



Canada: Peaks, Lakes and Trails

DURATION | 7 Days

TRIP LEVEL | Level 4 - High Energy

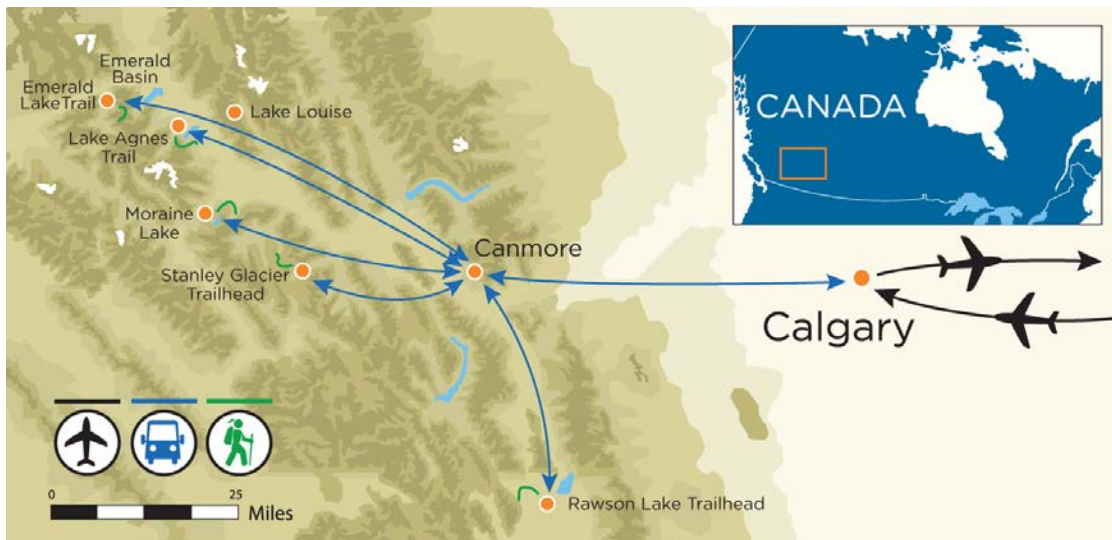
Trip Overview

Embark on an all-women adventure through the majestic Canadian Rockies, where every day brings breathtaking scenery, rewarding challenge, and meaningful connection. Begin in Canmore before hiking iconic trails like Emerald Basin, Stanley Glacier, Lake Louise, and Moraine Lake, guided by knowledgeable experts who share local secrets and deepen your experience of the wilderness. Enjoy cozy evenings in a charming lodge, and a luxurious Nordic Spa experience complete with a restorative massage. Along the way, form lasting friendships with other adventurous women as you explore hidden gems, celebrate shared accomplishments, and savor the beauty of the Rockies together

Trip Highlights

- Hike world-famous routes like Lake Louise, Emerald Basin, and Moraine Lake, discovering turquoise lakes, dramatic peaks, and alpine forests alongside expert guides who reveal local stories and hidden gems.
- After days of rewarding adventure, unwind at a rejuvenating Nordic Spa with steam, hot and cold pools, and a restorative massage that soothes muscles and restores energy.
- Travel with like-minded women, forming meaningful friendships as you share challenges, laughter, unforgettable viewpoints, and evenings together reflecting on the day's adventures in the heart of the Rockies.

Map View



Arrival: Arrive in Calgary, Canada (YYC) on Day 1 by 2:30 PM.

Departure: Depart from Calgary, Canada (YYC) on Day 7 after 12:00 PM.



Trip Itinerary



Day 1

Welcome to Canada!

Today, your Rockies journey begins! Fly into Calgary International Airport (YYC), arriving by 2:30 PM at the latest. From there, an hour-long private transfer will whisk you away to your home for the week, the Coast Hotel Canmore. After settling in, the group will gather for an orientation to review the exciting days ahead, followed by a welcome dinner in Canmore, setting the stage for an unforgettable week.

Meals: dinner | Overnight: Coast Canmore Hotel



Coast Canmore Hotel

Coast Canmore Hotel is a welcoming hotel located in the heart of Canmore, Alberta, surrounded by the breathtaking Rocky Mountains. It offers modern, comfortable rooms, an on-site restaurant, an indoor pool, and fitness facilities. Just minutes from Banff National Park, it's an ideal base for outdoor adventures like hiking, skiing, and exploring the Canadian Rockies, while still being close to Canmore's shops, dining, and local attractions.

Amenities: complimentary toiletries, hair dryer, coffee / tea maker, cable / satellite TV, air conditioning, Wi-Fi



Trip Itinerary



Day 2

Hike Emerald Basin

Following breakfast at your lovely hotel, head to the stunning Emerald Basin Trail, a 5.7-mile hike. Start along the shore of Emerald Lake, then travel through ancient stands of hemlock and cedar to a natural amphitheatre. Marvel at the vibrant colors of Emerald Lake before enjoying a trail lunch surrounded by alpine peaks. Return to Canmore for a delicious group dinner.

Hiking details: 5.7 miles. ~4 hours. 880 feet of elevation gain and loss

Meals: breakfast, boxed lunch, dinner | Overnight: Coast Canmore Hotel



Trip Itinerary



Day 3

Glacier Hike

Fuel up with breakfast before tackling the Stanley Glacier Trail, leading to a stunning view of the Stanley Glacier and the fascinating remnants of a historic wildfire area. Witness regenerating forest, glaciers, cliffs, and many small mammals. Hike up to a stunning alpine basin and watch glacier meltwater tumble down massive rock walls. After your trail lunch, enjoy some free time to explore the vibrant townsite of Banff. Dinner this evening is on your own, allowing you to explore Canmore's local dining scene.

Hiking details: 5.5 miles. ~4.5 hours. 1,260 feet of elevation gain and loss

Meals: breakfast, boxed lunch | Overnight: Coast Canmore Hotel



Trip Itinerary



Day 4

Lake Louise Trails & Alpine Charm

Spend the day exploring the world-famous Lake Louise and its picture-perfect mountain surroundings. After breakfast, choose between the classic 6.4-mile Lake Agnes Teahouse Loop or push a little farther with the climb to the Big Beehive for sweeping alpine views. Enjoy a packed lunch on the trail before visiting the historic and elegant Château Lake Louise together. Your day concludes with a cozy, memorable dinner at the rustic Storm Mountain that encapsulates the spirit of the Canadian Rockies through delicious, hearty meals.

Hiking details:

Lake Agnes + Teahouse loop: 6.4 miles, 4 hours, 1,950 feet of elevation gain, 1938 feet of loss. Option 2 add on: Big Beehive: 2 miles, ~1.15 hours, 442 feet elevation gain and loss.

Meals: breakfast, boxed lunch, dinner | Overnight: Coast Canmore Hotel



Trip Itinerary



Day 5

Rawson Lake & Rejuvenation

Begin with breakfast at your hotel before heading into the quieter wilderness of Kananaskis Country for a day of both challenge and restoration. Hike the scenic Rawson Lake Trail, a steady climb through subalpine forest that opens to a stunning alpine lake surrounded by dramatic peaks. Enjoy lunch on the trail before a well-deserved rejuvenating Nordic Spa experience, including a 1-hour massage. End the day with a gourmet dinner at the Kananaskis Mountain Lodge, feeling refreshed and renewed.

Hiking details: 5.2 miles. ~ 4 hours. 1,050 feet of elevation gain and loss

Meals: breakfast, boxed lunch, dinner | Overnight: Coast Canmore Hotel



Trip Itinerary



Day 6

Moraine Lake Finale & Farewell Dinner

Your final day brings you to the breathtaking Moraine Lake, often hailed as one of the most beautiful lakes in the world. Choose your last alpine adventure: the 5.6-mile Larch Valley Hike, known for its sweeping views and golden larch forest, or push higher to the 7-mile Sentinel Pass, where steep switchbacks lead to panoramic vistas at 8,500 feet. After your hike, return to Canmore for a celebratory Farewell Dinner, toasting the unforgettable journey you've shared.

Hiking details: Larch Valley Hike: 5.6 miles, ~ 4.5 hours, 1,875 feet of elevation gain and loss. Sentinel Pass Add-on: 1.3 miles, ~ 1.15 hours, 687 feet of elevation gain and loss.

Meals: breakfast, boxed lunch, dinner | Overnight: Coast Canmore Hotel



Trip Itinerary



Day 7

Farewell to Canada

Enjoy a final group breakfast. A one-hour transfers will be arranged right after breakfast, at 8 AM, to take you from Canmore back to Calgary International Airport (YYC) for your departure. Ensure that you schedule a flight with a departure time after 12 PM to allow ample time for travel and airport procedures. The mountains miss you already!

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 guide(s) throughout the trip
- One airport group transfer on scheduled arrival and departure days
- 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

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.

