

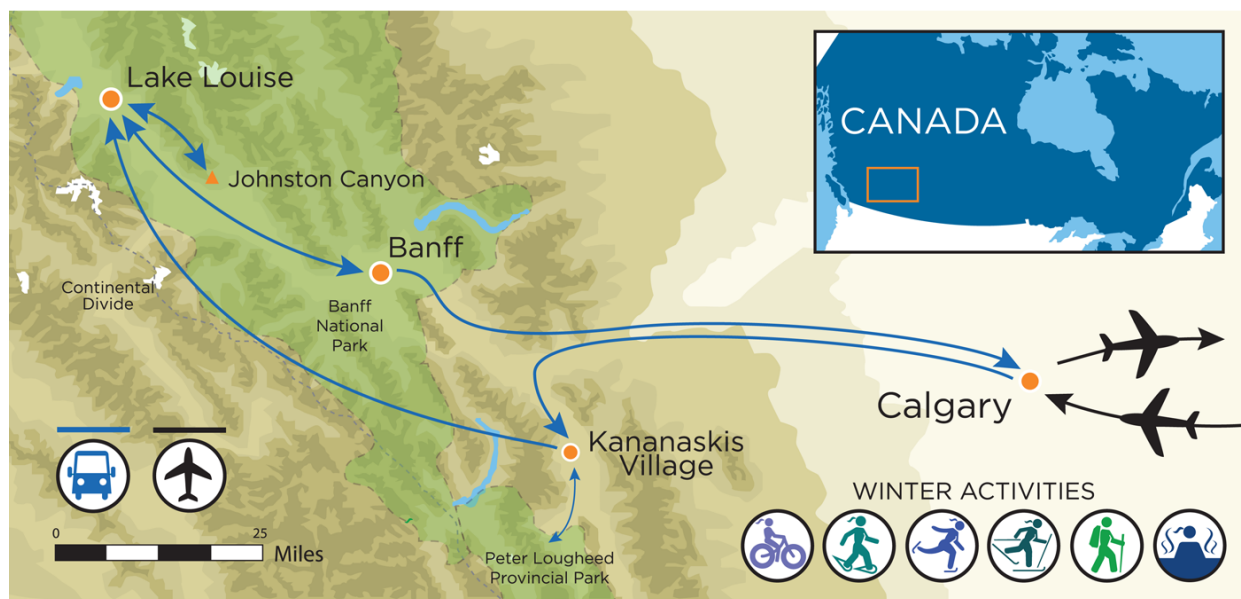
# CANADA

## 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



## CANADA

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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 and Marble Canyons, workshop with Teresa Snow, a member of the Goodstone band of the Lyethka Stoney Nakoda First Nation
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

# CANADA

## The Ultimate Active Winter Adventure



**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

# CANADA

## The Ultimate Active Winter Adventure



**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

# CANADA

## The Ultimate Active Winter Adventure



**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.

### Accommodations

Lake Louise Inn

### Meals Included

breakfast, lunch, dinner

# CANADA

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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!

#### Lunch and Workshop with Teresa Snow

Come together for a group lunch followed by a transformative experience with Teresa Snow during her Traditional Teachings, Mental Health, and Indigenous Women's Resiliency Workshop. Gain insight directly from Teresa, a proud member of the Goodstoney band of the Lyethka Stoney Nakoda First Nation, as she shares local history, plant medicines, and the vital role of Indigenous women—both historically and in contemporary times. Teresa will guide participants in crafting beaded pouches to take home, adding a hands-on element to this enriching session.

#### Dinner

Enjoy dinner as a group this evening.

### Accommodations

Lake Louise Inn

### Meals Included

breakfast, lunch, dinner

# CANADA

## The Ultimate Active Winter Adventure



**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



# CANADA

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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 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

# CANADA

## The Ultimate Active Winter Adventure

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### Cancellations and Refunds

Notification of cancellation must be made in writing to AdventureWomen, LLC (email will be accepted). Full payment is due 90 days prior to departure date.

- For cancellations received 89-60 days prior to the trip departure date: 50% of the package price is non-refundable and non-transferable.

- For cancellations received 59-0 days prior to the trip departure date: 100% of the package price is non-refundable and non-transferable.

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.

### Deposit Transfer

You can transfer your deposit to another trip with no additional fee if you notify us within 120 days of the original trip departure date. We can hold your deposit for up to six months as a credit. Failure to book a new trip within this timeframe will result in the forfeiture of your deposit. Please note that this policy doesn't apply to extensions purchased with the main trip, for which the deposit is non-refundable and non-transferable. Please note that the deposit for extensions is non-refundable and non-transferable.

### 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!