

# CANADIAN ROCKIES

## The Ultimate Active Winter Adventure



March 1 - 7, 2020

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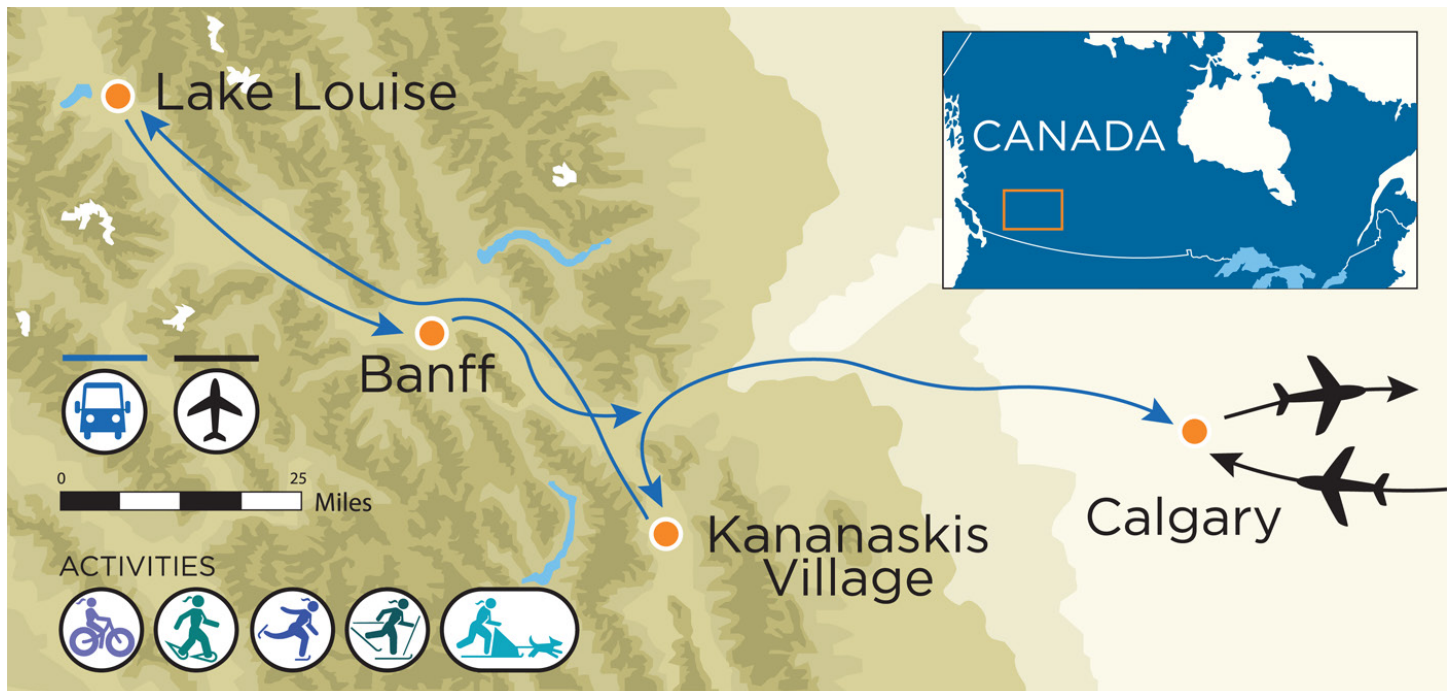
## The Ultimate Active Winter Adventure

March 1 - 7, 2020

### TRIP HIGHLIGHTS

- ▶ Enjoy multi-sport winter fun from cross-country skiing to dogsledding, fat tire biking to snowshoeing, and ice skating
- ▶ Relax the way they do in Scandinavia with a cold pool plunge followed by the warm blankets of a cozy “hammock”
- ▶ Spot and photograph winter wildlife in the snows of Banff National Park and Peter Lougheed Provincial Park
- ▶ Warm up around a bonfire and swap stories with your fellow Adventure Women

### TRIP ROUTE



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### QUICK VIEW ITINERARY

Day 1: arrive in Calgary, welcome dinner

Day 2: fat tire biking along groomed snow trails, hike to a frozen waterfall

Day 3: cross-country skiing through snow-capped trees and open snowfields

Day 4: head out on the snow on the back of a dog sled!

Day 5: snowshoe through the forest and see spectacular glaciers

Day 6: go ice skating on Lake Louise and have lunch in an ice castle

Day 7: depart from Calgary

### TRIP PRICE

Main Trip: \$4,290

Optional Single Accommodations: \$600



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### your adventure in depth

#### DAY 1

Sunday  
3/1/20

### Arrive in Kananaskis Country

Welcome to spectacular Alberta—and its grand-scale landscapes of snow-capped mountains, turquoise ice, and glittering glaciers. This is where you will start your week of active outdoor sports in the Canadian Rockies, cross-country skiing, fat-tire biking, snowshoeing, ice skating, and dogsledding! Discover Canada's frosty air, snow-capped trees, and frozen expanses, ending each exhilarating day sharing good food and laughter with AdventureWomen friends.

#### Arrival and Transfer to Hotel

Meet at 3:00pm at the Calgary International Airport near the big horse statue for your group transfer to the beautiful Kananaskis Valley.

#### 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

Pomeroy Kananaskis  
Mountain Lodge

Meals Included  
dinner

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**DAY 2**  
Monday  
3/2/20

### Kananaskis Country

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 frozen habitats!

**Fat Biking** Hop on your fat-tire bike and cruise groomed snow trails through snow-capped trees and fields of white. Women of all fitness levels will love this gorgeous bike ride, with miles of trail options to suit each cyclist's abilities.

**Lunch** Enjoy lunch in Kananaskis Village after your morning out on two wheels.

**Hike to Troll Falls** Take a short hike to Troll Falls, a completely solid wall of ice where water froze in mid-air as it tumbled over the cliff. Take some photos in front of the glittering falls before heading back to your hotel.

**Dinner** Enjoy dinner as a group this evening.

### Accommodations

Pomeroy Kananaskis  
Mountain Lodge

### Meals Included

breakfast, lunch, dinner

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#### DAY 3

Tuesday  
3/3/20

### Kananaskis Country

The Kananaskis River originates in Peter Lougheed Provincial Park, and flows into the Upper Kananaskis Lake and then onto the Lower Kananaskis Lake. The park is a magical place to explore, filled with snow-capped trees and glittering icicles.

#### Cross-Country Skiing

You'll start today's adventure with a group cross-country skiing lesson tailored to the group's experience and abilities. After finding your skiing legs, set off with professional guides on the trails through the quiet, shaded forests and sun-soaked snowfields. There are a lot of trails to choose from, ranging from gentle flats to challenging rolling terrain. Enjoy lunch along the trail.

#### Nordic Spa

After a long day of skiing, spend some time relaxing at the Nordic Spa. Start in the hot pool, move to the warm pool, and then plunge into the cold pool or a snow bank! When you can't possibly stay in the cold any longer, hop into a warm, winterized hammock to relax. Enjoy a complimentary massage.

#### Dinner

Enjoy some downtime after your spa visit before having dinner with your group.

#### Accommodations

Pomeroy Kananaskis  
Mountain Lodge

#### Meals Included

breakfast, lunch, dinner

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### DAY 4

Wednesday  
3/4/20

## Kananaskis Country to Banff Area

Lake Louise, also named Lake of the Little Fishes by the Stoney Nakota First Nations people, is a glacial lake within Banff National Park. Banff, Canada's first national park, was established in 1885 to help preserve the natural beauty of the Rocky Mountains.

**Dog Sledding** Drive about an hour where you will meet your transportation for the day - local dogs and sleds! After meeting the dogs and learning how to set up the teams, you'll head out on the trails. You can decide if you want to ride in the sled or on the rails at the back of the sled.

During the ride, you'll have breathtaking views of the Spray Valley as you ride out over the frozen lake, then up into the trees to navigate an exciting trail around Mt. Nestor. Enjoy a hot campfire lunch along the way, where you can warm up and learn a bit about the history of dog sledding in the area.

**Head to Your Hotel** After dog sledding, you'll head to your hotel, where you'll have time to relax before dinner. Share stories of driving the dog sled with your AdventureWomen friends!

Accommodations  
Castle Mountain Chalets

Meals Included  
breakfast, lunch, dinner

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**DAY 5**  
Thursday  
3/5/20

### Banff National Park

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 incredible vistas. Every bend in the road reveals one magnificent sight after another, including some of the highest mountain peaks in North America.

**Snowshoeing** Head to the northern end of Banff National Park where glaciers, frozen lakes, and wildlife are waiting to be discovered. Strap on your snowshoes and walk through thick forests, over hills, and through deep snow, all while being dwarfed by grand glaciers on the rugged peaks above.

**Free Time** After your day snowshoeing, enjoy some time to relax this afternoon!

**Dinner** Head out this evening for dinner as a group.

Accommodations  
Castle Mountain Chalets

Meals Included  
breakfast, lunch, dinner



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#### DAY 6

Friday  
3/6/20

### Banff National Park to Lake Louise

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.

#### Skating on Lake Louise

You've saved the best for last! What could be better than a true Canadian pastime in a truly Canadian setting? Each year an ice castle is constructed on the lake, and warm drinks and lunch are waiting to warm you up inside where you have a view of the Victoria Glacier. Skate for as long as you'd like!

#### Free Afternoon in Banff

Take the afternoon to explore the many shops and cafés of Banff, or take some time to sit in the upper hot springs. Banff boasts museums, natural beauty, and of course Canadian treats like beaver tails and fudge!

#### 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  
3/7/20

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

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

#### Pomeroy Kananaskis Mountain Lodge

Get swept away from everyday life as you relax, rejuvenate, and refresh in the picturesque Kananaskis Valley - the perfect place to start your winter adventure! You'll feel like you can reach out and touch the mountains from the lodge.

#### 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.

#### 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. 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 en suite 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
- ▶ One 60-minute massage
- ▶ Drinking water
- ▶ Gratuities for waitstaff and lodge/hotel staff
- ▶ 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 for guides

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### 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. Please note that this is a general description of what you might encounter; for specific details about your trip, please consult the itinerary.

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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The deposit for this trip is \$800, and is nonrefundable and nontransferable. Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- 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 December 2, 2019.** A maximum of \$1,500 per person can be put on a credit card, which includes your deposit.

### 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 guide per day



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**Arrive:** Arrive at Calgary International Airport (YYC) on March 1, 2020. There is one group transfer included. Please meet at 3:00pm at the airport.

**Depart:** Depart Calgary (YYC) on March 7, 2020 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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Weather is always unpredictable in the mountains - dress accordingly. You should expect temperatures anywhere from 32°F to -15°F. Usually you can expect the temperatures to be in the 30s and 40s during the day in March. You need to dress warmly and insulate. A good down jacket, fleece, warm hat, gloves, neck warmer, long underwear, and warm boots are a must.

### Clothing and Gear:

- Duffel bag or small suitcase
- Daypack with rain cover
- Sturdy winter boots you can hike in
- 2-3 long underwear tops
- 2-3 long underwear bottoms
- 1 wool, fleece, or synthetic mid-layer top
- 1 down or synthetic winter jacket
- 1 pair synthetic pants (jogging or hiking pants work)
- Gore-Tex/waterproof jacket
- Gore-Tex/waterproof pants (insulated or shell pants)
- Warm winter hat
- Warm gloves/mittens
- Neck warmer
- Bathing suit
- Underwear & bras
- 4-5 pairs of wool hiking socks
- Sleepwear
- Water bottle or thermos
- 1-2 casual outfits for evenings at hotels
- 1 nicer outfit for farewell dinner
- Gaiters (optional)

### 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 (or cell phone)
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest) - optional
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF (sun reflects off of snow - you definitely will need it!)
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: we recommend silicone models

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### Essentials Continued:

- Assortment of stuff sacks and bags (please consider bringing reusable or silicone bags to reduce the use of disposable plastics)
- 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

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!**

**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