

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

CANADA

# Canadian Rockies: The Ultimate Active Outdoor Adventure



July 24 - 30, 2022



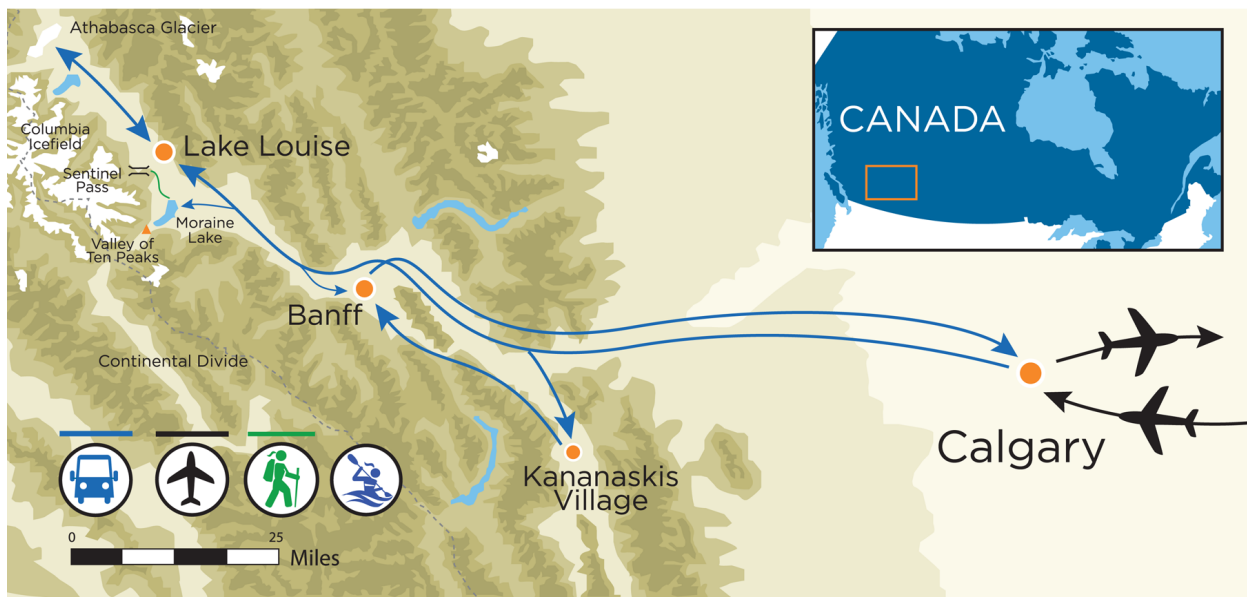
## CANADA

# Canadian Rockies: The Ultimate Active Outdoor Adventure

### TRIP HIGHLIGHTS

- ▶ Discover the Canadian Rockies during a week of non-stop outdoor adventures
- ▶ Enjoy hiking, biking, caving, exploring glaciers, and more!
- ▶ Photograph iconic Lake Louise and enjoy the charming town of Banff
- ▶ Raft the thrilling rapids of a glacier-fed river
- ▶ Follow the fabled Columbia Icefields Parkway, hike on Athabasca Glacier, and discover pristine blue lakes

### TRIP ROUTE



## CANADA

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### QUICK VIEW ITINERARY

- Day 1 arrive at Lake Louise, welcome dinner
- Day 2 explore the Icefield Parkway and hike on the Athabasca Glacier
- Day 3 cave inside Mount Grotto
- Day 4 mountain biking, massage, and spa
- Day 5 whitewater rafting, picnic lunch, 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: \$4,595

Optional Single Accommodations: \$1,200

# CANADA

## Canadian Rockies: The Ultimate Active Outdoor Adventure



your adventure  
in depth

DAY 1  
Sunday  
7/24/22

### Arrive at Lake Louise

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

During your adventure you'll get to know your expert Canadian guide, who will help you discover the local history, mountain names, glaciers, and caves. You are also accompanied by an AdventureWomen 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.

#### Check-in and Walk around Lake Louise

After checking in and settling into your room, enjoy a welcome walk with a view of Lake Louise.

#### Welcome Dinner

Enjoy a delicious welcome dinner and hear from your guides about the exciting upcoming adventures for the week.

Accommodations  
Lake Louise Inn

Meals Included  
dinner

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DAY 2  
Monday  
7/25/22

### 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 by conifers to giant glaciers hanging from the mountainsides and some of the highest mountain peaks in Canada. 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.

### Dinner

Enjoy dinner as a group tonight at Lake Louise Station.

Accommodations  
Lake Louise Inn

Meals Included  
breakfast, lunch,  
dinner

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your adventure  
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DAY 3  
Tuesday  
7/26/22

### Lake Louise to Kananaskis Country

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

**Cave Adventure** 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.

Enjoy lunch along the way.

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

Accommodations  
Pomeroy  
Kananaskis  
Meals Included  
breakfast, lunch,  
dinner

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your adventure  
in depth

DAY 4  
Wednesday  
7/27/22

### 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. During your adventures, keep your eyes peeled for any (or many!) of the wildlife species that make their home here—black and brown bear, bighorn sheep, elk, coyote, mountain goat, moose, weasel, cougar, and many more.

**Mountain Biking** Set off on a beautiful mountain bike ride on a stunning path through the maintains. This activity is catered for all abilities, so hop on your bike and go!

**Packed Lunch** Enjoy lunch after your biking adventure.

**Spa and Hydrotherapy** After your morning activity, you have earned a massage and some time to relax in hot pools and saunas at the spa.

**Dinner** Have dinner with your new friends at the Kananaskis Forte, or enjoy room service if you'd prefer some alone time.

Accommodations  
Pomeroy  
Kananaskis  
Meals Included  
breakfast, lunch,  
dinner



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DAY 5  
Thursday  
7/28/22

### Kananaskis to Banff

Enjoy your final adventure in the beauty of Kananaskis Country with a whitewater rafting excursion.

#### Whitewater Rafting

Head to Chinook Rafting headquarters for whitewater rafting! The river is renowned as one of the best in the Canadian Rockies for whitewater rafting. The canyons and thrilling whitewater are 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. The rapids, a jump in the river, and being in the middle of Hollywood movie sets are sure to leave you with big smiles. You will not soon forget this excellent river adventure. Go AdventureWomen!

#### 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  
7/29/22

### 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. 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

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DAY 7  
Saturday  
7/30/22

### 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

#### Lake Louise Inn

The Lake Louise Inn provides a perfect base to start your trip nestled in a UNESCO World Heritage site with amazing views of the Canadian Rockies.

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

#### 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

#### 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

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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

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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