

adventure**women**  
THE DESTINATION IS JUST THE BEGINNING

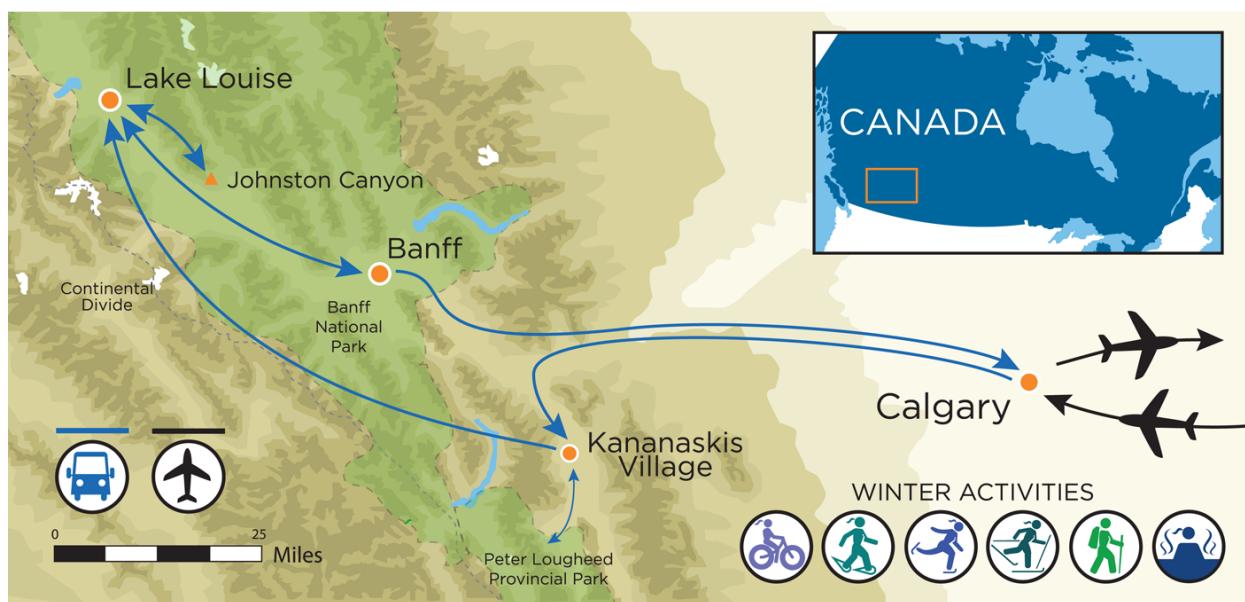
# CANADA

## The Ultimate Active Winter Adventure

### TRIP HIGHLIGHTS

- ▶ Enjoy multi-sport winter fun from cross-country skiing, snowshoeing, fat tire e-biking to ice skating
- ▶ Treat yourself with a massage, hot pools, cold pool and delicious, nutritious food
- ▶ Spot the tracks of winter wildlife in the snows of Banff National Park and explore ice canyons
- ▶ Warm up around a bonfire and swap stories with your fellow AdventureWomen

### TRIP ROUTE



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### QUICK VIEW ITINERARY

- |       |   |
|-------|---|
| Day 1 | arrive in Kananaskis, welcome dinner                            |
| Day 2 | fat tire e-bike along groomed snow trails, stop at Troll Falls  |
| Day 3 | cross-country ski through snow-capped trees and open snowfields |
| Day 4 | head out into the snow for snowshoeing                          |
| Day 5 | walk in and around Johnston Canyon and Marble Canyon            |
| Day 6 | ice skate on Lake Louise, transfer to Banff                     |
| Day 7 | depart from Calgary   |

### ACTIVITY LEVEL

High Energy

### TRIP PRICE

Main Trip: \$5,245

Optional Single Accommodations: \$1,500

### TRIP DATES

February 23 - March 1, 2025

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### DAY 1

Sunday

2/23/25

#### Arrive in Calgary, Alberta

Welcome to the spectacular Canadian Rockies – This is an unforgettable week among grand-scale landscapes of limestone mountains, ice canyons, frozen lakes and trees layered in snow. You will experience this winter wonderland on snowshoes, on cross-country skis, by wearing ice grippers on your feet and riding a fatbike.

#### Arrival and Transfer to Hotel

Arrive at Calgary International Airport (YYC) before 3PM. Meet near the big horse statue for your group transfer to the beautiful Kananaskis Valley.

#### Check-in and Welcome Dinner

After settling into your room, enjoy a delicious welcome dinner with an orientation from your guides about the exciting upcoming adventures for the week.

### Accommodations

Kananaskis Mountain Lodge

### Meals Included

dinner

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### DAY 2

Monday  
2/24/25

#### 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—lynx, snowshoe hare, bighorn sheep, elk, coyote, mountain goat, moose, weasel, cougar, and many more.

##### Fat Tire e-Biking

Hop on your fat tire e-bike on Bill Milne trails (paved trail) through snow-capped trees and fields of white. Women of all fitness levels will love this gorgeous ride, with miles of trail options to suit each cyclist's abilities. Stop at Troll Falls.

##### Lunch

Enjoy a packed lunch after your e-biking adventure.

##### Dinner

Enjoy dinner as a group this evening at the Kananaskis Forte.

### Accommodations

Kananaskis Mountain Lodge

### Meals Included

breakfast, lunch, dinner

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**DAY 3**  
Tuesday  
2/25/25

### 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, professional guides will lead you on trails through quiet, shaded forests and sun-soaked snowfields. There are many trails to choose from, ranging from gentle flats to challenging rolling terrain. Enjoy a packed lunch along the way.

#### Nordic Spa

After a long day of cross-country 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! Also, enjoy a 60-minute complimentary massage.

#### Dinner

Have dinner with your new friends at the Kananaskis Two Trees Bistro, or enjoy room service if you'd prefer some alone time.

### Accommodations

Kananaskis Mountain  
Lodge

### Meals Included

breakfast, lunch, dinner

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### DAY 4

Wednesday  
2/26/25

### Kananaskis Country to 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.

#### Snowshoeing

Get out and experience the white wonderland on today's snowshoeing expedition. During your adventure along the headwaters of the mighty Bow River, you'll have beautiful views of the surrounding peaks of the icefields parkway. Tracks of snowshoe hare and lynx abound in this quiet corner of Banff National Park. Enjoy a packed lunch along the way.

#### Head to Your Hotel

After snowshoeing, you'll make your way to the beautiful town of Canmore and then to your hotel, where you'll have time to relax before dinner.

#### Dinner

Enjoy dinner as a group this evening.

#### Meet a Local Photographer (or similar activity)

Tonight after dinner you will meet with a local photographer who will teach you some techniques about how to turn a good landscape photo into a GREAT landscape photo.

### Accommodations

Lake Louise Inn

### Meals Included

breakfast, lunch, dinner

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### DAY 5

Thursday  
2/27/25

#### Johnston Canyon

Johnston Canyon is a wondrous creation that has been formed by thousands of years of water erosion of the limestone bedrock. With incredible views of waterfalls and pools of Johnston Creek, this canyon is a spectacular natural beauty.

##### Morning Hike

Start your day with an early morning hike of Johnston Canyon. Wear ice grippers as you walk on icy trails inside this canyon to photograph frozen waterfalls. Warm up on a quick drive to Marble Canyon, where you will now look onto an icy canyon from above. Enjoy the spectacular winter views and deep snow! Get ready for an optional third snowy hike!

##### Dinner

Enjoy dinner as a group this evening.

### Accommodations

Lake Louise Inn

### Meals Included

breakfast, lunch, dinner

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**DAY 6**  
Friday  
2/28/25

### Lake Louise to Banff

Lake Louise is one of Canada's most famous and iconic locations. Ringed by mountains and glaciers, it is an incredibly energetic hot spot and you will soon feel why. This is where skiing, climbing and playing in the mountains was born in Canada.

#### Skating on Lake Louise

What could be better than a true Canadian pastime in a truly Canadian setting? Right near an ice castle, you will go skating on the frozen glacial lake (unless there is a storm the night before, then you and your friends will make snow angels and hike to a frozen waterfall to spot ice climbers near the Victoria Glacier!). A historic afternoon tea and lunch will warm you up in the beautiful Chateau Lake Louise.

#### Free Afternoon in Banff

After enjoying high tea at Chateau Lake Louise, you'll drive to Banff where you will have the afternoon free to explore the many shops and cafes, 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  
3/1/25

### 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

#### Kananaskis

#### Mountain Lodge

The 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

#### 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

#### 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
- ▶ 60-minute massage at Kananaskis Nordic Spa
- ▶ Drinking water available in large jugs to refill personal bottles
- ▶ All gratuities except for guides and drivers (hotel, wait staff, luggage porters, ...)

### 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 and drivers

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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 trips.

### Health Insurance

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

### Adventure Travel Today

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 trips all over the world for women who want an active, out of the ordinary experience, 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 trips, 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!