

Welcome to your Private Guided Hike with The Lake Louise Ski Resort and Summer Gondola!

Where do I meet my guide?

You will meet your guide at the Guides' Cabin at the Lake Louise Ski Resort and Summer Gondola, which is also the location of the Lake Louise Park and Ride for shuttles to Lake Louise and Moraine Lake. When you arrive, please park in the public lot (it's free!). It may take 5 – 10 minutes for you to walk from the parking lot to the resort building where the Guides Cabin is located. The Guides Cabin is located between the two main buildings at the resort (Lodge of Ten Peaks and Whiskey Jack Lodge) down the first set of stairs from the parking area. You will check in with your Guide and they will take you to the shuttle pickup location. Please be on time as the shuttles are public and cannot wait if you are late.

What should I wear and bring?

A day of hiking in the Rockies requires some preparation. Weather conditions can change quickly in the mountains so it's best to be prepared for sunny, warm weather and also rainy, chilly weather (especially in the spring and fall).

From head to toe, this is what we recommend for clothing:

- Sun Hat or Cap**
 - Toque / Winter Hat**
 - Sunglasses**
 - Sun Screen and Lip Balm**
 - Backpack (something that fits well and you've worn before) – 20-30L**
 - Short-sleeved or Long-sleeved Shirt (NOT cotton – cotton gets wet and makes you wet and cold)**
 - Warm Layer: Down Jacket or Fleece or Wool Sweater (Again, NOT cotton)**
 - Rain Jacket or Rain Poncho**
 - Gloves or Mittens**
 - Rain Pants**
 - Long Pants or Shorts (if you wear shorts make sure you bring rain pants)**
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- Hiking Boots or Trail Running Shoes, preferably that you've hiked in before; (no open-toed footwear, no street shoes)**
- 1.5 litres of Water (minimum) per person (Bring additional on warmer days)**
- Ready-to-eat Lunch and Snacks**
- Small Camera (we suggest you use your cell phone – they often work great!)**
- Toilet Paper in a Plastic Bag for later disposal; Hand Sanitizer**

Optional items

- Hiking Poles (optional but highly recommended for full day hikes)**
 - Bear Spray (the guide will have it, but feel free to bring your own)**
 - Socks (some people like to change their socks on a rainy day)**
 - Any Personal Medication you may need**
 - Insect Repellent**
 - Backpack rain cover**
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