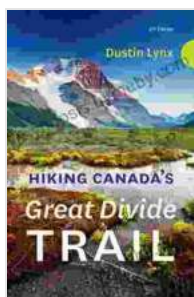


Hike the Canadian Rockies: The Great Divide Trail 4th Edition

Overview

The Great Divide Trail is a 1,130-mile (1,811 km) hiking trail in the Canadian Rockies. It is one of the longest and most challenging hiking trails in North America, and it offers hikers a unique opportunity to experience the beauty and diversity of the Canadian Rockies.

The trail follows the Continental Divide, the high mountain range that separates the Atlantic and Pacific watersheds. It passes through some of the most spectacular scenery in the Rockies, including alpine meadows, glaciers, and towering peaks. The trail is also home to a wide variety of wildlife, including grizzly bears, black bears, moose, elk, and caribou.



Hiking Canada's Great Divide Trail – 4th Edition

by Dustin Lynx

★★★★★ 5 out of 5

Language : English

Text-to-Speech : Enabled

Lending : Enabled



The Great Divide Trail is a challenging hike, but it is also an incredibly rewarding one. Hikers who complete the trail will have a lifetime of memories to cherish.

Planning Your Hike

If you are planning to hike the Great Divide Trail, it is important to do your research and plan your trip carefully. The trail is remote and rugged, and there are few services available along the way. You will need to be self-sufficient and prepared for all types of weather conditions.

Here are some things to consider when planning your hike:

- **Start and end points:** The Great Divide Trail can be hiked from either end, but most hikers start at the southern terminus in Waterton Lakes National Park and hike north to Jasper National Park. The northern terminus is more challenging, as it involves hiking over higher elevations.
- **Time of year:** The Great Divide Trail is open year-round, but the best time to hike is from June to September. The weather is generally mild during these months, and the snowpack is usually melted.
- **Permits:** A permit is required to hike the Great Divide Trail. Permits can be obtained online or at the trailhead.
- **Gear:** You will need to carry all of your gear on the Great Divide Trail. This includes food, water, clothing, shelter, and cooking equipment. You will also need to be prepared for all types of weather conditions.
- **Food and water:** There are no services available along the Great Divide Trail, so you will need to carry all of your food and water. You can find water sources along the trail, but it is important to treat the water before drinking it.
- **Shelter:** There are a few backcountry campgrounds along the Great Divide Trail, but you will need to be prepared to camp in the

wilderness. You can find designated campsites along the trail, or you can camp anywhere you like as long as you are not within 100 meters of a water source.

Hiking the Trail

The Great Divide Trail is a challenging hike, but it is also an incredibly rewarding one. Hikers who complete the trail will have a lifetime of memories to cherish.

Here are some tips for hiking the Great Divide Trail:

- **Take your time:** The Great Divide Trail is a long hike, and it is important to take your time and enjoy the journey. Don't try to rush through the trail, or you will miss some of the best scenery.
- **Be prepared for all types of weather:** The weather in the Canadian Rockies can change quickly, so it is important to be prepared for all types of weather conditions. Pack layers of clothing, including a rain jacket and warm hat and gloves.
- **Hike with a friend:** The Great Divide Trail is a remote and rugged trail, so it is a good idea to hike with a friend. This will help you stay safe and motivated, and it will also make the experience more enjoyable.
- **Leave no trace:** The Great Divide Trail is a pristine wilderness area, and it is important to leave no trace of your passage. Pack out all of your trash, and be careful not to disturb the environment.

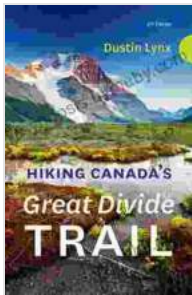
Benefits of Hiking the Great Divide Trail

There are many benefits to hiking the Great Divide Trail. Here are a few of the most common:

- **Improved physical fitness:** Hiking the Great Divide Trail is a great way to improve your physical fitness. You will get plenty of exercise, and you will also develop strength and endurance.
- **Stress relief:** Hiking in the wilderness can be a great way to relieve stress and improve your mental health. The fresh air and exercise will help you to relax and de-stress.
- **Increased self-confidence:** Completing the Great Divide Trail is a major accomplishment, and it will give you a boost of self-confidence. You will know that you are capable of anything you set your mind to.
- **Lifelong memories:** The Great Divide Trail is a beautiful and challenging hike, and you will create lifelong memories along the way. You will see some of the most amazing scenery in the world, and you will meet other hikers who share your passion for adventure.

The Great Divide Trail is a once-in-a-lifetime adventure. If you are looking for a challenging and rewarding hike, the Great Divide Trail is the perfect choice. You will experience the beauty and diversity of the Canadian Rockies, and you will create memories that will last a lifetime.

Free Download your copy of the Great Divide Trail 4th Edition today!



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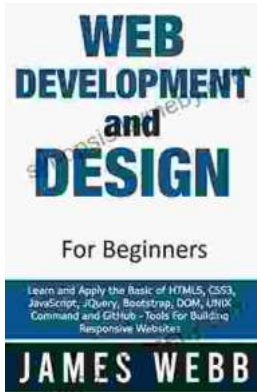
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