

# *Alpenglow Nature Hikes*

Lighting your way to the natural wonders of Alberta

## **Lake O'Hara Adventure 2021**

### **Introduction**

The environs of Lake O'Hara are a spectacular destination for those wishing to experience the beauty of the Canadian Rockies. This Nature Adventure offers an excellent opportunity to explore this alpine oasis with a professional naturalist. The comfort and excellent meals of the Lake O'Hara Lodge provide an idyllic retreat to reward the day's efforts on the superb trail system.

We will gather at the Lake O'Hara parking lot on the first morning. From there the Lodge shuttle bus will transport us the 11 km to the lodge. After checking in we will undertake our first hike. A sumptuous afternoon tea will refresh us on our return. After dinner participants can stroll around Lake O'Hara or use one of the canoes or row boats for a sunset cruise. Over the next two days we will explore other alpine basins before we return to our cars on the afternoon of the third day for the return to Calgary.

An information package will be sent to you after your registration.



### *Alpenglow Nature Hikes*

John McFaul, Owner and Guide

43 Hartford Road NW

Calgary, Alberta T2K 2A4

Phone: (403) 289-9517

[E-mail: alpglow@telus.net](mailto:alpglow@telus.net)

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

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## **Itinerary:**

**Note: The exact itinerary will depend on trail and weather conditions.**

Wednesday, September 22

9:30 AM – Meet at Lake O'Hara Parking Lot

9:45 AM – Bus ride to Lodge

10:30 AM – Hike to Lake McArthur

(3.6 km one way, 220 meters elev. gain)

4:00 PM – Afternoon Tea

6:30 PM – Dinner



Thursday, September 23

8:30 AM – Breakfast

9:30 AM – Hike to Lake Oesa

(9 km return, 235 meters elev. gain)

4:00 PM – Afternoon Tea

6:30 PM – Dinner



Friday, September 24

8:30 AM – Breakfast

10:00 AM – Hike to Opabin Plateau

(4.5 km one way, 275 meters elev. gain)

3:00 PM – Return to Lodge

4:00 PM – Bus to cars.

7:00 PM – Return to Calgary



## **References**

Lake O'Hara Lodge: <http://www.lakeohara.com/>

Yoho Nat. Park <http://www.parkscanada.ca/yoho>

"The Wonder of Yoho" by Don Beers

"Classic Hikes in the Canadian Rockies" by Graeme Pole

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