

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# CANADIAN ROCKIES

## The Ultimate Active Outdoor Adventure



August 4 - 10, 2019

# CANADIAN ROCKIES

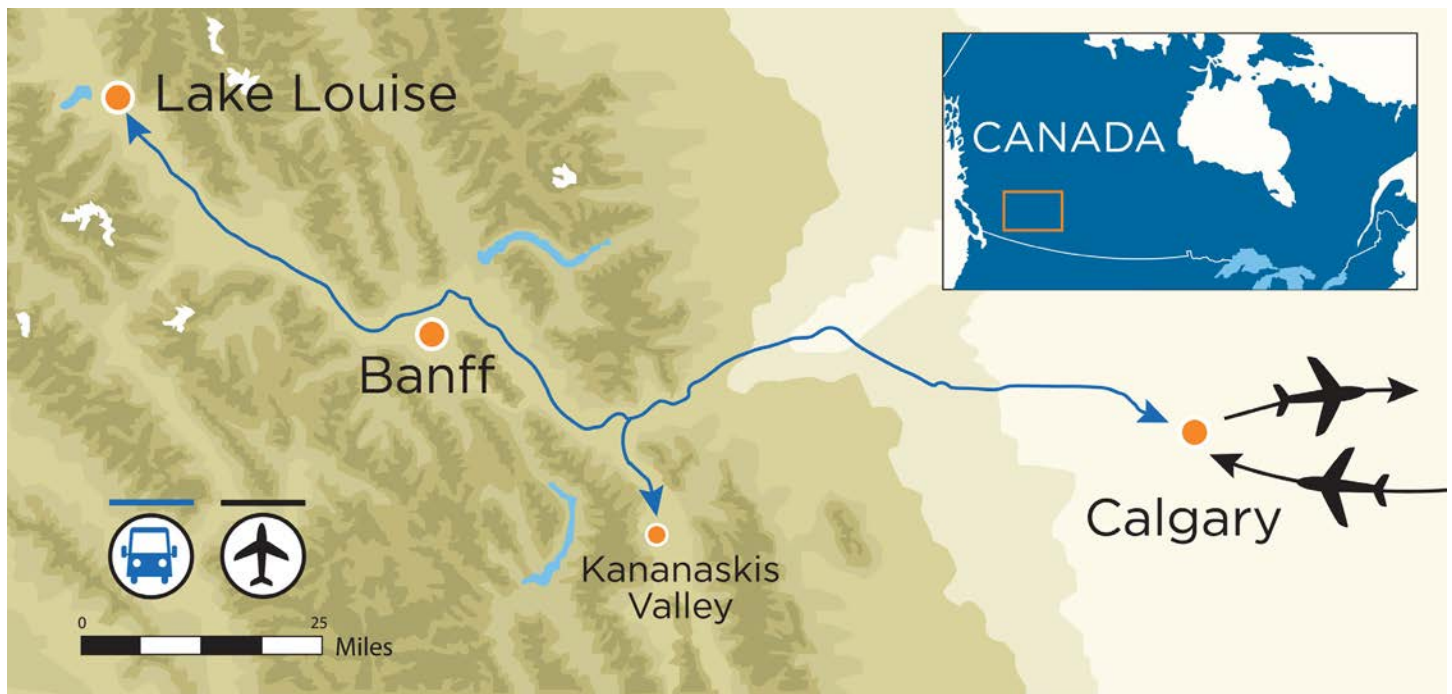
## The Ultimate Active Outdoor Adventure

August 4 - 10, 2019

### TRIP HIGHLIGHTS

- ▶ An unforgettable, active, outdoor adventure
- ▶ Walk on a glacier surrounded by a panorama of mountain peaks
- ▶ Learn about mountain geology on a cave tour
- ▶ Raft the Kicking Horse River and soak in hot springs
- ▶ Hike challenging trails to rewarding views of the surrounding mountains

### TRIP ROUTE



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### QUICK VIEW ITINERARY

Day 1: arrive in Calgary, welcome dinner

Day 2: option to horseback ride or bike, trail lunch, waterfall hike, relax in the hot tub

Day 3: hiking, option to explore caves or bike, sauna soak

Day 4: explore the Columbia Icefields and the Athabasca Glacier

Day 5: whitewater raft the Kicking Horse River, visit Lake Louise, free time in Banff

Day 6: hike 6-8 miles with an optional summit of Sentinel Pass, farewell dinner

Day 7: depart Calgary

### TRIP PRICE

Main Trip: \$3,990

Optional Single Accommodations: \$1,200

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### your adventure in depth

#### DAY 1

Sunday  
8/4/19

### Arrive in Kananaskis Country

Welcome to spectacular Alberta—and its grand-scale landscapes of snow-capped mountains, turquoise lakes, glittering glaciers, and high alpine meadows carpeted in summer wildflowers.

#### Arrival and Transfer to Hotel

Meet at 3:00pm at the Calgary International Airport for your group transfer to the beautiful Kananaskis Valley and the Coast Canmore Hotel, your accommodations for the next two nights.

#### Check-in and Welcome Dinner

After settling in to your room, enjoy a delicious Welcome Dinner before introductions and orientation to hear from your guides about the exciting upcoming adventures for the week.

#### Accommodations

Coast Canmore Hotel

#### Meals Included

dinner

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### DAY 2

Monday  
8/5/19

## Kananaskis Country

Rise and shine to the stunning peaks of the Canadian Rockies and a pristine wilderness begging to be explored. Covering nearly 2,500 acres, sprawling Kananaskis Country encompasses 39 Provincial Recreation Areas, six Provincial Parks, and hundreds of miles of trails used year-round. Keep our eyes —and ears—open for the resident wildlife that lives in these incredibly diverse habitats, from wetlands and pine woods to flowering, sky-high alpine meadows. Keep your eye out for the local species: black and brown bear, big horn sheep, elk, mountain goat, moose, coyote, and many more!

### Morning Activities

You have pre-picked one of these activities.

First option: A classic horseback trail ride from the legendary Boundary Ranch is the perfect way to discover the adventure and serenity of a Canadian tradition on a guided horseback trip. Pristine views, flowered alpine meadows, and abundant wildlife are just a few of the scenic wonders you'll experience. Ride the ancient trails of the Nakoda people, through pine scented montane forests with beautiful mountain views. Abundant wildflowers and diverse wildlife call these mountains home, so don't forget your camera!

Second Option: Ride a mountain bike on an easy 25K gorgeous loop trail. Completed in celebration of the 125th anniversary of Banff National Park, the Rocky Mountain Legacy Trail is a paved bike trail connecting the mountain towns of Canmore and Banff. This ribbon of adventure follows the scenic Bow River Valley, with stunning mountain views of the Three Sisters peaks, Mount Rundle, and the sparkling Vermilion Lakes.

Lunch will be served along the way.

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#### DAY 2

Monday  
8/5/19

Continued...

### Kananaskis Country - Continued

#### Waterfall Hike

Take a magical hike to a beautiful waterfall rimmed with cliffs and ferns.

#### Free time in Kananaskis Village or at the Hotel

Head back into Kananaskis Village to explore or take a relaxing soak in an indoor or outdoor hot tub.

#### Dinner

Enjoy dinner at the hotel this evening.

#### Accommodations

Coast Canmore Hotel

#### Meals Included

breakfast, lunch, dinner

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#### DAY 3

Tuesday  
8/6/19

#### Accommodations

Baker Creek

Mountain Resort

#### Meals Included

breakfast, lunch, dinner

### Kananaskis Country to Lake Louise

Lake Louise is world famous for its vibrant turquoise lakes and dramatically beautiful mountains.

#### Rat's Nest Caves Adventure or Bike Ride

You have already chosen one of these options:

First option: Go on a spelunking expedition to Rat's Nest Caves to explore an amazing network of underground caverns. With no lights, no handrails, and no walkways here, you'll get to experience it like the explorers who first discovered it—by lantern light! Thousands of years in the making, a spectacular subterranean world is waiting for your discovery. Your expert guide will introduce you to the fascinating world of caves as you explore the ancient cave formations. Learn about local mountain geology, how the caves were formed, examine fossils up close, and learn the story of prehistoric bones found in the first chamber. Your explorations will take you through 'the Box', then on to the Five Way Chamber, the Grand Gallery, and finally the Grotto - a chamber full of stalactites and stalagmites with a crystal clear pool at the bottom of the cave. You will need to crab-walk, fit through small spaces, and have decent upper body strength for this excursion.

Second option: Go on a beautiful bike ride on a stunning path through the mountains. This is a relatively mellow ride. While long, there are not major ascents or descents.

Enjoy lunch along the way.

#### Sauna Soak or Waterfall Hike

The day ends at a cozy chalet, where you can relax in the sauna, or take a short hike to a nearby waterfall.

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#### DAY 4

Wednesday  
8/7/19

### Lake Louise

Opened in 1940 and considered one of the world's most spectacular road trips, the Icefields Parkway links Banff and Jasper National Parks with 144 miles of ooh and ahh inspiring vistas. Every bend in the road reveals one magnificent sight after another, from turquoise blue lakes rimmed in pines to giant glaciers hanging from the mountain-sides and some of the highest mountain peaks in North America. Keep a lookout for big horn sheep clambering around the cliffsides, a stately moose taking a drink from a reflection lake, or a family of bears enjoying the roadside bounty of local berry bushes—you will stop for pictures along the way!

#### Visit the Columbia Icefields and the Athabasca Glacier

Travel to the dazzling Columbia Icefields, which drapes across the North American Continental Divide and covers 125 square miles. An exciting ice-walking adventure with an expert guide on the Athabasca Glacier offers the chance to peer into mini ice canyons and crevasses while learning the secrets of eons-old glacial formation. Welcome to a world where snow and ice, rock, and sky dominate the land. The Columbia Icefield is the largest mass of ice in the Rocky Mountains - stretching more than 25 kilometers across the Continental Divide. From its melting snows and many glaciers, waters flow across North America to the Atlantic, the Arctic, and the Pacific oceans. Your ice-walk adventure is on the Athabasca Glacier, a 3.5 mile tongue of ice that flows from the icefield, giving us access to this stark alpine world. It is a world few people ever see, let alone experience firsthand. Enjoy lunch on the glacier.

#### Head Back to the Resort

On the drive back, take in the awesome views of glacier-formed Peyto Lake and the reflections of mountains in beautiful Bow Lake.

#### Dinner

Arrive back at the resort in time to refresh before dinner.

#### Accommodations

Baker Creek  
Mountain Resort

#### Meals Included

breakfast, lunch, dinner



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### DAY 5

Thursday  
8/8/19

## Lake Louise to Banff

Yoho National Park is named for the Cree expression for awe and wonder. The park spreads out along the western slopes of the Canadian Rockies, encompassing 507 square miles of forests, waterfalls, valley and foothill trails, and rushing rivers. Within its soaring rock cliffs lie remarkable feats of engineering—spiral tunnels—completed in 1909 for the Canadian Pacific Railroad.

### Whitewater Rafting Adventure

Head to the Kicking Horse River for whitewater rafting! The Kicking Horse River is renowned as the best of Canadian Rockies whitewater rafting and the Middle Canyon offers an exceptional stretch of whitewater that is just right for first time adventurers and more seasoned paddlers too. Once you are fitted with a government-approved life jacket, helmet, wetsuit, booties, gloves, and spray jacket (all CLEAN and DRY!) your guide will go over safety procedures and paddling techniques you will use on the river. There are over 14 sets of named rapids – such as, “Roller Coaster,” “Hopi Hole,” “Goat,” “Twin Peaks,” “Portage,” and “Shotgun” that are sure to leave you with big smiles. You will not soon forget this excellent river adventure. Go AdventureWomen!

### Visit Lake Louise

On the way to Banff, stop at Lake Louise, whose legendary milky blue color is created by finely sifted glacial rock.

### Free Time in Banff

Enjoy time to explore the picturesque and historic resort town of Banff, your home base for the next two nights. If you wish, take an optional soak in the world-famous hot springs pools (at your own expense).

### Dinner

Dinner is on your own tonight in one of Banff’s many restaurants.

### Accommodations

Delta Banff  
Royal Canadian Lodge  
Meals Included  
breakfast, lunch

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#### DAY 6

Friday  
8/9/19

### Banff

It 1883, while investigating Alberta's terrain on the eastern slopes of the Rockies for the Canadian Pacific Railway, three railroad workers discovered a large cave sheltering a series of hot springs. Two years later Canada's National Park System was born with Banff leading the way. Discover the diverse beauty of this iconic 2,564 square mile wonderland today as you set out for an unforgettable hiking adventure.

#### Choose From Two Hiking Options

You can choose from either the 6 mile, 1,700 foot elevation gain Larch Valley hike, or the Sentinel Pass hike, which traverses 7 miles with a 2,375 foot elevation gain. Both hikes start in the dreamy Valley of the Ten Peaks at Moraine Lake and lead through a peaceful larch forest and up to a high alpine meadow where carpets of alpine wildflowers fill the meadows. Continue to the sparkling waters of Minnestimma Lakes, which reflect the sapphire skies and towering peaks of the ten attendant mountains, an awe-inspiring panorama.

#### Optional Sentinel Pass Summit

After a picnic lunch, those who are up for it can continue to the summit of majestic Sentinel Pass, where 360-degree panoramas make for impressive "we were here" posts! The views are spectacular. Paradise Valley and the breathtaking peaks of the Continental Divide unfold to the north, while the glaciated spires of the Ten Peaks fill the horizon to the south. This is one of those mountain destinations that almost defies description.

#### Farewell Dinner

Gather for a delicious Farewell Dinner to celebrate the end of this fantastic and fun week in the Canadian Rockies!

#### Accommodations

Delta Banff  
Royal Canadian Lodge  
Meals Included  
breakfast, lunch, dinner

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#### DAY 7

Saturday  
8/10/19

### Banff and Depart

All adventures must come to an end, but it's just the beginning of great memories!

#### Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home.

Meals Included  
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

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### Accommodation Details

#### Coast Canmore Hotel

The Coast Canmore hotel is set in one of the most beautiful locations in all of Alberta. The mountains are always in sight and gorgeous and serene lakes and reservoirs are never far away. The rooms of the hotel are clean, comfortable, and spacious. The hotel has all of the amenities to make your stay wonderful from the pool, hot tub, and fitness center to the restaurant, lounge, and free WIFI. The only thing better than the rooms, views, and amenities is the friendly and attentive staff.

#### Baker Creek Mountain Resort

With the cozy charm of a mountain log home and the spectacular setting of Banff National Park, the Baker Creek Mountain Resort is a delightful base of exploration. The chalets, furnished with hand-made wooden chairs and tables, each feature a fireplace/wood-burning stove and front porch—perfect for watching the local wildlife amble by. The casual Bistro offers up delicious meals for hearty appetites in a pioneer-times atmosphere. Baker Creek is the winner of the “Banff Heritage Tourism Award” for its authentic mountain lodging experience.

#### Delta Banff Royal Canadian Lodge

Situated in the heart of the resort town of Banff, the Delta Banff is the perfect base for exploration of the region’s fabled mountains and lakes, and just a few minutes walk to the downtown shopping and dining center. The lodge features 99 spacious rooms along with a restaurant, pool, spa and fitness center. The airy guest rooms are stylishly furnished with sanctuary beds and table and chairs; amenities include a mini fridge, flat-screen TV, coffee/tea-making facilities, bathrobes, and an ensuite bathroom with tub.

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### Included/Not Included

#### Included:

- ▶ All accommodations based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Fully-guided sightseeing and activities as indicated in the itinerary
- ▶ Professional guides throughout the trip
- ▶ Entrance fees
- ▶ Drinking water
- ▶ One AdventureWomen Ambassador

#### Not Included:

- ▶ International airfare to and from Canada
- ▶ Optional activities as listed in the itinerary
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities

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the fine print

### Activity Level:

Moderate

Active

**High Energy**

Challenging

We rate this trip as High Energy. Our High Energy adventures are designed for women who enjoy a physical challenge and crave being on the go! You should be prepared for itineraries that include (but are not limited to): a full day of biking on rolling terrain, hiking 5-8 miles on moderate to steep trails, being active at high altitudes, whitewater rafting, or skiing.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

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Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Supplemental Rafting Release
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before May 6, 2019.

### Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

### Money:

The currency of Canada is the Canadian Dollar. Credit cards are generally accepted and ATMs will be available.

### Suggested Gratuities:

- ▶ Guides (2): \$15 per day
- ▶ Drivers (2): \$8-10 per day

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**Arrive:** Arrive at Calgary International Airport (YYC) on August 4, 2019. The group will meet at 3:00pm at the airport.

**Depart:** Depart Calgary (YYC) on August 10, 2019 after noon.

We are happy to help you make your flight and travel arrangements. Please contact us at:

**(800) 804-8686 or (617) 544-9393**  
**email: [info@adventurewomen.com](mailto:info@adventurewomen.com)**

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

**Note:** The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.



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**Packing Considerations:** Weather is always unpredictable in the mountains - dress accordingly. You will want outdoor clothing and gear to be safe and comfortable. Most days you will be comfortable in a t-shirt and shorts, however, even in August, you must be prepared for rain and maybe snow at higher elevations. Layering is key!

### Clothing and Gear:

- Duffel bag or small suitcase
- Daypack with rain cover
- Medium-weight waterproof hiking boots or shoes (make sure they are broken in!)
- 1 pair sandals
- Comfortable shoes for evenings
- Gore-Tex/waterproof jacket
- Gore-Tex/waterproof pants
- 1 medium weight fleece sweater/jacket to layer under rain shell
- 3-4 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 2-3 pairs of pants
- 1-2 pairs of shorts
- Bathing suit
- 5-7 pairs underwear
- 4-5 pairs of wool hiking socks
- 1 wool or fleece hat
- 1 pair wool or fleece gloves
- Sleepwear
- 2 24-ounce water bottles

### AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste

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### Essentials Continued:

- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

### Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a