

Ecolodge - Paddle and Hike



Nestled in a quiet, unspoiled area of the Rockies between Kootenay National Park and Mount Assiniboine Provincial Park, this lovely ecolodge offers accommodation in traditional wooden cabins. A wood-fired sauna and hot tub will relax tired muscles at the end of a beautiful day hiking and canoeing in spectacular landscapes. With its many rivers and its natural hot springs used by Native people for immemorial times, the beautiful Kootenay area is still quiet and unspoiled, away from the usual tourist routes in the Rockies.

5 days / 4 nights in a Wilderness Lodge

Day 1:

An outdoor enthusiast's paradise, our ecolodge offers canoe and hiking adventures. You arrive in the afternoon in time to settle and enjoy dinner.



Day 2: You paddle the Kootenay River in SOAR inflatable canoes, which add to the safety and allow less skilled paddlers to enjoy this route. Along the way, you may spot bald eagles soaring overhead and perhaps even a wolf on the shoreline. You will pass unique natural features such as tufa deposits and wind and water-sculpted hoodoos. Easy class I and II whitewater is appropriate for novice and intermediate paddlers.

Day 3: You hike up to a Ridge. This starts with an ascent along the border of Kootenay National Park. Reaching the tree line fairly quickly, you start to get panoramic views of the surrounding mountains. Passing through larch stands and onto craggy ridges, you will see famous Mt. Assiniboine in the distance.

Day 4: is spent on a wonderful paddling trip to the Columbia Wetlands, exploring this unique natural environment and bird watching.

Day 5: You can either hike the Cochrane Creek route or enjoy a more leisurely walk on trails around the ecolodge.

Day 6: Your adventure ends after a hearty breakfast.

Each night you return to the Lodge for a hot tub or sauna and a delicious dinner.

**Price per person based on double occupancy
CAD 1,276 + tax**

Dates 2011: May 29 - June 3
July 3 - 8
Sept 18 - 23

Included: Accommodation / All meals / Guided activities / Guide / Transport to-from Calgary, Shuttles

Not Included: HST tax

**Prices are subject to change without notice.
All prices are in Canadian funds and are
subject to applicable taxes.**



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