



# RIDE THE ROCKIES

**MAY 29 – JUNE 1, 2020**

Experience two National Parks from the seat of your bike, as you ride through the Icefields Parkway in the Rocky Mountains. Your ride winds through valley's and over high passes surrounded by icefields, beautiful mountains, glacier blue lakes, wildlife and waterfalls. This tour is a great balance of riding, sightseeing and relaxing. Program starts Feb 2020.

- Tour Program starting at: \$1647 pp
- 16 week program and group rides
  - Tour is 3 nights / 4 days
- Open to all PG Members, AHS employees & Beginner to Experienced riders.
  - Tour is fully supported
  - Limited Spots Available

To secure your spot, a \$500 non refundable deposit is required.

The remaining balance can be paid for over two future dates (Jan & March 2020).

For more information please contact Kevin...[kevin.vachon@ahs.ca](mailto:kevin.vachon@ahs.ca)



Some of the sights you will see on the 4 day ride.



Athabasca Falls



Tangle Falls



Rocky Mountain Wildlife



Peyto Lake



Group Ride Hwy 93



Mistaya Canyon

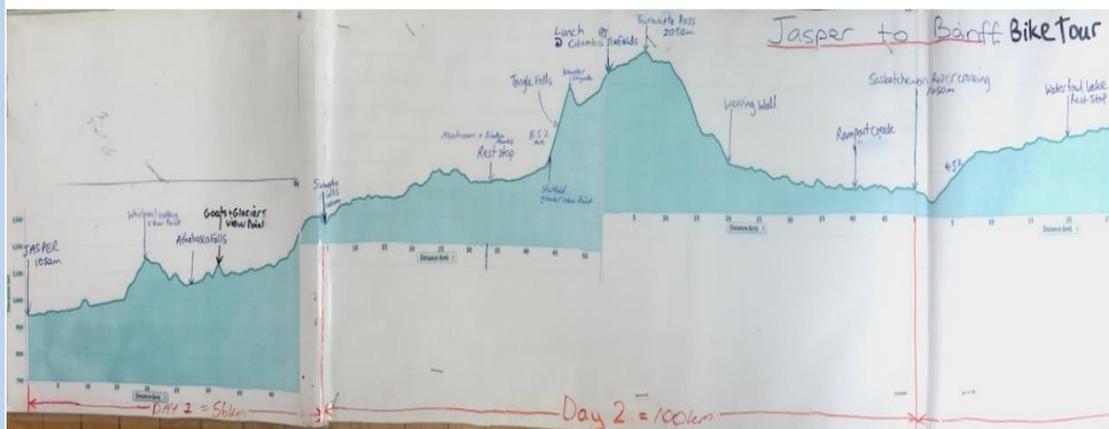
### PG Training Program

The Ride the Rockies training program will begin in February of 2020 and will be 16 weeks in duration, getting everybody ready for four days of epic riding. As part of this program, all participants will be working toward improved fitness on a self-directed program, whereby participants will be given a weekly training program in which to follow. A Pulse Generator leader will be checking in weekly with each participant to see how things are progressing and offer any coaching and tips needed.

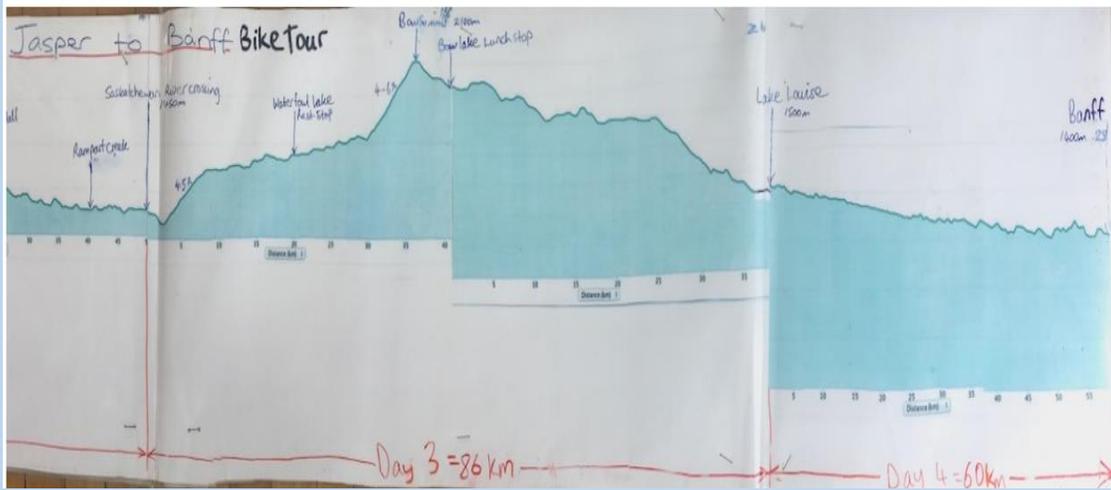
As the early season training progresses, arrangements will be made to schedule outdoor group rides to increase our fitness as well as on road riding skills.

### Ride Elevation Profile

Day 1 and 2

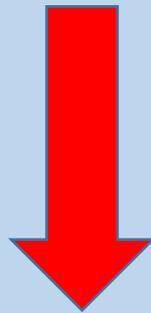


## Day 3 and 4



A full description of the ride itinerary from our tour operator can be found below.

If you have further questions, please get in touch with Kevin.



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

### Day 1: Friday 29th May 2020, 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.

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

### Day 2: Saturday 30th

#### 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.

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

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

### Day 3: Sunday 31st

#### **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!

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

### Day 4: Monday 1st June

#### **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.

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

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

### 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.

#### Package Excludes:

- Breakfast and Lunch on Day 1.
- 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) = \$50 + 5% gst per person depending on availability.
- Rental Bike for 4 day tour = \$220 + 5% gst. (Felt VR30 model road bike, carbon fork, aluminum frame, hydraulic disk brakes)
- 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.

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