



## The Rockwall Trail Hike

*This itinerary is subject to change - the exact schedule including daily distances hiked will be dictated by factors such as weather and safety, as well as group strength and preferences*

### **Day 1:** *Paint Pots Trailhead - Helmet Falls (15 kms hiked)*

We will meet at the Paint Pot's Trailhead at 8:00am to start our backpacking adventure today. After giving out food and going over a quick gear check we will start our hike together. Today's hike will be a steady and gradual climb on a nicely defined trail that leads us through forests of spruce and fir trees and brings us past Ochre campground and up into the Helmet Falls campsite. Helmet Falls is one of the largest waterfalls in the Rockies and a stunning place to setup camp for night 1.

### **Day 2:** *Helmet Falls - Tumbling Creek (12 kms hiked)*

We will be up and moving bright and early this morning and every morning on our hike. After a quick breakfast and coffee we will continue upward to the Northern edge of the "Rockwall" itself. For a lot of the hike from this point on we will be hiking alongside this renowned rock featured in which the hike is appropriately named after. We will hike through alpine meadows and take in some stunning scenery before dropping back down into Tumbling Creek for our 2nd campsite of the trip.

### **Day 3:** *Tumbling Creek - Numa Creek (8 kms hiked)*

After eating breakfast and packing up camp we will head up Tumbling Pass. We should be able to hike along some beautiful high alpine area and work our way across and around some unique mountain features as we work our way over and back down to Numa Creek for our next campsite. We will be losing more elevation than gaining today as we will be dipping quite low for camp in Numa Creek.

### **Day 4:** *Numa Creek - Floe Lake (10 kms hiked)*

Up bright and early again we will be getting an early start today as there is lots of opportunities for breaks with breathtaking views, as well as the chance for an icy cold Rockies lake swim at the end of our hike today if we make it into camp while the sun is still shining. We will be gaining elevation from camp up and over Numa Pass, which is the highest point on the whole trail, before heading down to the beautiful and secluded Floe Lake for a swim and our final camp spot of the trip.

### **Day 5:** *Floe Lake - Floe Lake Trailhead (11 kms hiked)*

This morning we will take our time to drink coffee and enjoy the beauty of Floe Lake before packing up camp for the last time and starting our 11 km hike out to the trailhead and back to civilization. Most of our hike today will be through an area that was part of a large forest fire that ran through Kootenay National Park in 2003. It should be an interesting day as there is lots of information to be taken from how forest fires actually benefit a forest in the long term, and we should be able to see the start of this natural restoration process in person as we hike out. When we arrive down at the trailhead the company van will be waiting for us and we can load up and drive back to the cars parked at the Paint Pots Trailhead. Congratulations you have just finished the Rockwall Trail in Kootenay National Park!



**BCA TOURS**

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*Thanks for joining BCA Tours on this amazing hiking adventure. We'd love to hear your feedback, and hope to see you back in BC for another one of our hiking tours!*

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