

adventure**women**

THE DESTINATION IS JUST THE BEGINNING

CANADA

The Ultimate Active Outdoor Adventure



August 1 - 7, 2021



adventure**women**

10 mount auburn street, suite 2, watertown ma 02427 t: (617) 544-9393 t: (800) 804-8686 [www.adventurewomen.com](http://www.adventurewomen.com)



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THE DESTINATION IS JUST THE BEGINNING

## CANADA

# The Ultimate Active Outdoor Adventure

### TRIP HIGHLIGHTS

- ▶ Discover the Canadian Rockies during a week of non-stop outdoor adventures in this wilderness wonderland
- ▶ 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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## CANADA

# The Ultimate Active Outdoor Adventure

### 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

your adventure  
in depth

DAY 1  
Sunday  
8/1/21

# CANADA

## The Ultimate Active Outdoor Adventure

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### 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 in Venice, Italy (VCE) before X:XX AM/PM today.

#### Pick-up and Transfer

You will be picked up at the Venice airport by your Italian guide who will teach you about the region as you start your journey across the countryside. You'll learn more about the intrepid traveling companions in your group during this two-and-a-half-hour drive.

#### 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

Pomeroy  
Kananaskis

Meals Included

dinner

your adventure  
in depth

DAY 2  
Monday  
8/2/21

# CANADA

## The Ultimate Active Outdoor Adventure

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### Kananaskis

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.

#### Afternoon Hike

Take a magical hike, surrounded by stunning peaks and glacial fed water.

#### Evening at the Hotel

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

### Accommodations

Pomeroy  
Kananaskis  
Meals Included  
breakfast, lunch,  
dinner

your adventure  
in depth

DAY 3  
Tuesday  
8/3/21

# CANADA

## The Ultimate Active Outdoor Adventure

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### Kananaskis to Castle Mountain

Castle Mountain is a majestic peak within the Canadian Rockies that is located within Banff National Park. About halfway between Lake Louise and Banff, Castle Mountain stands at 9,075 feet and is so named because of the mountain's resemblance to a castle or fortress.

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

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. See mountain peaks in all directions as you work your way on safe bike trails and quieter roads. A stunning ride to take in the sights of the Bow River and town of Banff. You'll be introduced to the Sundance Range and history of The Stoney Nakoda people. This ride will bring you into Banff for a well-deserved cold drink.

Enjoy lunch along the way.

Dinner

Enjoy dinner as a group this evening.

Accommodations  
Castle Mountain  
Chalets  
Meals Included  
breakfast, lunch,  
dinner

your adventure  
in depth

DAY 4  
Wednesday  
8/4/21

# CANADA

## The Ultimate Active Outdoor Adventure

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### [Icefields Parkway](#)

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, the largest mass of ice in the Rocky Mountains which drapes across the North American Continental Divide and covers 125 square miles. 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 three and a half-mile tongue of ice that flows from the icefield, giving you the chance to peer into ice canyons and crevasses. It is a world few people ever see, let alone experience firsthand. Enjoy lunch on the way.

### [Head to Your Hotel](#)

On the drive, take in the mountain reflection at beautiful Bow Lake and stop often for inspiring mini-hikes to spectacular views and powerful water.

Accommodations  
Castle Mountain  
Chalets  
Meals Included  
breakfast, lunch,  
dinner

# CANADA

## The Ultimate Active Outdoor Adventure

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your adventure  
in depth

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

your adventure  
in depth

DAY 6  
Friday  
8/6/21

# CANADA

## The Ultimate Active Outdoor Adventure

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### Banff

In 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. Today's lunch will be picnic style and enjoyed while en route.

#### Optional Sentinel Pass Summit

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

your adventure  
in depth

DAY 7  
Saturday  
8/7/21

# CANADA

## The Ultimate Active Outdoor Adventure

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### 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

your adventure  
in depth

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## The Ultimate Active Outdoor Adventure

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### Accommodation Details

#### Pomeroy Kananaskis Mountain Lodge

Pomeroy Kananaskis Mountain Lodge is a modern resort nestled in the pines of the mountains. Don't forget to bring your bathing suit!

Amenities: Safe, refrigerator, hair dryer, complimentary WiFi, pool and hot tub

#### 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.

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 trails, and just a few minutes' walk to downtown shopping and dining. Enjoy the on-site pool and hot tub during your stay.

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

your adventure  
in depth

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## The Ultimate Active Outdoor Adventure

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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

your adventure  
in depth

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## The Ultimate Active Outdoor Adventure

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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

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

### 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!**

In this spirit, the successful adventure traveler should be a

**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!