



Canada: The Ultimate Active Outdoor Adventure

DURATION | 7 Days

TRIP LEVEL | High Energy

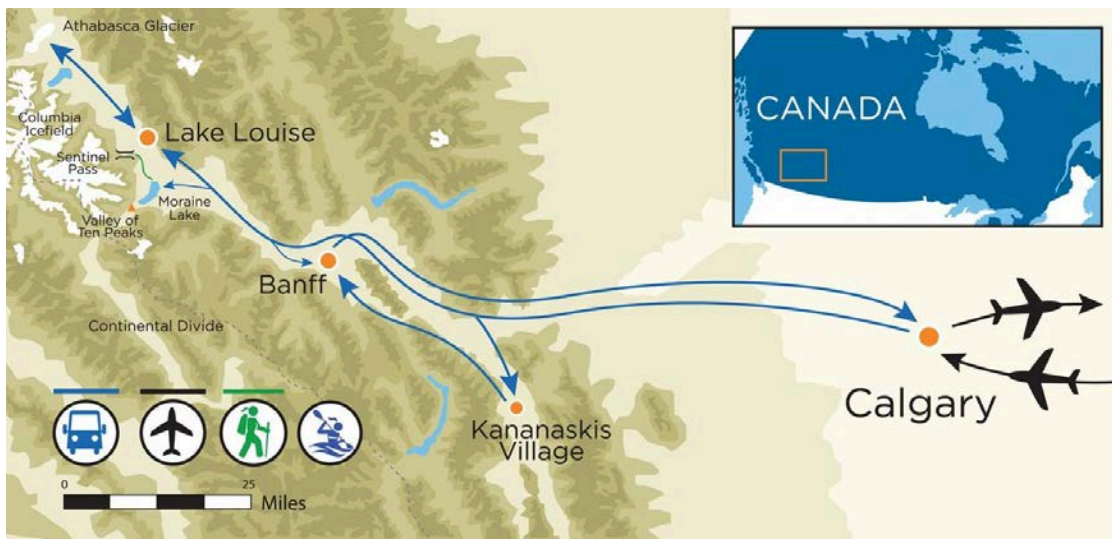
Trip Overview

Join AdventureWomen for an unforgettable week in the stunning Canadian Rockies, where you will experience exhilarating outdoor activities. You will explore glaciers, caves, and stunning landscapes through hiking and biking. Experience the untouched beauty of Kananaskis Country, home to diverse wildlife like eagles, bears, and moose. Enjoy the crisp mountain air and breathtaking panoramas as you learn about the region's geology and hidden wonders from expert guides. Find time to relax and unwind with a spa day in Banff and soak in the iconic hot springs. Take in the beauty of iconic Lake Louise as you celebrate the newfound friendships and memories in this breathtaking wilderness. Adventure awaits!

Trip Highlights

- Experience a week filled with hiking, e-biking, glacier exploration, and more in the stunning Canadian Rockies.
- Discover the beauty of Lake Louise and the charming town of Banff, rich in culture and adventure.
- Conquer thrilling rapids on a glacier-fed river and hike the majestic Athabasca Glacier along the breathtaking Columbia Icefields Parkway.

Map View



Trip Itinerary



Day 1

Arrival at Lake Louise

Welcome to Lake Louise, renowned for its stunning turquoise waters and majestic mountain backdrop. This glacial gem, known as the Lake of the Little Fishes by the Stoney Nakota First Nations, lies within Banff National Park, Canada's first national park, established in 1885. Arrive at Calgary International Airport by early afternoon, meet your group at 3:00 PM, and settle into Lake Louise Inn. Enjoy a delightful welcome dinner, where your expert Canadian guide will share captivating insights about the local history and the adventures that await in this breathtaking landscape.

Meals: 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 2

Icefields Parkway & Athabasca Glacier Adventure

Embark on an unforgettable journey along the Icefields Parkway, one of the world's most breathtaking drives linking Banff and Jasper National Park. Spanning 144 miles, this route unveils stunning turquoise lakes, towering glaciers, and majestic peaks at every turn. Keep an eye out for wildlife like bighorn sheep, moose, and bears as you stop for picture-perfect moments along the way. Once at the Columbia Icefield, explore the expansive 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. Enjoy a packed lunch amid the spectacular scenery before gathering for a delightful group dinner to share stories from your adventurous day.

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



Trip Itinerary



Day 3

Hike in Kananaskis Country

Immerse yourself in the breathtaking beauty of Kananaskis Country, where limestone mountains meet turquoise lakes and wildflower-filled meadows. Today's adventure takes you to the serene Rawson Lake, nestled in a hanging valley above Upper Kananaskis Lake. Surrounded by towering rocky walls, this alpine gem feels like a mountain cathedral, where golden eagles soar overhead and trout swim below. Enjoy a packed lunch by the shimmering waters before making the hike back. This is a 5-mile hike with 1,000 feet in elevation gain. Conclude your day with a delightful group dinner, sharing tales of your stunning hike.

Meals: breakfast, lunch, 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 4

E-Biking and Spa Day in Kananaskis Country

Awaken to the majestic peaks of the Canadian Rockies in Kananaskis Country, a stunning expanse of nearly 2,500 acres covering 39 Provincial Recreation Areas and six Provincial Parks filled with diverse wildlife. Enjoy a morning of e-biking along the scenic Bill Milne trails, designed for cyclists of all fitness levels, with endless beautiful routes to explore. After a packed lunch, unwind at the spa with hot pools, saunas, and a soothing 60-minute massage, rejuvenating your body after the past few days' adventures. Conclude your day with a delicious dinner at Kananaskis Two Trees Bistro or opt for the cozy comfort of room service.

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



Trip Itinerary



Day 5

Whitewater Raft and Indigenous History

Make the most of your final day in Kananaskis Country with an exhilarating whitewater rafting excursion on one of the Canadian Rockies' premier rivers. After gearing up with Government -Approved safety gear, you'll navigate thrilling rapids, enjoy the breathtaking canyon views and unforgettable moments. Following your rafting adventure, have a boxed lunch before joining Teresa Snow, a proud member of the Goodstoney band of the Lyethka Stoney Nakoda First Nation. Take her enlightening workshop on Traditional Teachings and Indigenous Women's Resiliency, where you'll discover local history and create a beaded pouch to take home. Spend the rest of the day exploring the charming town of Banff before enjoying dinner at one of its delightful restaurants.

Meals: breakfast, lunch | 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 6

Hiking in Banff & Farewell Dinner

Embark on an unforgettable hiking adventure in Banff, Canada's first national park, established after the discovery of hot springs by Railroad workers in 1883. Choose between a 6-mile hike in Larch Valley or a challenging 7-mile trek to Sentinel Pass. Both trails begin at the stunning Moraine Lake, meandering through serene larch forests and vibrant alpine meadows. Marvel at Minnestimma Lakes, reflecting the sapphire skies and majestic peaks. For those seeking a challenge, you have the option to continue and summit Sentinel Pass for breathtaking 360-degree views. 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. Enjoy a picnic lunch along the way, then gather for a celebratory farewell dinner, reminiscing about a week filled with awe-inspiring adventures.

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



Trip Itinerary



Day 7

Depart Canada

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 available in large jugs to refill personal bottles
- All gratuities except for guides and drivers (hotel, wait staff, luggage porters, ...)

Not Included

- All gratuities except for guides
- 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.

