

# FAQ'S

## WHAT DO I WEAR ON YOUR HIKES AND WALKS?

Good sturdy footwear, such as hiking boots or walking shoes are recommended for all walks, and is required on the longer hikes. Dress in layers, as our weather changes rapidly. We recommend a light layer under fleece or wool outerwear and a water resistant wind shell. Cotton is not recommended for outdoor sports. It will not trap the warm air against your body.

## WHAT SHOULD I BRING ON THE TOUR?

Pure Mountain Adventure will provide bottled water, but always being prepared in the mountains is essential. You may want to consider a small day backpack with the following:

- dress in layers (see above)
- snacks, ie. granola, fruit etc.
- extra water
- camera
- binoculars (if you have them)

## HOW FIT DO I HAVE TO BE?

You need a certain amount of strength and agility to walk over uneven terrain. Age is usually not a factor. We offer a variety of walks, hikes, and excursions, from strenuous to relatively easy.

## HOW MANY PEOPLE GO ON A TOUR?

Groups are limited to 10 people or fewer per guide. We believe this preserves the quality of your experience, allowing for a better interaction with your guide and putting less stress on our fragile ecosystem.

## WHAT IS YOUR CANCELLATION POLICY?

If you have booked a day tour with us, we require 24-hour notice of cancellation for a full refund. Multi-day adventures (5 days, plus) require 2 week notice of cancellation for full refund as these are more intensively planned and coordinated trips.

## WHAT ABOUT SAFETY?

The benefit of going on a guided walk or hike with us is our familiarization with the area, the culture and the weather. All of our guides are certified in CPR and First Aid. All guides carry hand-held emergency radios and have maps of the area we are in.

## ARE CHILDREN WELCOMED ON THE TOURS?

Families with children find our hikes and walks to be very attractive. We ask that children unable to walk or hike the full distance of the tour on their own be carried in a suitable backpack.

## WHAT ABOUT TIPPING?

This is strictly up to you, and a reflection of the quality, service and experience provided by your guide.

## LEARN MORE AT OUR WEBSITE

[www.puremountainadventure.ca](http://www.puremountainadventure.ca)

## ECO-TOURISM

Pure Mountain Adventure is an eco-tourism company that is dedicated to being stewards of the earth. You can explore the National Parks and play a roll in protecting these areas. We believe in leave no trace travel, pack out what you pack in and being environmentally friendly. It is important to maintain our fragile eco-systems and maintain a balance between preservation and sustainable development.

## CUSTOMIZABLE & PRIVATE TOURS

If you would like to mix & match or add some sights not listed on our pamphlet, Pure Mountain Adventure can custom build a tour to suit your travel expectations. Custom & Private tours are subject to a \$400 minimum cost or a minimum of 4 persons on tour per day.

## CHILD ARRANGEMENTS

Children less than 1 year of age must be in a rear facing child seat for vehicular travel and any child under 80 lbs and over 1 year must be in a booster seat. Please contact Pure Mountain Adventure with these details should your party need to be accommodated.

Baby back packs, strollers and other travel gear may be rented through an affiliate company.

## FEATURES

Please check our website for upcoming feature hikes!  
[www.puremountainadventure.ca](http://www.puremountainadventure.ca)



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# GET OUTSIDE!

HIKE.  
DISCOVER.  
PLAY.  
EXPLORE.  
TOUR.  
THINK PURE.



## PURE MOUNTAIN ADVENTURE

Committed to Life Outside!

An Eco-tourism Company

403.660.5226

[info@puremountainadventure.ca](mailto:info@puremountainadventure.ca)

[www.puremountainadventure.ca](http://www.puremountainadventure.ca)

## KANANASKIS EXPERIENCE

Kananaskis Country is 4,000 square kilometers of Mountain Park to discover and is Calgary's closest play ground. Light hiking in Troll Falls and at Upper Kananaskis Lakes are exciting journeys into the mountain landscape. We lunch in the Village of Kananaskis and see Nakiska Ski Hill, where the 1988 Olympics were held. Movies are often filmed here for their natural splendor; like X-men at Barrier Lake. Join us for a full day of beauty and discovery. Please dress in touring wear for this trip; hats, running shoes or hiking shoes, dress in layers for changing temperatures.

### Your Tour Includes

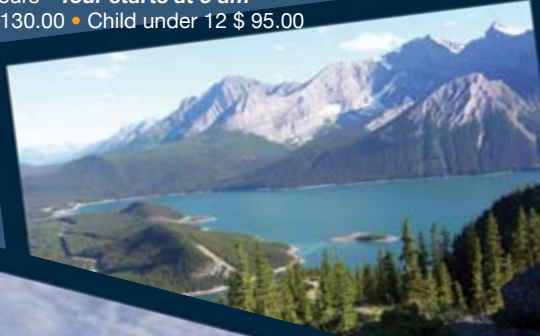
- Hotel Pick-up and Drop Off in Downtown Calgary
- Lunch in the Village of Kananaskis

### Tour Highlights

- Canoe Meadows • Barrier Lake • Troll Falls
- Village of Kananaskis • Nakiska Ski Hill • Upper Kananaskis Lakes

Duration 9 hours - **Tour starts at 9 am**

Cost Adult \$130.00 • Child under 12 \$ 95.00



## DINOSAUR BADLANDS TOUR

Enter the Alberta Badlands at Horseshoe Canyon where the prairies meet the extraordinary geological formations of the badlands. We continue on to explore the Royal Tyrrell Museum of Paleontology where more dinosaur skeletons are on display than any other attraction in the world. Venture back out into the Badlands to Horsethief Canyon to see some of the best badlands scenery in Canada and cross the Red Deer River via the Bleriot Ferry. Your journey through history continues with an exploration of the unique Hoodoo geological formations and the historic Rosedale Suspension Bridge coal mining operation. An exciting journey through an area rich in history and awe inspiring scenery.

### Your Tour Includes

- Hotel Pick-up and Drop Off in Downtown Calgary
- Lunch in Drumheller • All entrance fees

### Tour Highlights

- Drumheller Valley • Royal Tyrrell Museum of Paleontology
- Horseshoe Canyon • Horse Thief Canyon
- Historic Bleriot Ferry • Rosedale Suspension Bridge

Duration 9 hours - **Tour starts at 9 am**

Cost Adult \$135.00 • Child under 12 \$ 89.00



## JOHNSTON CANYON & BANFF UPPER HOT SPRING

Hike on a suspended walkway that will take you into the heart of the canyon and give you an up close view of water falls. We travel through prime wildlife habitat and experience the wonders of nature. After our hike we tour the Cave & Basin in Banff National Park where the original hot spring began and finish with a luxurious soak in the hot spring. Lunch is provided. Please dress in hiking wear for this trip; hats, running shoes or hiking shoes, dress in layers for changing temperatures, and don't forget a bathing suit!

### Your Tour Includes

- Hotel Pick-up and Drop Off in Downtown Calgary
- Lunch in Banff • All admission fees

### Tour Highlights

- Johnston Canyon • Cave & Basin • Banff Upper Hot Spring

Duration 9 hours - **Tour starts at 9 am**

Cost Adult \$135.00 • Child under 12 \$ 99.00

## GROTTO CANYON & BANFF UPPER HOT SPRING

Walk on the dried up creek bed and experience one of the few limestone canyons in Alberta. Come see the power of water as it carved and sculpted the canyon walls. You will see the native pictographs on the rock that have been there for more than 800 years. After our hike, we tour the Cave and Basin in Banff National Park where the original hot spring began and finish with a luxurious soak in the hot spring. Please dress in hiking wear for this trip; hats, running shoes or hiking shoes, dress in layers for changing temperatures, and don't forget a bathing suit!

### Your Tour Includes

- Hotel Pick-up and Drop Off in Downtown Calgary
- Lunch in Banff • All admission fees

### Tour Highlights

- Grotto Canyon • Cave & Basin • Banff Upper Hot Spring

Duration 9 hours - **Tour starts at 9 am**

Cost Adult \$135.00 • Child under 12 \$ 99.00

## WILD WEST EXPERIENCE

A true Alberta experience. We get a glimpse of cowboy culture and how the native peoples once lived in Alberta. Our journey takes us down the historic cowboy trail with the Majestic Rocky Mountain as a backdrop. Our first stop is the Bar U Ranch, a national open air historic site where you will see the inner workings of ranch life and enjoy lunch with us at the Bar U Ranch's Roadhouse Restaurant for traditional home cooked meals. For the trip finale, one of the world's oldest, largest and best preserved buffalo jump's known to exist; Head Smashed In Buffalo Jump.

### Your Tour Includes

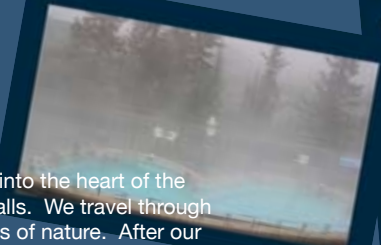
- Hotel Pick-up and Drop Off in Downtown Calgary
- Lunch • All entrance fees

### Tour Highlights

- Historic Cowboy Trail • Bar U Ranch • Lumbreck Falls
- Head Smashed In Buffalo Jump • Chain Lakes

Duration 10 hours - **Tour starts at 9 am**

Cost Adult \$139.00 • Child under 12 \$ 99.00



## CALGARY CITY TOUR

Calgary – Heart of the New West™ is a great place to visit, live, work and play. This is an interactive, intimate tour which highlights the history and greatness of Calgary. We feature Fort Calgary, an interactive historic museum where the North West Mounted Police started our great city. Experience another part of Calgary's history in China Town; a city within a city. Finally we will see Canada Olympic Park where the 1988 Winter Olympics were held.

### Your Tour Includes

- Hotel Pick-up and Drop Off in Downtown Calgary
- All admission fees

### Tour Highlights

- A drive through China Town with a stop at the Chinese Cultural Centre
- Scotsman Hill - a viewpoint of downtown Calgary is a great photo opportunity
- Fort Calgary • Eau Claire Market • Canada Olympic Park

Duration 3 - 3.5 hours - **Tour starts at 9 am**

Cost Adult \$59.00 • Child under 12 \$ 39.00

## BANFF DAY TOUR

Banff National Park is Canada's most popular National Park, nestled between the front and main ranges of the Canadian Rockies. It offers something for everyone; castellated peaks, lush forests, lakes, rivers, cascading waterfalls, wildlife and excellent walking trails.

### Your Tour Includes

- Hotel Pick-up and Drop Off in Downtown Calgary
- Lunch in Banff • All admission fees

### Tour Highlights

- Lake Minnewanka with short hike into George Stuart Canyon
- Tunnel Mountain • Hoodoos Viewpoint
- Lunch in Banff with time to explore the Town site
- Bow Falls • Cave & Basin • Historic Banff Springs Hotel

### Add Option

- Sulphur Mountain Gondola  
Adult: \$29.00 • Child: \$14.00 6-15 years  
Children 5 and under ride for free

Duration 9 - 10 hours - **Tour starts at 9 am**

Cost Adult \$139.00 • Child under 12 \$ 99.00

