Day 1: Acclimatize & First Summit

Adventure Seeker's Four Days

For the athletic traveller— multiple summits, whitewater, and a Death Race training circuit.

Trip Snapshot

BEST FOR	Athletic travellers, peak baggers
LENGTH	4 days, 3 nights
SEASON	June–early September
PACE	Hard · trail-fit traveller
HOME BASE	Hamlet of Grande Cache

Day 1: Acclimatize & First Summit

Morning — Sulphur Gates & Eaton Falls.
Walk the Sulphur Gates platforms, then push on to Eaton Falls (3.5 km one way). Light morning effort; saves the legs.

Afternoon — Mount Louie.
Head to Mount Louie (1,844 m, 5.5 km one way) via the Cowlick Creek staging area. The friendliest of the Grande Cache summits — four to six hours for most fit hikers. Back in Grande Cache, a light afternoon run on the Griffiths Trail adds a shakeout. While you're at the Interpretive Centre, pick up a Passport to the Peaks booklet — the 21-summit hiking program is built for trips exactly like this one. Peaks are divided into Bronze, Silver, and Gold tiers by difficulty, and each summit has a cairn box with a stamp. Complete a tier, and you earn a distinctive pin (for purchase), with your accomplishment recognized back at the Grande Cache Tourism & Interpretive Centre.

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Day 2: Big Day - Mount Hamell

Mount Hamell (2,011 m) is the highest summit in the Death Race course and a real day for trail-fit hikers — 9.8 km one way via the back route, with extended scrambling near the top. Allow 8–10 hours car to car. Carry a full litre of water per two hours, real food, and bear spray. Register your trip plan with someone who isn't on the mountain.

Insider Tip: If a chinook arrives mid-day, turn around. The summit ridge is exposed and the wind drops body temperature fast even in July.

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Day 3: Death Race Circuit

For runners training for August's Canadian Death Race or simply curious, Leg 5 (the River Crossing — 18.5 km) is the most accessible single-day taste of the course. Trail conditions vary; this is real backcountry, and the river crossing at Hell's Gate canyon should never be attempted without local advice on flow.

The full 118 km course summits three mountains, gains over 17,000 feet, and crosses the Smoky River at Hell's Gate.

The five legs — Downtown Jaunt (14.2 km), Flood & Grande Mountain Slugfest (29.6 km), Old Mine Road (20.5 km), Hamell Assault (35.2 km), and the River Crossing — can be tackled individually as training pieces.

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Day 4: Recovery on Water

Recovery-day rafting is the reward. Book a morning half-day with Wild Blue Yonder on the Sulphur River — the fastest way to watch Grande Cache's landscape from water level.

Travelling in shoulder season when rafting has closed? Consider a guidedtrapping or hunting excursion with Tawatanaw Tours, an Indigenous-owned operator running multi-day camps in summer, fall, and winter — a different kind of recovery day, and an authentic window into a living land-use tradition.