

15-DAY EDMONTON, SOUTHERN ALBERTA & ROCKIES

Edmonton, Calgary, Fort Macleod, Waterton, Coleman, Kananaskis Country, 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

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.”

Hwy 2 from Edmonton to Calgary–3 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

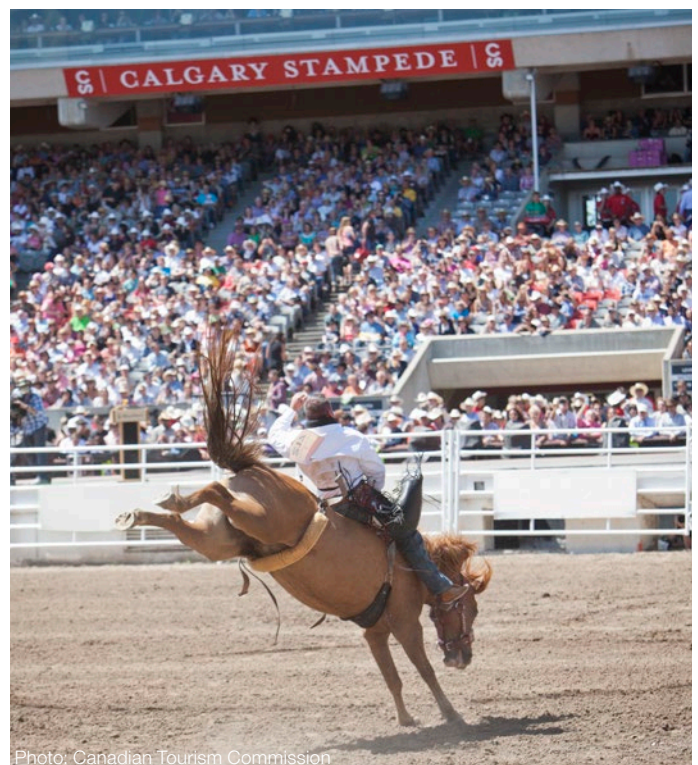


Photo: Canadian Tourism Commission

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 5

Fort Macleod

This restored boomtown has a North West Mounted Police museum and working 100-year-old theatre. The drive from Calgary to Fort Macleod takes you through open prairie and rising foothills with the Rocky Mountains on the horizon.

Calgary to Fort Macleod – 2 hours

Saskatoon Berry Farm: Ripe juicy berries, a hearty lunch and decadent handmade desserts are on the menu at this picturesque U-pick farm in the Okotoks, just south of Calgary.

Head-Smashed-In-Buffalo Jump: For 6,000 years, indigenous plains people used these steep cliffs as a bison hunting ground. You'll learn about the history, culture and geology at this UNESCO World Heritage Site.

Explore Fort Macleod: Take a popular guided historical walk through the town's pristine, carefully restored main street.

Fort Macleod Museum: The history of the North West Mounted Police and our First Nations is preserved through lively museum programming, including the famous Red Serge VIP Groom-a-Horse Program and NWMP Musical Ride!

Overnight in Fort Macleod



DAY 6

Waterton

You'll find lots to do in Waterton Lakes National Park. Hike a colourful canyon, take a cruise on a mountain lake, lounge on the beach or enjoy the view from the iconic Prince of Wales Hotel. The spectacular drive from the foothills to the mountains passes through grasslands, wetlands, aspen groves and alpine forests.

Fort Macleod to Waterton – 2 hours

Explore Waterton: A UNESCO World Heritage Site, international peace park and biosphere reserve rolled all into one. Here the prairies dramatically meet the mountains, the meadows are full of wildflowers and you'll likely see more wildlife than people.

Red Rock Canyon: Before departing for Coleman, take the short drive from the Waterton townsite to this colourful canyon of red and white banded rock cliffs, green alpine forests and bubbling white waterfalls.

Waterton Shoreline Cruise: Schedule a scenic cruise along the shoreline of Upper Waterton Lake to watch for wildlife and learn about the geology and history of the area from a local guide.

Cameron Falls: This stunning natural wonder is right downtown. Water cascades over 1.5 billion year old pre-Cambrian rock. Wear your hiking boots and explore the trails.

Overnight in Waterton



DAY 7

Coleman

The National Historic Site of downtown Coleman is lined with miners' cottages and the original buildings that once housed a hotel, mercantile store, grocers, theatre and boarding house. Take the AB-6 north, then head west on the Crowsnest Trail to Coleman.

Waterton to Coleman—1 hour, 10 minutes

Beauvais Lake Provincial Park: This scenic mountain park is a popular hiking, camping, boating, birding and trout fishing spot. Try a gentle shoreline hike for lake views.

Lundbreck Falls: Stop at the observation area to watch the powerful falls plunge into the pool below, then walk down into the limestone gorge for a closer look.

Frank Slide Interpretive Centre: Through interactive displays, interpretive presentations and a 30-minute docudrama, you'll learn about the nation's deadliest rockslide, which devastated the small coal mining town of Frank in 1903.

Country Encounters: This charming guesthouse offers guided adventure and cultural activities. Options include fly-fishing, historical site seeing and culinary tours. Accommodation packages can be tailored to your interests and include gourmet breakfast.

Overnight in Coleman



Photo: Frank Slide Interpretive Centre

DAY 8

Kananaskis Country

Take the historic Cowboy Trail (Hwy 22) north to Kananaskis Country, a vast front-range playground of provincial parks offering a host of exceptional wilderness experiences.

Coleman to K-Country—3 hours.

Sierra West Cabins and Ranch Vacations: En route, visit this working ranch and try a leisurely hour-long trail ride, half-day guided tour through the scenic high country, or even some roping and cattle work.

Bar U Ranch: Before reaching Kananaskis Country, plan a stop at this National Historic Site that commemorates the history of ranching in Canada. Take a wagon ride around the site behind giant Percheron horses and listen to cowboy stories around a campfire.

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 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. It's a scenic 30-minute drive from Kananaskis Country to Banff.

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.

Overnight in Banff

DAY 10

Banff

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 11

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 12

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 13

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 14

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 15

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



