information of travelers about respecting the local population and environment and the collection of their feelings at their return.

You can also act in favor of an eco-tourism by adopting simple green gestures during your trips:

- Avoid letting waste out, throw it in the trash can or bring it with you
- Use potable water sparingly (take a shower instead of a bath and report any leaks) and avoid wasting it (use biodegradable soap to wash yourself)
- Avoid damaging cultural sites: don't touch the statues, don't move the stones and objects
- Exchange instead of giving (too Important gifts can destabilize the local economic stability of the country depending on their living standards)
- When taking a walk, especially in some fragile ecosystems, observe the fauna from afar, do not go beyond beaten roads, limit stamping and do not bring any souvenirs: give up picking rare flowers picking fossils...
- In some hotels, you can have individual air conditioning. It is advised to systematically switching it off when you're out of the room to avoid energetical overconsumption and greenhouse gas emission.