



Canada: The Ultimate Active Winter Adventure

DURATION | 7 Days

TRIP LEVEL | High Energy

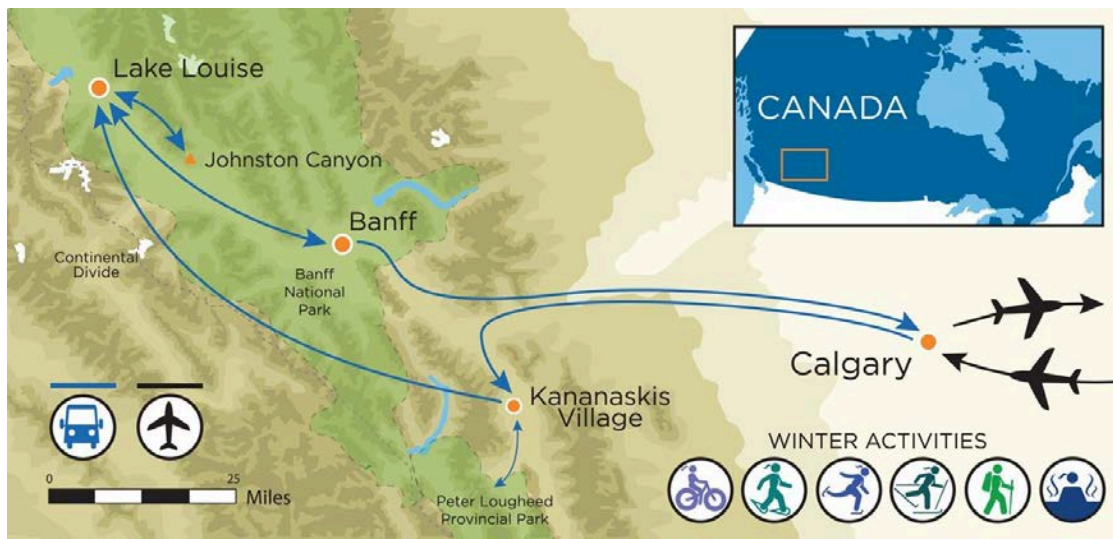
Trip Overview

Experience an unforgettable seven-day winter adventure in the breathtaking Canadian Rockies! Join AdventureWomen for a week filled with outdoor activities and moments of relaxation amid the stunning landscapes of Alberta. Kick off your journey with fat tire biking on the Bill Milne Trails, followed by a full day of skiing in Peter Lougheed Provincial Park, where trails cater to all skill levels. Indulge in rejuvenating Nordic hydrotherapy and a relaxing massage after your outdoor adventures. Then, explore charming towns and embark on a snowshoeing expedition surrounded by serene views. Continue your trip with a magical ice-skating experience on glacier-fed Lake Louise, surrounded by spectacular ice sculptures. Unwind in Banff Hot Springs and celebrate your incredible journey at a farewell dinner!

Trip Highlights

- Immerse yourself in the breathtaking beauty of the Canadian Rockies with exhilarating activities like hiking, biking, snowshoeing, and cross-country skiing.
- Uncover the allure of Lake Louise and the enchanting town of Banff, filled with charm and adventure.
- Indulge in a rejuvenating Nordic spa experience, complete with a complimentary massage to unwind after your winter escapades.

Map View



adventurewomen

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Trip Itinerary



Day 1

Welcome to Canada, Arrival in 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 through a variety of winter sports. Arrive at Calgary International Airport (YYC) before 3PM and meet your group near the big horse statue for your transfer to the beautiful Kananaskis Valley. After settling into your room, enjoy a delicious welcome dinner with an orientation from your guides to learn about the exciting upcoming adventures for the week.

Meals: dinner | Overnight: Kananaskis Mountain Lodge



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: complimentary toiletries, safe, refrigerator, flatscreen TV, Wi-Fi, pool and hot tub



Trip Itinerary



Day 2

Experience Kananaskis through Biking!

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 and six Provincial Parks. During your adventures, look for wildlife species that make their home here—lynx, snowshoe hare, bighorn sheep, elk, coyote, mountain goat, moose, weasel, cougar, and many more. Hop on your fat tire bike on Bill Milne paved trails through beautiful trails filled with snow-capped trees, with options to suit each cyclist's abilities. Enjoy dinner as a group and reflect on all the natural splendor you witnessed today.

Meals: breakfast, lunch, dinner | Overnight: Kananaskis Mountain Lodge



Trip Itinerary



Day 3

Glide On Skis, Then Relax at the Spa

Start out today's adventure with a group cross-country skiing lesson tailored to the group's experience. After finding your ski legs, guides will lead you on trails through quiet, shaded forests and sun-soaked snowfields, through The Kananaskis River, with a variety of trails ranging from gentle flats to challenging rolling terrain. After a long day of cross-country skiing, spend some time relaxing at the Nordic Spa, and then enjoy a 60-minute complimentary massage. Afterwards, have dinner with your new friends at the Kananaskis Two Trees Bistro, or enjoy room service if you'd prefer some alone time.

Meals: breakfast, lunch, dinner | Overnight: Kananaskis Mountain Lodge



Trip Itinerary



Day 4

Snowshoeing and Visit to Lake Louise

Start your day with a morning stop in the charming town of Canmore before embarking on a snowshoeing adventure in Canada's first National Park. As you explore this tranquil corner of Banff National Park, keep an eye out for tracks left by snowshoe hares and elusive lynx. After your excursion, take in your first breathtaking views of Lake Louise and enjoy some time to explore before heading to your hotel. Unwind before dinner and share the day's experiences with your fellow AdventureWomen.

Meals: breakfast, lunch, dinner | Overnight: Lake Louise Inn



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: complimentary toiletries, coffee / tea maker, refrigerator, safe, Wi-Fi



Trip Itinerary



Day 5

Discover Johnston Canyon

Start your day with an early morning hike at Johnston Canyon, a wondrous creation that has been formed by eons of water erosion of the limestone bedrock. Wear ice grippers as you walk on icy trails inside this canyon, witnessing incredible views of waterfalls and pools of Johnston Creek. This canyon is a spectacular natural beauty. Then, warm up on a quick drive to Marble Canyon, enjoying the spectacular winter views and enjoy an overhead view of an icy canyon. Come together for a group lunch, followed by a transformative experience with Teresa Snow, a proud member of the Goodstoney band of the Lyethka Stoney Nakoda First Nation. She will lead us in Traditional Teachings, Mental Health, and Indigenous Women's Resiliency Workshop and she share 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.

Meals: breakfast, lunch, dinner | Overnight: Lake Louise Inn



Trip Itinerary



Day 6

Ice Skating and High Tea

Start your morning ice skating near an ice castle on Lake Louise! (Unless there is a storm the night before, then you will hike to a frozen waterfall to spot ice climbers near the Victoria Glacier!). Afterwards, a historic afternoon tea and lunch will warm you up in the beautiful Chateau Lake Louise. After enjoying high tea, drive to Banff where you will have the afternoon free to explore the shops and cafes or relax in the upper hot springs. Banff boasts museums, natural beauty, and, of course, Canadian treats like beaver tails and fudge! Gather after for a delicious farewell dinner to celebrate the end of this fantastic and fun week in the Canadian Rockies!

Meals: breakfast, lunch, dinner | Overnight: Royal Canadian Lodge



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: complimentary toiletries, refrigerator, safe, flatscreen TV, Wi-Fi, air conditioning

Trip Itinerary



Day 7

Farewell to the Rockies

All adventures must come to an end, but it's just the beginning of great memories! 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!



What's Included

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- 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

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.

