

14-DAY EDMONTON ROCKIES WILDERNESS

Edmonton, Drumheller, Calgary, Kananaskis Country, Canmore, Banff, Lake Louise, Jasper, Edmonton

DAYS 1-3

Edmonton

With more than 50 annual festivals, the largest shopping and entertainment complex on the continent and plenty of green space, Edmonton is a popular cultural destination.

Segway Tour: Take a guided tour along the Edmonton River Valley—a ribbon of green with 145 km of trails that wind through 22 parks along the North Saskatchewan River.

Elk Island National Park: Drive to this protected aspen parkland for wildlife viewing. Watch for deer, moose, wood bison and herds of free roaming plains bison.

Dining: The food scene in Edmonton is ethnic, eclectic and creative, like the city itself. Try comforting prairie food with a twist, as well as new versions and combinations of ethnic cuisine.

Kitchen By Brad Smoliak: Get cooking with a top chef. Class themes vary by season and include a cooking demonstration, culinary tips and a family style tasting paired with wine.

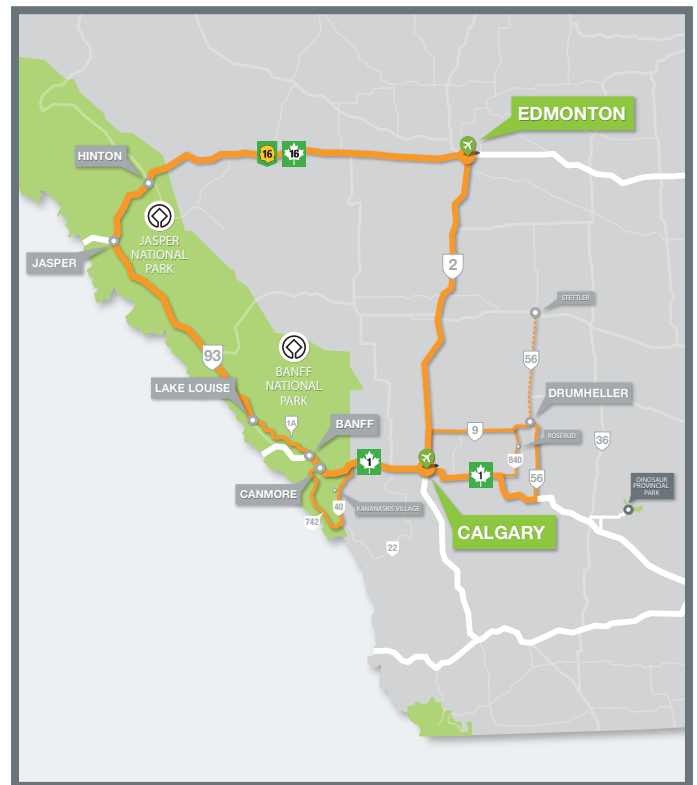
Leduc #1 Energy Discovery Centre: Experience hands-on learning, climb aboard a working rig and find out everything there is to know about Alberta oil.

The Enjoy Centre: Grab a coffee or some lunch at this unique indoor centre featuring a greenhouse, spa, restaurants, organic grocer, deli, bakery and more.

The Muttart Conservatory: Stroll through these lush botanical gardens housed in four glass pyramids and sample some of the garden's bounty with lunch on the patio at Culina Café.

Alberta Aviation Museum: Climb into an airplane cockpit, tour the collection of historic aircrafts, modern day planes and army jets, then visit the gift shop for toy and model planes.

Alberta Legislative Building: Take a free guided tour of this grand and historic parliament building in the heart of Alberta's capital city.



Northlands Park: Experience the excitement of thoroughbred horse racing in a state-of-the-art facility. Make a day of it with lunch at Colours Restaurant overlooking the racetrack.

Prairie Gardens & Adventure Farm: Drive 30-minutes north of Edmonton for 50 free fun farm activities, including a corn maze, rubber duck racing, petting zoo and tractor rides.

Overnight in Edmonton

DAY 4

Drumheller

The town of Drumheller is surrounded by a swirl of canyons, coulees and wind-scraped hoodoos in the heart of the Canadian Badlands, which was once a lush tropical paradise where dinosaurs roamed. The drive south from Edmonton changes from big blue sky and wide open golden prairie to steep striped sandstone cliffs.

Edmonton to Drumheller – 3.5 hours

Reynolds-Alberta Museum: Stop to view the large collection of vintage cars, motorcycles, bicycles, aircrafts and farm and industrial equipment at this museum of transportation history.

Drumheller Visitor Centre: It's easy to find this visitor centre, as it's located at the base of the world's largest dinosaur. Climb up inside the enormous T-Rex for a panoramic view of the surrounding Badlands.

Overnight in Drumheller

DAY 5

Drumheller

Horseshoe Canyon: Schedule a trip to this popular viewpoint for a spectacular panorama of the badlands. Hike the trails or take a helicopter tour. Sunrise is especially stunning here.

Royal Tyrrell Museum: Spend all day at this world-famous museum, exploring the hands-on exhibits, learning about fossils and taking a guided hike to look for dinosaur bones in the badlands.

Atlas Coal Mine: Visitors uncover a long history of coal mining in the area by climbing a tall wooden tippie, walking through an underground mine and riding in a coal car. You might even meet a ghost or two along the way.

Canadian Badlands Passion Play: Each July, this huge production recreates ancient Jerusalem in a 2,500-seat natural outdoor amphitheatre. The three-hour play re-enacts the life and death of Christ with a cast of hundreds of actors and musicians.

Rosebud Theatre: Head for a night out in this tiny prairie town and enjoy a home-cooked dinner in the historic mercantile building and a show at the award-winning professional theatre.

Overnight in Drumheller or Rosebud



Optional Alberta Prairie Railway Tour:

Be transported back in time on a steam or diesel powered vintage train tour. You'll travel through Central Alberta's big sky country on the five to six hour trip. Exciting on board entertainment, historic tales and a full course buffet meal is included with each fare.

Overnight in Stettler

Drive to Drumheller in the morning – 1 hour



Photo: Canadian Tourism Commission

DAY 6

Calgary

With so many top attractions, fine dining and shopping opportunities in Calgary, you may want to schedule some additional time here. Especially in early-July, to experience the annual Calgary Stampede, a ten-day western festival known as “The Greatest Outdoor Show on Earth.”

Drumheller to Calgary – 1.5 hours

Heritage Park Historical Village: History buffs will love the museum’s huge collection of antique cars and trucks. Play on the traditional midway, ride an authentic steam train and explore the historic buildings.

Fort Calgary: Explore where modern Calgary began at this National Historic Site. You will also learn about the Royal Mounted Canadian Police and the impact that the railway had on the Calgary community.

Calgary Zoo: The prehistoric park’s life-sized animatronic dinosaurs show what Alberta looked like when ancient beasts ruled. Be sure to explore the Canadian Wilds area to view Alberta animals like grizzlies, cougars and wolves.

TELUS Spark: Kids and adults alike will love the more than 100 interactive exhibits and hands on learning opportunities at this state of the art science centre with four-acre outdoor park.

WinSport: The mountain bike trails and zipline are sure to get your adrenaline pumping. For the adventurous try the Skyline Luge. This 1.8 km (5905 ft) long track offers fantastic city views.

Calgary Tower: Standing 191 m above ground on the glass floor of the world’s highest 360-degree observation deck, you’ll enjoy panoramic views of the city skyline and Canadian Rockies.

Calgary Stampede: This citywide party celebrates Alberta’s long history of ranching, cowboy culture and aboriginal heritage. The colourful Indian Village showcases five local tribes and is a perennial tourist favourite.

Shopping: Choose from downtown boutiques and large shopping centres. Chinook Centre has more than 250 stores and over 25 unique to market retailers. CrossIron Mills, just outside the city, features 100 outlets and 200 stores.

Calgary Food Tours Inc.: Discover some of the city’s best eateries on a guided walking tour. Visit a farmer’s market to learn about regionally grown ingredients, or tour restaurants and meet local chefs in one of city’s food focused neighbourhoods.

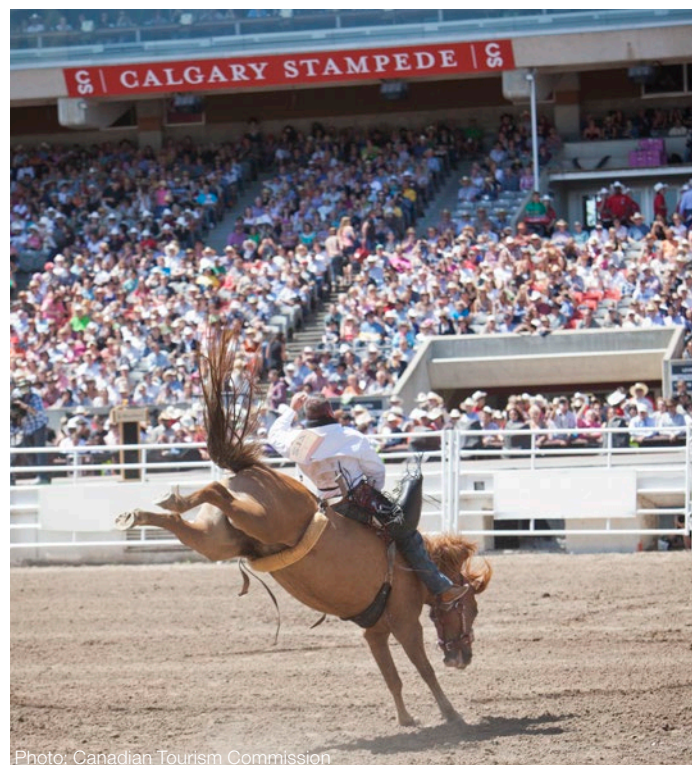
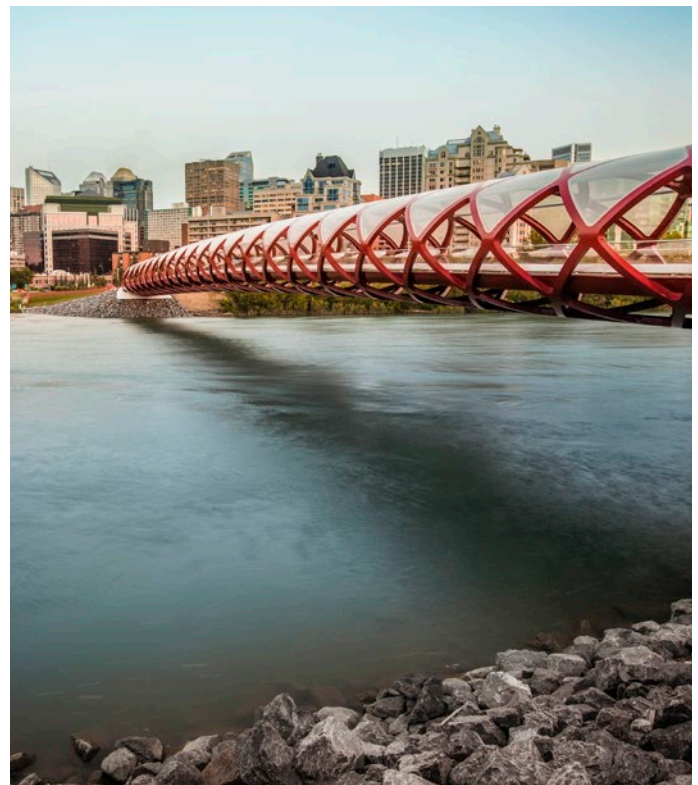


Photo: Canadian Tourism Commission

Round the Block Tours: This hop on hop off bus tour stops at some of Calgary’s hottest neighbourhoods and attractions, including the 17th Ave entertainment district, Calgary Tower, Heritage Park, Calgary Zoo, Winsport and Chinook Centre.

Spruce Meadows: Home to world-class show jumping tournaments and beautiful gardens with an outdoor children’s playground, this picturesque equestrian centre offers affordable family fun year round.

DAY 7

It's a scenic drive from Calgary to Kananaskis Country, a vast front-range playground of provincial parks offering a host of exceptional wilderness experiences.

Calgary to K-Country Village—45 minutes

Yamnuska Wolfdog Sanctuary: Gain a better understanding of wild wolves by observing wolf behaviour firsthand. There will be plenty of photo opportunities and ample time for questions throughout the tour.

Boundary Ranch: Book a two-hour Ridge Ride for breathtaking views of the Kananaskis area. On horseback, you'll pass by a pond where a resident moose is known to graze.

Kananaskis Outfitters: Hiking, wildlife tracking, nature photography, mountain biking and canoeing are some of the guided interpretive tours offered through this adventure shop in Kananaskis Village.

Overnight in Kananaskis Country

DAY 8

From Kananaskis Village, take the scenic Hwy 40 and Smith-Dorrien Spray Trail to Canmore—an active, eco-friendly town with a backyard full of mountains and a big dining and arts and culture scene.

K-Country to Canmore—2.5 hours

Explore Canmore: Visit the many shops and galleries downtown for local and Canadian arts and crafts.

Canmore Cave Tours: Expert guides will lead you through the water-sculpted passages of one of Canada's longest caves. A crystal water pool and millennia old stalactites are just a few of the highlights.

Helicopter Hike Tours: Experience spectacular birds-eye views of mountain peaks, silver lakes, rich green forest and the edge of a shimmering glacier, before landing for a guided alpine wilderness hike.

Canmore Progressive Dinner Tours: Experience some of Canmore's finest cuisine with a visit to four restaurants on this three-hour tour. The menu includes two starters, a main course, dessert and wine and cocktail pairings.

Overnight in Canmore



DAY 9

Banff

Nestled in the heart of Banff National Park, the town of Banff offers unparalleled rugged beauty with pristine mountain ranges and lush wilderness, perfect for anyone craving outdoor adventure.

Canmore to Banff – 20 minutes

Explore Banff: Shop on Main Street or at the exclusive boutiques and galleries in the iconic Fairmont Banff Springs. Dine at the Maple Leaf Grill or Bison Restaurant for regional cuisine.

Banff Gondola: Ride to the top of Sulphur Mountain for breathtaking panoramic views of six mountain ranges and the town of Banff nestled far below. Take a short hike along the walkway to Sanson's Peak and watch for wildlife.

Via Ferrata: With instruction from certified guides, you'll climb up a steep rock face along fixed ladders, bridges and cables. Previous climbing experience isn't required. After, enjoy lunch at the Cliffhouse Bistro.

Banff Trail Riders: Saddle up for a horseback riding trip along the scenic Bow River or through the Spray River Valley. For an authentic experience, try a Western Cookout barbeque.

Rock Climbing: Yamnuska Mountain Adventures offers summer rock-climbing lessons and guided mountain scrambles for every level of hiker. All equipment is included.

Cave and Basin National Historic Site: This recently restored iconic landmark commemorates the 1883 discovery of the hot springs that led to the creation of Canada's first national park.

Banff Upper Hot Springs: A soak in the restorative waters of the famed Banff Upper Hot Springs is a must. The natural hot mineral pools and luxurious spa treatments inspired by the energy of magnificent alpine settings revitalize the mind, body and soul.

Overnight in Banff



DAY 10

Lake Louise

This iconic scenic wonderland is a protected mountain destination with world-class hotels, postcard perfect lodges, fine and casual dining options and summer and winter recreational activities. Take the Bow Valley Parkway (Hwy 1A) and plan to stop at some of the scenic lookout points along the way.

Banff to Lake Louise – 1 hour

Johnston Canyon: This amazing canyon can be explored along breathtaking catwalks high above the waterway below. Hike to the Lower or Upper waterfalls, or all the way to the famous Ink Pots.

Lake Louise: Rent a canoe and paddle across the lake to the base of Victoria Glacier, or take an easy stroll around the lakeshore for some breathtaking pictures of this world famous scene.

Moraine Lake: The hike is easy and the views are stunning around the shoreline of this spectacular turquoise glacier fed lake in the Valley of the Ten Peaks.

Heritage Guide Program: This Fairmont Chateau Lake Louise experience is must-do for nature enthusiasts. Summer adventure hikes and canoe trips are guided by accredited naturalists.

Lake Louise Gondola: Soar to an elevation of 2,088 m for some of the best grizzly bear viewing opportunities in the Canadian Rockies. Guided walks can be booked through the Wildlife Interpretive Centre.

Overnight in Lake Louise

DAY 11

Jasper

From Lake Louise drive along the breathtaking Icefields Parkway, which is rated as one of the top 10 scenic drives in the world.

Lake Louise to Jasper—3 hours, 15 minutes

Icefields Parkway: Plan to stop for some amazing photo opportunities, including the Crowfoot Glacier, Num-Ti-Jah Lodge, Bow Lake and Peyto Lake. More than 100 glaciers can be seen along the route.

Columbia Icefield Glacier Adventure & the Glacier Skywalk Experience: Athabasca Glacier is about 2 hours north of Lake Louise. Here you'll board an enormous Ice Explorer Bus with giant wheels that will drive you up onto the glacier. For stunning aerial views of glittering glaciers and rugged mountain peaks, try the Glacier Skywalk, a glass-floored observation platform suspended 280 m over a glacier-formed valley.

Sunwapta Falls Rocky Mountain Lodge: Stop for a hearty homemade hot lunch at this picturesque resort, located halfway between Jasper and the Columbia Icefield.

Athabasca Falls: Arrive early to this popular viewpoint just 30 km south of Jasper. You'll be amazed by the powerful 23 m high, 18 m wide waterfall.

Jasper National Park: Picture a mountain getaway surrounded by soaring peaks, turquoise lakes, untouched wilderness and a really cool mountain town. You're in Jasper National Park, Canada's largest Rocky Mountain park.

Overnight in Jasper



Photo: Brewster Travel Canada

DAY 12

Jasper

Explore Jasper: A world of adventure awaits in the town of Jasper—an authentic mountain community where the locals will welcome you as long-lost friends. Consider it the springboard to outdoor adventure.

Jasper SkyTram: Ride the longest and highest guided aerial tramway in Canada, with stunning views of six mountain ranges, glacial fed lakes, the Athabasca River and scenic mountain town of Jasper.

Maligne Lake and Canyon: Take a boat tour to the famous Spirit Island followed by afternoon tea at the Maligne Lake Chalet. Or explore the spectacular geology of Maligne Canyon, just 10 km south of Jasper.

Whitewater Rafting: Rafting adventures hosted by knowledgeable, professional guides are tailored for all skill levels. Everything from an easy family float to white-knuckle, whitewater thrills.

Miette Hot Springs: A relaxing soak in the Canadian Rockies' warmest mineral springs offers panoramic mountain and valley views.

Dark Sky Star Gazing: Jasper National Park is the second largest designated Dark Sky Preserve in the world. Try a guided experience for a closer look at the countless constellations, the planets and Milky Way.

Overnight in Jasper

DAY 13

Edmonton

The Yellowhead Highway stretches east from rugged Rocky Mountains through green boreal forest to golden prairie farmland.

Jasper to Edmonton—4 hours

Hinton: A popular destination for mountain biking, Hinton is also an excellent place for a scenic hike, to fish for brook trout or canoe a five-lake circuit.

Mountain Biking at the Hinton Bike Park: Rolling bike trails, dirt jumps and boardwalks challenge all skill levels at Alberta's largest free access mountain bike park—plus there's views as thrilling as the ride.

Drive to Edmonton and overnight

DAY 14

Spend the morning exploring more of Edmonton's sights and attractions, before departing on your evening flight.

