



PEDAL & SEA  
**adventures**  
**CANADIAN ROCKIES  
TOUR PACKAGE**

As you start to plan for your cycling tour of the Canadian Rockies, here is some important information to help you plan your vacation with Pedal & Sea Adventures





# CANADIAN ROCKIES & POST TOUR IMPORTANT INFORMATION



## AIRPORTS

### ● Calgary (YYC)

Calgary, Alberta is your gateway to the Rockies. The international airport is located 125 km east of Banff. Calgary is accessible from anywhere in continental North America in one day via several Canadian and international airlines.



# TRANSPORTATION TO BANFF

## **BUS**

A very convenient option to get to Banff from the airport is the Brewster airport bus (Approximately 2 hours).

[Click here for bus](#)

[Click here for schedule](#)

## **Taxi**

Banff Taxi and Limousine services are also available for approx. \$375 CAD one way (403-762-8400; Mayfair Taxi Ltd., Calgary: 403-255-6555)

# ACCOMMODATIONS

Please plan to arrive in the Banff area at the latest the day before the tour as we depart at 9:00 am on the first day. We recommend these hotels and lodges;

## **BANFF HOTELS**

- [Moose Hotel & Suites, Banff](#)
- [Fox Hotel & Suites, Banff](#)
- [Rundlestone Lodge, Banff](#)

## **CANMORE HOTELS**

- [Canmore Pocaterra Inn & Waterslide, Canmore](#)
- [Rocky Mountain Ski Lodge, Canmore](#)





# IMPORTANT INFORMATION

## Tour Pick-ups

We have 3 meeting spots for the tour, one in Canmore and 2 in Banff, see there locations below;

### Canmore Pick Up

Meet outside the [Rocky Mountain Ski Lodge \(CLICK HERE\)](#) at **8:00 AM**.

### Banff Pick Ups

Meet outside the [Rundlestone Lodge \(CLICK HERE\)](#) at **08:30 AM**

Meet outside the [Moose Hotel & Suites \(CLICK HERE\)](#) at **08:45 AM**

## Tour Drop-off

The tour will end no later than **3:00 pm** just outside Banff.

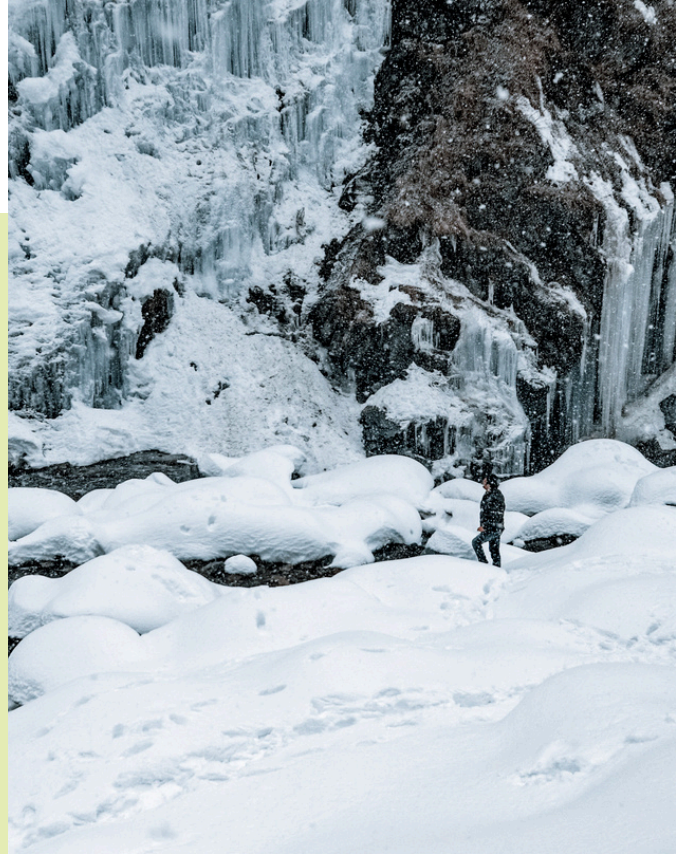
After this guides will drop you off at your hotel of choice in Banff or Canmore.



# IMPORTANT INFORMATION

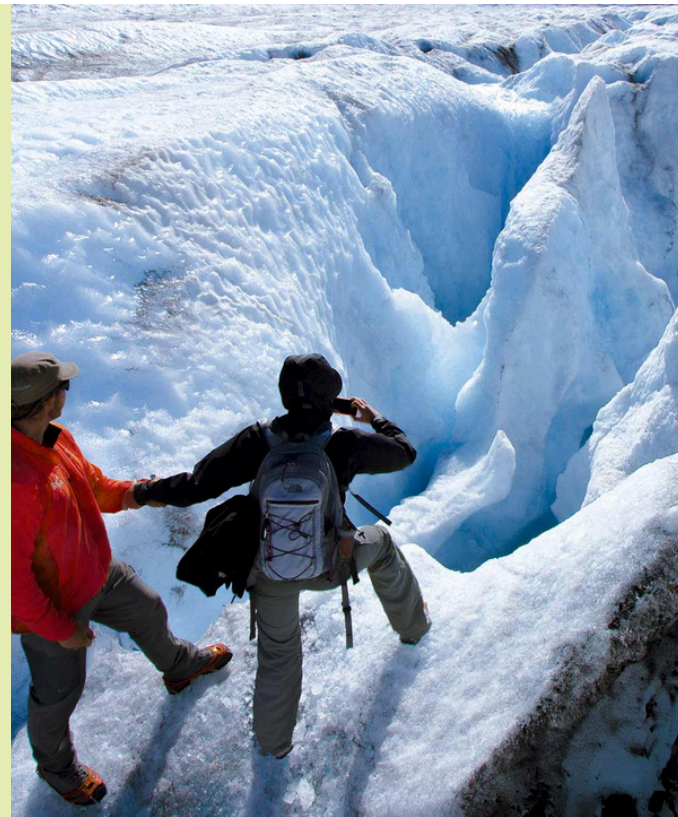
## Weather

Alberta has a temperate climate. It is generally dry and sunny but often cooler at night in the mountains. The average summer temperatures are in the 20C/70F during the day, and nights cool off typically to the 10c's/50F's but possibly as low as the 0C /30Fs (especially in June and late August). You should be prepared for all types of conditions, including hot and sunny days or cool to cold, rainy weather. Brief thundershowers in the afternoon are not uncommon; good raingear is essential to your comfort.



## Athabasca Glacier Walk

For your Athabasca Glacier ice walk, please come prepared for changing mountain weather – even in summer it can be cold, windy, or wet. We recommend wearing sturdy hiking footwear and dressing in warm layers, including a breathable base layer and an insulating jacket. Bring sunglasses, sunscreen, a small water bottle, and a daypack for personal items. Essential gear can be provided, such as hiking shoes, crampons (micro spikes), waterproof jacket and pants, lightweight gloves, and warm hats, but wearing comfortable personal layers and shoes will help you stay warm and enjoy the experience. We also recommend keeping these items packed in a small day bag for easy access during the tour.



## Suggested Apps To Install:



We use WhatsApp – Download the app for free:

- [Apple App Store](#)
- [Google Play Store](#)



We use Ride With GPS – Download the app for free:

- [Apple App Store](#)
- [Google Play Store](#)

# POINTS OF INTEREST

## WHAT TO SEE AND DO

The Canadian Rockies are an outdoor mecca, outdoor enthusiasts will find a buffet of options at their disposal.

Public Transit in the Bow Valley is an easy and convenient option for those travelling without a car. [Visit Home - Roam Transit for more information.](#)

### Hiking

Hike Sulfur or Tunnel Mountain, accessible within the townsite these hikes are easy to get to and offer a great pre or post trip active option for those looking at seeing the mountains from amazing vantage points.

### RENT A BIKE

Rent a bike and cycle roads that are not part of your itinerary such as The Golf Course Loop, Tunnel Mountain Ride, Lake Minnewanka and Mt Norquay. Feeling like visiting Canmore? Ride the Legacy Trail, the paved bike path connects the two mountain towns and is a local favorite.

### CULTURE

For culture activities we recommend visiting Cave & Basin (the birthplace of Canada's National Park), or the Whyte Museum.

### FEELING ADVENTUROUS

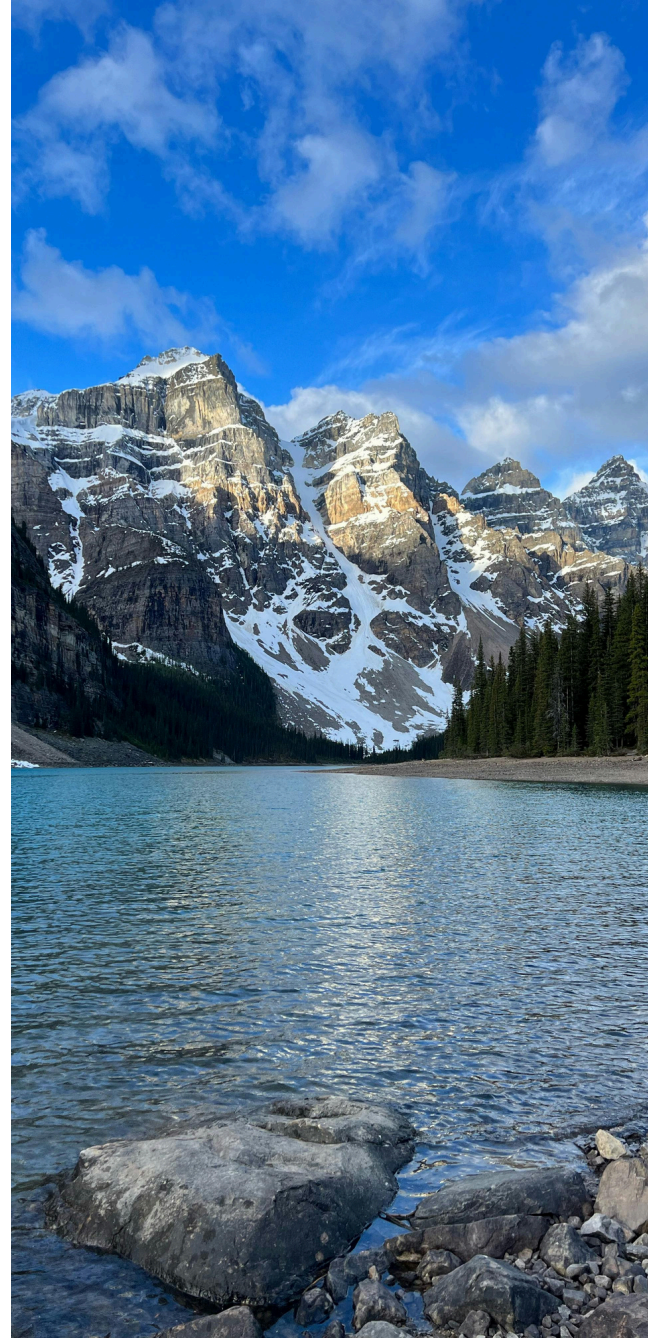
Feeling like exploring outside of Banff but you don't know where to go? Hire a guide! We recommend [Rocky Mountain Adventure Tours | Hiking & Multi-Sport Trips in Banff & Beyond](#) for daily guided hikes and private tours.



# MEDICAL & ALLERGIES

Guests with any medical issues, medications or allergies that we ought to be aware of, must inform our guides when they check-in. **GUESTS WHO CARRY AN EPIPEN:** Please tell the guides at check-in where you keep it so they can assist if necessary.

- If you have any cardiac, pulmonary, breathing issues or recent surgeries, we urge you to inform our guides at check-in so we can assist in the best manner possible.
- In the event of an incident, Guides will make the best decisions in consultation with each guest and their respective partners/designates. Guests agree to understand this to be the case.
- **ALLERGIES:** We must be informed of any allergies you have, whether food or substance so we can make every to provide a safe environment.
- **DIETARY:** We can accommodate dietary restrictions only if we know in advance as we need to pre-purchase all food for the trip. If complex dietary restrictions exist, please contact us before the trip.



## Nearby hospitals and health care centres

- [Banff Mineral Springs Hospital](#)
- [Banff Urgent & Primary Care Clinic](#)
- [Canmore General Hospital](#)
- [Canmore Medical Clinic](#)



# ADDITIONAL INFORMATION

## What we provide:

- Small bike bag (it is recommended that you bring a lightweight backpack just in case)
- Bike light
- Snacks (if you have dietary restrictions or allergies you may wish to bring your own snacks)
- Cold drinks
- Bicycle rental
- Helmet – you can bring your own, or we can provide one. Helmets are mandatory.
- Reusable water bottle
- Gps navigation
- Universal phone mount for bike



### Roads & Traffic

Alberta's roads use kilometers (km) for distance and speed limits



### Banking and shopping

- Banks are open Monday–Friday and closed on Saturday & Sundays
- Shopping is generally open Monday to Saturday and shortened hours on Sunday



### Tipping Your Guides

While tipping is always at the discretion of our guests, we are often asked what guidance we can provide regarding tipping. Here is what we suggest: \$20–25 per day – per guest – per guide – as a general amount. Should you believe more or less is warranted, feel free to adjust accordingly.

# CHECKLIST

## Items We Suggest You Bring

- Official travel documents
- Airline tickets
- Passport or government ID
- Good pair of hiking shoes
- Luggage: 1-2 carry-on sized suitcases per person (if possible)
- One personal bag: if your tour has a hiking portion, a knapsack to carry items
- Cycling jerseys (2 or 3 - short sleeve and long sleeve)
- Cycling shorts (1-3 pairs)
- Arm warmers
- Cycling rain gear (jacket, waterproof/breathable pants)
- Cycling shoes
- Cycling gloves
- Helmet: Must be worn while cycling - please remember yours if you chose to bring own when booking, otherwise we provide one.
- Comfortable walking shoes
- Sweater, light jacket or windbreaker for after dinner
- Bring a few lightweight, easily washable items for city wear (dinner and sightseeing)
- Fleece / Lycra sweater / long sleeves
- Mobile phone and charger
- Sun hat or visor
- Swimsuit
- Sunglasses
- Sunscreen/bug spray
- Any medical or nutritional items you deem necessary
- Gel seat cover, or your own saddle (do not bring the post)
- Rear view mirror, if desired.
- Extra water bottle, if desired.
- Chamois cream
- Pedals: If you want to clip in, bring your own pedals. and cycling shoes. Our guides will put your pedals on your bike. This does not apply to e-bikes.



## A NOTE TO OUR GUESTS:

We are excited to have you as part of our tour! I trust this tour package answers many questions and provides insights about your upcoming trip. It's our role to provide you with a great cycling adventure. Please ask our guides for anything you may need.

Have a great trip and have lots of fun!

My best,

**Michael**

**Michael O'Leary**  
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