

WESTERN ADVENTURES BACKCOUNTRY TRIPS

Meet-Up Location: Forget-Me-Not Pond

Our adventure begins near **Forget-Me-Not Pond** in the Sheep Valley Trails area of Kananaskis, a stunning alpine gem surrounded by rolling peaks and pristine forest. From there, you'll enjoy a scenic 3-hour hike into the Mount Romulus Backcountry Campground. Don't worry about your gear, our trail horses and covered wagon will carry your gear in for you!

Sheep Valley has trail options for every experience level:

- **Beginner:** Easy riverside strolls with mountain views
- **Intermediate:** Explore ridge lines like Nihahi Ridge for panoramic photo ops
- **Advanced:** Challenge yourself with rugged routes near Mount Romulus

Mountain Weather

In the Rockies, the forecast can shift quickly. Expect daytime temperatures up to the mid-20s°C (75°F), but be ready for cold nights that can dip below freezing. Bring warm layers and waterproof outerwear—you might see sunshine, rain, and snow in the same day.

Wildlife Awareness

You'll be hiking in habitats shared by bears, moose, deer, and more. It's part of the backcountry magic—but staying safe means packing bear spray and following our safety guidelines. Don't worry—we'll brief you before hitting the trail.

Kananaskis Conservation Pass

You'll need a valid **Kananaskis Conservation Pass** to park at the trailhead. You can purchase it online here in advance.

Group Size Requirement

Please Note:

Our adventures are designed to be shared! We require a **minimum of four guests per booking** and welcome groups of up to 24—perfect for families, friends, and private parties ready to explore the backcountry together.

Solo adventurer?

While we can't guarantee individual bookings at this time, we're happy to try matching you with an existing group. Just reach out—we'll do our best to get you on the trail.

Packing List

While we'll haul in your gear and provide the cozy camp setup, you'll still want to be prepared with personal essentials for the trail.

Footwear:

- Hiking boots or sturdy trail shoes
- Camp shoes/sandals
- Wool or boot socks (extra pairs!)
- Gaiters for wet trails

Clothing:

- Warm jacket (down or synthetic)
- Rainproof jacket and pants
- Layered fleece and/or wool tops
- Shirts (short & long sleeve)
- Hiking pants and shorts
- Warm sleepwear
- Sun hat, wool hat & gloves

Bedding:

- Warm sleeping bag (can be below freezing at night)
- Sleeping bag liner or light blanket
- Pillow or stuffable pillowcase
- Optional sleeping pad (we provide cots)

Toiletries & Essentials:

- Toothbrush, toothpaste, biodegradable soap
- Sunscreen, lip balm & bug spray
- Personal medications & small first aid kit
- Towel, face cloth & travel wipes
- Flashlight or headlamp
- Water bottles (2 x 1L minimum)
- Day pack & hiking poles
- Sunglasses

Extras (Optional but Nice to Have):

- Camera or binoculars
- Lightweight snacks
- Journal or notebook
- Swimsuit (for the brave!)
- Juice crystals or electrolytes
- Sandals/ gaiters for creek crossings
- Clothes pins, Ziploc bags, garbage bags
- Your favorite beverages (must be safely stored)

Backcountry comfort meets Rocky Mountain wild.

Get ready to reconnect with nature, challenge your limits, and create stories you'll tell for years—with no heavy pack dragging you down. Feel free to contact us with any questions.

Inquire Today: info@western-adventures.ca