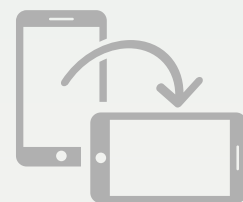




travel<sup>up</sup>  
presents

# The Canadian Parks Guide





This guide is best viewed in landscape mode.  
If viewed on a phone or tablet, please rotate your device.

## Welcome

Welcome to our National Parks Guide! In this guide you'll find everything you could possibly want to know about some of the best National Parks in Canada as well as maps to give you an idea where the landmarks are and more.

Where shall we begin?







# Banff National Park

For those who want to spot rare wildlife whilst enjoying unrivalled natural beauty, Banff National Park is the perfect choice. Glaciers, mountains, bears and long hikes wait as well as opportunities to drink straight from a glacier and even lead a dogsled through the Canadian Rockies. There's so much to do and see here, where do you want to begin?

## Activities

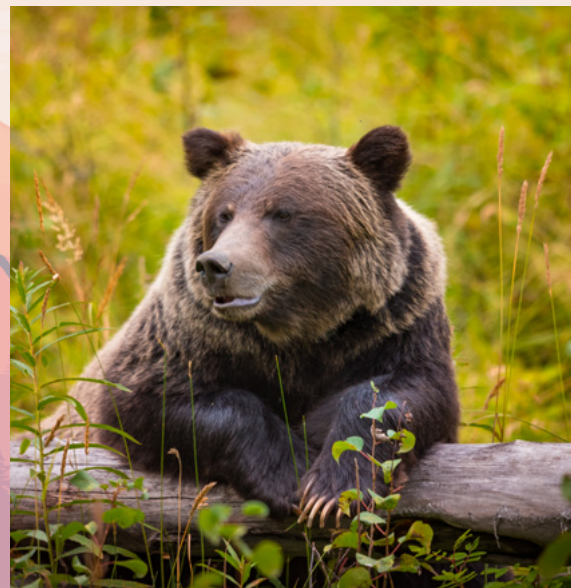
Adventurers will be in their element in Banff National Park. Take part in the Johnston Canyon Icewalk, where you'll have the chance to witness a frozen narrow canyon that creates stunning natural ice sculptures. It's one of Banff's most popular attractions and has a network of steel catwalks that are built into the canyon walls – it's fascinating to explore.

Those who want to get up close and personal to glaciers should consider embarking on the glacier adventure where you will board an Ice Explorer and be taken to a place where you can walk on, feel and even drink from the Athabasca Glacier. For those who enjoy winter sports, Banff is a perfect place to enjoy the slopes with multiple ski resorts.



## When to visit

Depending on what you're visiting Banff for will depend on when's best to go. If you want to witness the breath taking snow scenery or enjoy some skiing then visiting Banff in the winter would be best. For those who want to hike the mountains and try to spot fascinating wildlife, head to Banff in the summer months when all of the hiking trails are open and easily accessible and the wildlife has come out of hibernation. Head to the national park in September and early October if you want to avoid the crowds and enjoy a quieter Banff, this is also a fantastic time for hiking as the weather is ideal and there's a lack of mosquitoes.



## How to get there AIR CANADA

The closest airport to Banff National Park is Calgary International Airport and you can fly there direct from London Heathrow daily with Air Canada.

From the airport, Banff National Park is a 90 minute drive away and the journey there is just as scenic as the park itself. Alternatively you can jump on a shuttle bus at the airport which will drop you off at the entrance of the park. If you're thinking about making this trip a long road trip then fly to Vancouver in comfort and style with Air Canada before making the 530 mile drive up to Banff.

## Wildlife

Banff National Park is home to around 65 beautiful grizzly bears, which can be recognised by their silver-tipped fur, prominent shoulder humps and long claws. If you are lucky enough to discover one of the magnificent animals on your visit, please be bear-aware and carry bear spray with you, do not attempt to approach it.

One of the most endangered species in the park is the Banff springs snail. They live on the hot springs on Sulphur Mountain and this is the only place in the world you can find them. Head to the Cave and Basin National Historic Site to see them for yourself. Of course, you're very likely to come across moose on your trip to Banff, they are extremely popular in Canada.

**travel up**  [www.travelup.com](http://www.travelup.com)  
Call to book: 0208 475 7722



## What to see!



Lake Louise, Alberta



Fairmont Banff Springs



Johnston Canyon



Bow Valley Parkway



Lake Minnewanka



Wolf  
*Canis lupus*



Grizzly Bear  
*Ursus arctos Linnaeus*



Moose  
*Alces alces*



Campsites



Hike Trails





# Jasper National Park

Jasper National Park boasts unrivalled natural beauty and whether you decide to visit the park in the winter or in the summer, you're guaranteed to have your breath taken away by the incredible views. If you're looking to visit more than one park on your trip, Jasper and Banff go hand-in-hand and shouldn't be missed!

**When to visit** If you want to witness the park's natural beauty, spot rare wildlife and take part in water activities, visit during the summer months. Not only is it warmer, but during the winter, the majority of the park is submerged in snow, making camping harder as well as hiking.

If skiing is on your bucket list then head to Jasper in the winter when the conditions are perfect for hitting the slopes! During the winter months, most of the wildlife in the park flee to seek warmer homes or hibernate until the weather begins to heat up again.

**Activities** Jasper National Park is breathtakingly stunning and in order to appreciate the scenery, hiking around the park is recommended. There are many trails you can follow, depending on how long you'd like your hike to be and how experienced you are. Another way to absorb the park's beauty is by boat. There are canoeing opportunities in the park, rent a canoe or a sea kayak and explore the dazzling Maligne Lake from the water. Not only does it make for an incredible afternoon but the experience will leave you wanting more. If you decide to visit Jasper National Park in the winter months, consider cross-country skiing. The park offers a great mix of cross-country ski trails and has something for everyone, whether that be casual skiing with the family or a steeper ascent!



## How to get there AIR CANADA

The closest airport to the park is Calgary, which you can fly to direct from London Heathrow daily with Air Canada.

From the airport, you can jump on a shuttle bus which will take you directly to the park. Alternatively, you can hire a car and drive from the airport – this is useful if you're planning on driving around to different parts of the park. Finally, you can also reach Jasper National Park by rail; some of the routes offer tours of the Canadian Rockies on the way to the park, both of which are fascinating and stunning.

A lot of popular itineraries include trips to Jasper National Park as well as Banff National park so it's worth considering seeing if you can fit both parks into one trip on your holiday.

**Wildlife** Look out for Canada's famous moose; this huge member of the deer family can grow up to nearly 7ft and boasts majestic antlers. There are five packs of wolves that have been calling the park their home since 1982, three of the five packs are rarely spotted but you may spot one lurking around if you're lucky.

Jasper National Park is also home to some black bears and grizzly bears; it's important to remember that if you do happen to spot one of the bears, to keep a safe distance and do not try and approach it.



## What to see!



Sunwapta Falls



Maligne Lake



Athabasca Glacier



Wolf  
*Canis lupus*



Grizzly Bear  
*Ursus arctos Linnaeus*



Moose  
*Alces alces*



Campsites



Hike Trails





# Yoho National Park

Yoho National Park is in the Rocky Mountains of British Columbia. It neighbours Banff National Park but has some of the most beautiful vistas which provide incredible views that have to be seen to be believed! It's also an incredibly scenic place to go skiing with the snowy Rockies as a backdrop.



## When to visit

The park is accessible all year round, but it's most popular between mid-May through to early October. This is when most of the campgrounds are open and services and activities run all over the park.

July and August see the most visitors due to summer holidays and weather that's perfect for experiencing what the park has to offer. The Yoho Valley Road that leads up to Takakaw Falls is only open from late June until mid-October, depending on the weather. If you're heading to Yoho for skiing and snowshoeing then the winter months are perfect for this.

## Activities

There are many beautiful vistas in the park and what better way to soak up the views than by sitting back with a friend and relaxing in one of Yoho's red chairs. They are dotted in various places around the park, some are easy to spot, but others are a little trickier to find; all of them however will provide the most breathtaking views.

In the winter, the park becomes draped in snow and has a spectacular backdrop of the Rockies. It has perfect conditions for skiing and snowshoeing from late-December through to early April. It's important to note that if you are planning on taking your skis down, the winter trails are not patrolled so be extra vigilant.



## How to get there AIR CANADA

Getting to Yoho National Park is a breeze with direct flights from Air Canada, which operate daily from London Heathrow to Calgary.

From here, the park is around 125 miles away and the best way to get there is by renting a car and taking the scenic drive. You can also catch the Greyhound bus from Calgary to the nearby towns of Golden and Lake Louise. From there, you'd have to get a taxi directly to the park as the bus no longer stops there. It's common to visit Banff National Park and Yoho National Park at the same time as they're neighbours, why not make a road trip of it?

## Wildlife

Yoho National Park is rich with wildlife and you'll have the chance to spot an abundance of it during your trip. Keep an eye out for the massive moose that roam the park and you may even spot one of the mysterious black bears and their cubs. You may catch a glimpse of the elusive lynx that live in the park. In the sky, you can discover up to 224 species of bird here, including the threatened olive-sided flycatcher, bank swallow and barn swallow.



## What to see!



Takakkaw Falls



Emerald Lake



Lake O'Hara



Wolf  
*Canis lupus*



Grizzly Bear  
*Ursus americanus*



Olive-sided Flycatcher  
*Contopus cooperi*



Campsites



Hike Trails

travel <sup>up</sup>

[www.travelup.com](http://www.travelup.com)

Call to book: 0208 475 7722





Scheduled flying at its best! Award winning Air Canada is Canada's largest scheduled international airline, and provides more daily non-stop flights from the UK to Canada than any other airline.

Air Canada offers a choice of three cabins onboard, Air Canada Signature class with fully lie-flat beds, International Economy Class offering a generous seat pitch and personal seat back entertainment, and a much desired Premium Economy Class on flights from London Heathrow to Toronto, Montréal, Halifax, Calgary, and Vancouver. Air Canada also offers seasonal non-stop services from Edinburgh and Manchester to Toronto with convenient connections to destinations throughout Air Canada's extensive network.

#### Air Canada Signature Class

- Executive or Classic Pods, with lumbar support and massage function, which convert to a fully lie-flat bed up to 203.2 cm (6' 7") long
- 18" personal touch-screen entertainment system, noise-cancelling headphones
- Individual power supply for electronic devices and a USB charging port
- Gourmet cuisine, fine wines and spirits
- Access to Maple Leaf Lounges, including the Queen's Terminal at Heathrow Terminal 2
- Concierge Service
- Priority check-in, boarding and baggage handling plus additional baggage allowance

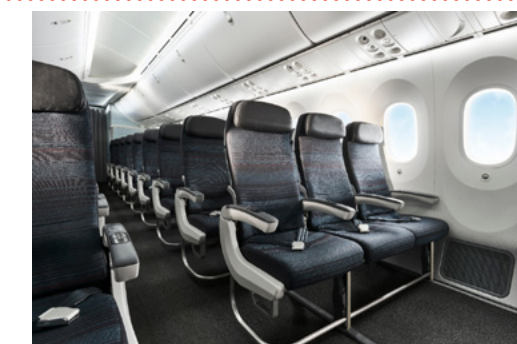


#### Premium Economy Class

- Priority check-in, boarding and baggage delivery
- Premium meals and complimentary bar service
- Dedicated cabin with a larger seat than Economy Class, adjustable headrest and a comfortable 38" seat pitch
- State-of-the-art entertainment system with own personal touch-screen TV
- Individual power supply and USB
- Two checked bags up to 23kg each

#### International Economy Class

- A complimentary hot meal and a selection of wines and spirits, plus a snack prior to landing
- Complimentary headphones and a personal touch-screen TV with hundreds of hours of top-rated entertainment
- A complimentary pillow and blanket
- In-seat power for laptops and USB
- Ambient lighting to ease jetlag
- One checked bag up to 23kg each



**travel<sup>üp</sup>**



**AIR CANADA**

[www.travelup.com](http://www.travelup.com)

Call to book: 0208 475 7722