

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

CANADA

The Ultimate Active Outdoor Adventure



August 1 - 7, 2021

CANADA

The Ultimate Active Outdoor Adventure

TRIP HIGHLIGHTS

- ▶ Discover Alberta's wilderness wonderland during a week of non-stop outdoor adventures
- ▶ Take your pick from horseback riding through alpine meadows, bicycling through sublime scenery, or exploring a vast network of caverns
- ▶ Photograph iconic Lake Louise and enjoy the charming town of Banff
- ▶ Raft the thrilling rapids of the Kicking Horse River
- ▶ Follow the fabled Columbia Icefields Parkway and hike on Athabasca Glacier

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
- Day 3 option to explore caves or take a scenic bike ride
- Day 4 explore the Columbia Icefield 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 from Calgary

ACTIVITY LEVEL

High Energy

TRIP PRICE

Main Trip: \$4,490

Optional Single Accommodations: \$1,200

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your adventure
in depth

DAY 1
Sunday
8/1/21

Arrive in Canmore

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. This is where you will start your week of active outdoor sports in the Canadian Rockies, hiking, horseback riding, biking and rafting.

During your adventure you'll get to know your expert Canadian guide, who will help you discover the local rivers and roadways, glaciers and caves. You are also accompanied by an Adventure Women Ambassador, committed to helping make your experience a fun and personally rewarding adventure, and cheering you on as you reach beyond your comfort zone to take on new challenges in your own unique way!

Arrival Information

Arrive at Calgary International Airport (YYC) by early afternoon. The group will meet at 3:00pm at the airport.

Pick-up and Transfer

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.

Welcome Dinner

After settling in to your room, enjoy a delicious welcome dinner where you'll get to know the other women in your group, your guide, and your Ambassador, and learn more about the exciting upcoming adventures for the week.

Accommodations
Coast Canmore
Hotel
Meals Included
dinner

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DAY 2
Monday
8/2/21

Canmore

Rise and shine to the stunning peaks of the Canadian Rockies and a pristine wilderness begging to be explored. Keep your 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. Watch for the local species: black and brown bear, bighorn sheep, elk, mountain goat, moose, coyote, and many more!

Morning Activities

Morning Activities: You will be asked to choose one of these activities prior to departing for Canada.

First option: A classic horseback trail ride from the Rafter Six 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: 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.

Waterfall Hike

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

Evening at the Hotel

Head back to Canmore to explore or take a relaxing soak in the indoor hot tub. Enjoy dinner with your group at the hotel.

Accommodations
Coast Canmore
Hotel
Meals Included
breakfast, lunch,
dinner

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DAY 3
Tuesday
8/3/21

Canmore to Lake Louise

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

Cave Adventure or Bike Ride You have already chosen one of these options:

First option: Head 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! 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: Head out on a bicycle on a 16-mile ride. See mountain peaks in all directions as you work your way up to Lake Minnewanka. The Stoney Nakoda people gave the lake its name, which means "Lake of Spirits." They respected and feared the lake for its resident spirits. You will gain 380 feet on this loop that brings you right back to Banff for a cold drink.

Enjoy lunch along the way.

Dinner

Enjoy dinner as a group this evening.

Accommodations
Castle Mountain
Chalets
Meals Included
breakfast, lunch,
dinner

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DAY 4
Wednesday
8/4/21

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 mountainsides and some of the highest mountain peaks in North America. Keep a lookout for bighorn 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!

Columbia Icefield and the Athabasca Glacier

Travel to the dazzling Columbia Icefield, which drapes across the North American Continental Divide and covers 125 square miles. 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 you the chance to peer into mini ice canyons and crevasses. It is a world few people ever see, let alone experience firsthand. Enjoy lunch on the glacier.

Head to Your Hotel

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

Accommodations
Castle Mountain
Chalets
Meals Included
breakfast, lunch,
dinner

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DAY 5
Thursday
8/5/21

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 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 that are sure to leave you with big smiles. You will not soon forget this excellent river adventure. Go AdventureWomen!

Visit Lake Louise

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 (at your own expense).

Dinner

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

Accommodations
Royal Canadian
Lodge
Meals Included
breakfast, lunch

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DAY 6
Friday
8/6/21

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.

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 filled with carpets of alpine wildflowers. 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" photos! 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
Royal Canadian
Lodge
Meals Included
breakfast, lunch,
dinner

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DAY 7
Saturday
8/7/21

Depart Canada

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. One group transfer is included; please don't book any flights departing before noon!

Departure Information

Depart from Calgary (YYC) after 12:00pm.

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.

Meals Included
breakfast

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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 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.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

Castle Mountain Chalets

Your chalets are the perfect base for your adventures in the Canadian Rockies and are conveniently halfway between Banff and Lake Louise. Each chalet is fully furnished with all the modern conveniences of home, and the comforts you expect from a hotel, including a hot tub!

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

Royal Canadian Lodge

Situated in the heart of the resort town of Banff, the Royal Canadian Lodge 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. Enjoy the on-site pool and hot tub during your stay.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

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Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Guided sightseeing and activities as indicated in the itinerary
- ▶ Professional Canadian guides throughout the trip
- ▶ One group transfer on arrival and departure
- ▶ Drinking water available in large jugs to refill personal bottles
- ▶ All gratuities except for guides

Not Included:

- ▶ Airfare to and from Canada
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for guides