

EXPLORE

The South Canadian Rockies



ORGANIZE YOUR TRIP WITH US

Uplift Adventures is a professional guiding service based in Waterton Lakes National Park, Castle Provincial Parks, and Crownsnest Pass. We are nestled within the mountainous region of the South Canadian Rockies and the Crown of the Continent.

Our unique experiences are led by **local experts who are professionally certified** and share a passion for this landscape and conservation. We ensure that our passion is passed on to each visitor seeking a fulfilling and enriched experience. Summer and winter tours focus on place-based experiences where we **share our knowledge about history, nature, or culture**. Private and customized half, full, and multi day tours are available year-round.



**UPLIFT
ADVENTURES**

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EXPLORE

Summer



MINER'S PATH HISTORICAL TOUR

Escape into the rich history along the Miner's Path, and retrace the stories of the miners and people living in the early 1900s. Coleman was a town built on coal mining and is now recognized as a National Historical Site. You will discover real stories of those who sacrificed lives, were determined to create a prosperous living, and supported the underground miners.

\$65 (per person) Retail Rate

3hrs, 12 - 3pm*

Sun & Fri*

Meeting Location: Crowsnest Museum, Crowsnest Pass

LILLE HISTORICAL TOUR

It is the stories that make this Provincial Historical Site come alive. Go back in time as you learn about why people moved and settled in Crowsnest Pass. Discover old mine ruins, settlements, a cemetery, and mine entrances as we venture towards the ghost town of Lille. At the townsite of Lille, we will enjoy a bagged lunch and create an art piece reflecting the hustle and bustle of the early 1900s.

\$124 (per person) Retail Rate

7hrs, 9am - 4pm*

Sat & Mon*

Meeting Location: Frank Slide Interpretive Centre, Crowsnest Pass

WATERTON WILDFLOWER WALK

Learn how to identify the unique and stunning biodiversity found within Waterton Lakes National Park and discover why this area is rich in biodiversity. This wildflower walk focuses on giving you the tools to identify wildflowers while exploring the Canadian Rockies. Join our professional guides who are trained by scientists or are also scientists themselves!

\$79 (per person) Retail Rate

4hrs, 8am - 12pm or 2pm - 6pm*

Sun & Wed (May - August)*

Meeting Location: Akamina Parkway, Crandell Lake Trailhead, Waterton

Summer Dates of Operation: May to October

To Bring: Waterproof jacket, warm clothing, hikers or runners, hat, sunglasses, camera, water, backpack

EXPLORE Winter



WATERTON WINTER WONDERLAND

You were taught to describe the four w's when creating a compelling story: what, where, when, and why. Waterton has its own story revealing its unique w's: wildfire, wildlife, water, and wind. Discover how Waterton's story has shaped the beauty of this National Park in the Canadian Rockies. Tour includes use of snowshoes or microspikes.

\$75 (per person) Retail Rate

3hrs, 9 - 12pm or 1 - 4pm*

Sat & Sun*

Meeting Location: Bear's Hump Trailhead, Waterton

MOONLIGHT SNOWSHOE

(INDIGENOUS EXPERIENCE)

It is in our human nature to tell stories of the natural world and the night sky is no exception. The stories among the stars connect us to universal truths about ourselves and the world. Join us on a guided night snowshoe to hear stories from around the world. Then during an evening fire, our Indigenous friends will connect all of us with stories from the Blackfoot perspective.

\$109 (per person) Retail Rate

3hrs, 5:30 - 8:30pm

Sat (Jan - Mar)*

Meeting Location: Syncline South Trailhead, near Castle Mountain Resort

SCIENCE ICE WALK

Become a scientist-in-training while exploring a world of wonder as you venture up a wintery canyon to chase frozen waterfalls. The wonderful world of winter is full of science and you get to explore it. Your experience will include a nature walk and science activities that are full of fun and investigation. Uncover the truth about ice and water.

\$69 (per person) Retail Rate

2.5hrs, 10am - 12:30pm or 1:30pm - 4pm *

Sun (Jan - mid-Mar) *

Meeting Location: Star Creek Trailhead, Crowsnest Pass

Please Note: Tour is dependent on ice conditions

Winter Dates of Operation: December to April

To Bring: Winter jacket, warm clothing, insulated boots, toque(cap), gloves, sunglasses, camera, water, backpack

EXPLORE Year-Round

Join one of our professional guides in the winter or summer in any of the locations we operate in. Let us plan the trip and for your guests to show up and enjoy.

PRIVATE & CUSTOMIZED TRIPS

OVERNIGHT BACKPACKING TRIP

Explore further into the Canadian Rockies with an overnight backpacking trip. Your booking will include your campground fee, equipment (tent, backpack, etc), and food. This is best enjoyed in the summer; however, we can accommodate some winter camping. It will not include hiking boots, clothing or personal hygiene products.

Transportation from town (not airport) can be arranged.

Booking is dependent on availability of campsites.

Activity Level - Moderate to Advanced

Min group size: 1 person; Max group size: 16 people

BOOKING & CANCELLATION

Use the contact information below to book.
Rates are valid from 2023-2024.

Final numbers are required one week prior to booking. If booking 4 or less people, use the (*) information for booking dates. Additional dates can be available for groups of 5 or more. All participants are required to sign liability waivers. For all National Parks, guests must have their own National Park Pass.



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FULL DAY HIKE (1 - 2 PEOPLE)

7 - 8 hours

\$400 Retail Rate

Additional guests \$75

Bagged lunch included at \$14/person

HALF DAY HIKE (1 - 2 PEOPLE)

3 - 4 hours

\$250 Retail Rate

Additional guests \$50

MULTI-DAY BACKPACK

Per day, including meals (1 person)

\$550 Retail Rate

Per day, including meals (Additional guests)

\$250 Retail Rate