



# CANADIAN ROCKIES, CENTRAL ALBERTA, AND URBAN CITY SUMMER HIGHLIGHTS (6 NIGHT) ITINERARY

(6 nights), Edmonton, Red Deer, David Thompson Highway, Rocky Mountain House, Jasper, Banff and Lake Louise, Calgary

On this tour of Alberta, your clients will ride a gondola to the mountaintop, soak in a natural mineral hot spring, view wildlife and breathtaking scenery and experience urban cities. Itinerary can easily be extended to more nights in each destination as there are lots of things to do and see.

**DAY 1:** Fly into Edmonton, Explore Edmonton, overnight in Edmonton

**DAY 2:** Drive to Rocky Mountain House or David Thompson Resort, via Red Deer exploring Central Alberta and overnight at one of those locations

**DAY 3:** Drive to Jasper, via David Thompson Highway #11 and the Ice Field Parkway Highway #93, explore Jasper, overnight in Jasper

**DAY 4:** Drive to Banff & Lake Louise along the Ice Field Parkway Highway #93, overnight in Banff, Lake Louise or Canmore

**DAY 5:** Explore Banff & Lake Louise, overnight in Banff, Lake Louise or Canmore

**DAY 6:** Drive to Calgary, and explore Calgary, overnight in Calgary

**DAY 7:** Depart or spend another night

\*Please note this Itinerary is easy to add extra nights in all locations

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## DAY 1

Arrive in Edmonton and spend the day exploring Edmonton

### Edmonton

With more than 30 annual festivals, the largest shopping and entertainment complex on the continent and lots of green space, Edmonton is a popular cultural destination.

**Edmonton Regional Helicopter Tours** Your adventure begins at the Edmonton International Airport where you'll feel like a celebrity while you wait in the private lounge for your personal chopper. Within minutes of your departure, you'll follow Edmonton's River Valley as it winds its way to the city's core. Enjoy Edmonton's cityscape including Fort Edmonton Park, the Alberta Legislature, Muttart Conservatory, Commonwealth Stadium, and Rogers Place arena in the new Ice District. Options are available to include a catered picnic lunch on a private sandbar in the middle of the North Saskatchewan River.

**Shopping Districts:** Popular shopping areas include independent boutiques in historic Old Strathcona and a dozen fine art galleries on 124th St. Tip: no provincial sales tax means more money for shopping.

**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.

**Bison Eye View** Visitors live the legacy of conservation success as they explore and connect with Elk Island National Park's gentle wilderness. Beginning with a guided prairie field hike, visitors observe first-hand how bison have shaped and continue to support the ecosystems around them. Next, visitors explore the world renowned Bison Management Facility from a bison's point of view. End the night with storytelling and snacks around a campfire.

**Grazing With the Bison** Experience a culinary spectacular and enjoy delectable flavours served up by local chef Brad Smoliak, owner of KITCHEN by Brad. A unique and luxurious experience, as wild bison graze the protected aspen stands, you'll indulge on a locally sourced feast served family style above the mirrored





reflections of Astotin Lake. To complement the experience, a certified Parks Canada interpreter will be on hand to provide insight and information on Elk Island National Park.

**Elk Island Dark Skies** Join a Parks Canada interpreter around a campfire for an evening of storytelling as you savour a hot drink and the mystery of the prairie landscape at dusk. Search for stars or the awe-inspiring Northern Lights while taking in the grandeur of the expanding universe. Discover all that you can see and do under dark skies.

**Prairie Gardens:** Located just north of Edmonton, amid some of the most scenic and richest farmland in the world, Prairie Gardens and Adventure Farm is a working 35 acre family farm with over 50 family fun farm activities, a garden centre, CSA Good Farm Box program, strawberry U-pick, Pumpkin Patch, a Klondike ghost town, seven-acre Corn Maze...and a whole host of indoor and outdoor adventure play to experience.

**Art Gallery of Alberta:** Featuring international travelling exhibits and late night art parties, this cutting edge gallery anchors the city's arts district with its distinctive architecture, inside and out.

**West Edmonton Mall:** Featuring cutting-edge local designers and top international labels, West Edmonton Mall is the size of a small city with 800+ shops, services and accommodation.

**Edmonton Food Tours** – a sister-company of Karen Anderson's successful Calgary Food Tours – explores Whyte Avenue, 104 Street and the Strathcona Farmers' Market. Taste your way through the historic Old Strathcona district with a local guide. Meet with Edmonton chefs, producers and farmers. Enjoy regional flavours, artisanal products and farm fresh produce at 5-7 neighbourhood eateries. Available Saturday afternoons and for private group bookings.

**Ice District** Canada's largest mixed-use sports and entertainment district is taking shape in the heart of Edmonton. Within Ice District you'll find Rogers Place, two new office towers, condos, hotels, a public plaza and much more. Spreading across 25 awe-inspiring acres, Ice District gives Edmonton an energy and feeling unlike anything the city had seen before.

**Outlet Collection at EIA** – Stop and shop at the largest collection of premium outlets in western Canada with 100 stores, restaurants and services. Travel light with parcel storage and pick up your treasures on the way back. The outlet collection will be connected by shuttle to the Edmonton International Airport. Opening spring 2018. [flyeia.com/outlet](http://flyeia.com/outlet)

**Edmonton Brewery Tours** – Add a little frothy goodness to your stay with a journey through Edmonton's thriving craft beer scene. Discover how passionate tap pullers and a thirst for good beer



quickly evolved into a local liquid obsession. Your clients will tour five breweries, sampling a variety of custom beers, each with their own unique local story. Bottoms up!

**Kitchen by Brad** – is a private culinary experience with one of Edmonton's Top Chefs. Class themes vary by season and include a cooking demonstration by celebrated Chef Brad Smoliak, culinary tips and a family style five course tasting paired with wine.

**Overnight in Edmonton**

## DAY 2

Drive to Rocky Mountain House or David Thompson Resort through Red Deer, Alberta

Drive Edmonton to Red Deer on Highway #2 South (2 Hour drive from downtown Edmonton)

### Red Deer

Red Deer is an urban hub surrounded by rich farmland and outdoor adventure all year round. Explore the city's river valley trails on foot, bike or cross-country skis. Play one (or three) of two-dozen scenic and challenging golf courses within an hour's drive. Shop for local produce at the bustling city market or go straight to the source and visit the farm where it grows.

**Troubled Monk Brewery** brews up handcrafted ales using locally sourced ingredients and an untamed passion for their work. Tour the modern downtown brewery with an expert to learn how it's made and then visit the taproom for a sample or two. Maybe you'll try their World Beer Cup silver medal winning brown ale, farmhouse-style Saison or pale ale named after Francis, Red Deer's famous fugitive piggy.

**Pursuit Adventures** will guide your small group on a private tour of Red Deer – select one of their curated itineraries or customize your own. Adults can combine a leisurely float down the Red Deer River with dinner and a brewery tour. In the winter they also offer snowshoeing with yoga. Pursuit Adventures can also shuttle your group to a full day of skiing at family-friendly resorts in the Rockies or a trip to go visit the famous ice bubbles on Abraham Lak, all starting from Red Deer.

**Heritage Ranch** in Red Deer, onsite grill cooks create made from scratch meals using fresh local ingredients and are happy to accommodate large groups, enjoy trailrides or horse drawn carriages, and sleigh rides in the winter.

Continue driving West on Highway #11 David Thompson Highway to Rocky Mountain House (1 hour 10 minute drive from Red Deer) or David Thompson Resort (3 Hour Drive from Red Deer)

**David Thompson Highway** (Highway 11) winds through aspen parkland forest on its way to and from the foot of the soaring Rockies and the iconic Icefields Parkway. Along the way, you'll encounter tumbling waterfalls, significant historic sites and glacier blue Abraham Lake – famous for the pearly ice bubbles that appear just under the frozen surface each winter.

**Sylvan Lake** is a lively beach town with a long white sandy beach, lots of restaurants, a bustling farmer's market and ice cream at each end of the lakeshore (one scoop for the way down and one for the way back). Your travelling families can ride go-karts, go golfing or get wet on the new aquatic obstacle course.





**Sylvan Star Cheese Farm** makes a tasty stop along the David Thompson Highway, where your clients can purchase award-winning cheese, tour the cheese-making facility and fill up on a wholesome lunch. Besides their own cheese and butter, the farm's shop sells locally sourced spices, honey, maple syrup and fruit jams.

**Rocky Mountain House** sits on the traditional Blackfoot territory at the confluence of two rivers, where the Cowboy Trail (Highway 22) and the David Thompson Highway (Highway 11) meet. Explore the area's Indigenous cultures, long fur trading history and wild natural beauty. On the town, your clients can browse several local artist galleries, walk historic Main Street and dine on regional cuisine.

**Wildhorse Mountain Ranch** is the passion of horse-people Bear and Diane Baker. Your clients will experience a Wild West adventure near Rocky Mountain House – complete with mountain trail rides on horseback, hearty cowboy meals, and rustic cabins beside old Fort Phantom. As you relax around the campfire after your journey, ask Bear about the Sasquatch he saw – bet that's quite a yarn.

**At Rocky Mountain National Historic Site**, your clients will learn the stories of the First Nations that originally lived here, of competing fur trade forts and of David Thompson's use of the site for his mapping expeditions. Taste traditional indigenous foods, fire a cannon and stay overnight in a trapper's tent.

Stay overnight in Rocky Mountain House or continue for 2 more hours to David Thompson Resort exploring along the way

**Nordegg** is a former coal-mining town tucked into the rolling slopes of the mountain, an hour west of Rocky Mountain House. Your adventurous clients can hike quiet alpine trails, fish on a glacier-fed river or take a horseback ride through the pristine wilderness. Stop in for nine relaxed holes on one of Alberta's oldest courses against a stunning mountain backdrop.

**The Nordegg Coal Mine** offers two-hour guided walking tours of the remaining buildings – including blacksmith and carpenter shops, wash and lamp house, and a mine entrance. Visit the country café for their famous home made deep-dish pie and the gift shop for locally made art and crafts. Tours available in the summer.

**McKenzie Trails West** is a family-run horseback-riding outfit in the Cline River Valley along the Thompson Highway. Ride your horse along comfortable aspen trails around the camp or venture out into a beautiful mountain canyon for the whole afternoon. Or book in your hungry group for an hour-long evening trail ride, followed by Alberta steak BBQ.

**Overnight in David Thompson Resort**



## DAY 3

Continue driving West along Highway #11 - David Thompson Highway to Highway 93, north to Jasper, stopping along the way

Rocky Mountain House to Jasper - (5 Hour Drive) David Thompson Resort to Jasper (3 hour Drive)

**Abraham Lake** is a striking scene in summer, glowing turquoise under the sun – but when the lake freezes into opaline bubble ice, it's absolutely unforgettable. When the weather is warm, your clients can take a restful walk – or challenging scramble – around the lake. And bring your cameras for a tour out on the frozen lake in winter to capture the incredible ice bubbles.

**Crescent Falls** is a perfect place to stop and let your clients stretch their legs. Just 2.5 km off the Thompson Highway, your group can take a short walk up the main trail to the canyon viewpoint, and if you have more time, continue up to a hanging lookout near the top of the horseshoe-shaped falls.

### Arrive in Jasper

A world of adventure awaits in the authentic mountain town of Jasper, where the locals will enthusiastically welcome your clients. All the amenities are here, from luxury lodges to charming cabins, award-winning restaurants and lots of shops.

**Jasper Planetarium** and Telescope Stargazing takes visitors into Jasper National Park for a closer look at the constellations, planets and Milky Way in the world's second largest designated Dark Sky Preserve. Interpretive star gazing in the observatory dome is followed by a guided outdoor experience.

On a **Jasper SkyTram Star Session**, your clients will glide 1 km up the mountain to see stars, meteor showers and maybe even the northern lights from close up. Your astronomy expert guide will lead you on tour of the dark sky looking through the most powerful telescope in the Rockies. Learn about planets, galaxies and constellations over refreshments then head out for a scenic walk in the alpine tundra. Group tours begin at 8 pm in September and October.





**Hike Maligne Canyon:** Your clients will pass waterfalls, fossils, wildlife and underground streams along the easy trail that crosses a series of bridges across the gorge. Follow the interpretive signs to learn about how the canyon was worn away by swirling rushing water over millions of years.

**Maligne Lake Cruise to Spirit Island:** A spectacular 90-minute cruise on one of the most picturesque lakes in the Canadian Rockies. Midway through the cruise there is a stop at Spirit Island where passengers disembark for a short walk to the lookout point. This is one of the most photographed spots in the world today. (45 minute drive, 44 km, 1.5 hour tour)

**Take a Jasper Motorcycle Tour:** Your clients can tour the national park from a motorcycle sidecar and climb twisting mountain roads to emerald lakes, rushing waterfalls or ancient glaciers.

**Rockaboo Mountain Adventures** has certified mountain guides ready to take your clients on a wild tour of Jasper's peaks. Explore deep canyons, scale glaciers and climb to the mountaintops for a view from the clouds. Coming in June 2017, guests will have the chance to join the once-in-a-lifetime Athabasca Glacier Experience. Journey onto the most visited glacier on the continent- your guide will prepare you to safely traverse this mineral blue continuously moving frozen river of ice.

### Overnight in Jasper





## DAY 4 & 5

Drive to Banff & Lake Louise, via the Ice Field Parkway and spend two days exploring Banff & Lake Louise, stopping along the way at the Columbia Icefield Glacier Tour & the Glacier Skywalk ( Jasper to Lake Louise is a 3 hour Drive, to Banff 3 hours and 40 minutes).

Drive along the breathtaking Icefields Parkway (Highway 93), which is rated as one of the top 10 scenic drives in the world. Plan to stop along the way for some amazing photo opportunities – marvel at the distinctive blue-green Bow and Peyto Lakes and more than 100 glaciers along the route. Stretch your legs at the spectacular icy blue Crowfoot Glacier and have lunch at the Saskatchewan River Crossing, where three mighty rivers meet.

### Columbia Icefield Glacier Adventure & Glacier Skywalk

**Experience:** Athabasca Glacier is about two hours north of Lake Louise. Here your clients will board an enormous Ice Explorer bus with giant wheels that will drive them up onto the glacier. For stunning aerial views of glittering glaciers and rugged mountain peaks recommend the Glacier Skywalk, just minutes from the Glacier Discovery Centre. This glass-floored observation platform suspended 280 metres over a glacier-formed valley is the hottest new attraction on the parkway.

### Lake Louise

This iconic scenic wonderland is a protected mountain destination offering the purest of alpine experiences. With world-class hotels, postcard perfect lodges, fine and casual dining options and summer and winter recreational activities, Lake Louise is symbolic of the quintessential Canadian mountain town. Recommend that guests try taking pictures of Lake Louise to capturing the essence of the true turquoise color of the lake.

**Famous Photo Spot at Moraine Lake:** Drive to nearby Moraine Lake to see the Valley of Ten Peaks and walk the Rockpile Trail to a famous Canadian view.

**Heritage Guide Program:** The legacy of Swiss guiding continues at the Fairmont Chateau Lake Louise. Guests can now enjoy guided cross country skiing, snow shoeing and hiking with a Mountain Adventure Guide. For guests of every age and activity level, a wonderful adventure awaits.

**Walking/Hiking in Lake Louise:** Recommend an easy stroll around the lakeshore for some breathtaking pictures, or a leisurely hike through a pine forest to the historic Lake Agnes Tea House in a hanging mountain valley.

**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.





## Banff

Nestled in the heart of Banff National Park, a UNESCO World Heritage Site, the town of Banff offers visitors unparalleled rugged beauty. Its pristine mountain ranges and lush wilderness are perfect for visitors craving outdoor adventure. Your clients can choose from boutique hotels, authentic mountain lodges or full service luxury resorts with world-class dining and destination spas.

**Banff Gondola:** Soar to the top of Sulphur Mountain to experience a stunning bird's-eye view of six incredible mountain ranges. With breathtaking vistas in every direction, you'll understand why this is a must-see destination. Visit the interpretive Centre for observation stations and hands-on interactive displays or soar over the Canadian Rockies from the perspective of an eagle at the multi-sensory Above Banff Theatre. Enjoy mountaintop dining at the Sky Bistro or Northern Lights Cafe.

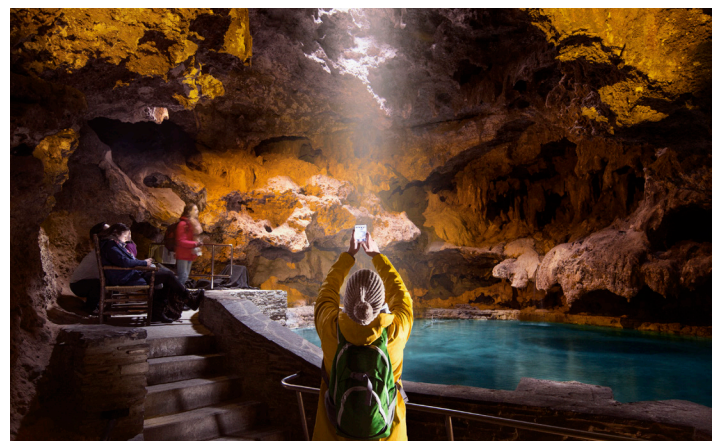
**Banff Trail Riders** An overnight horseback riding adventure allows you to explore the wilds of the Rocky Mountains without having to "rough it". Riders can meander along the shores of the Bow River, follow a historic pack trail used by pioneers or pass through jagged rock formations along Allenby Pass. In the evening, settle into either a comfortable backcountry lodge or a spacious A-frame canvas tent.

**Banff Upper Hot Springs & Spa:** The natural hot mineral water of Banff Upper Hot Springs and luxurious spa treatments inspired by the energy of magnificent alpine settings revitalize the mind, body and soul.

**Hiking:** There are thousands of kilometres of trails in Banff National Park. Your clients can choose an easy stroll around spectacular Lake Louise, a moderate hike to a charming mountain tea house, or guided interpreted hikes from easy to challenging. Whichever hike they choose, the mountain scenery will leave them breathless.

**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.

**Johnston Canyon Hike:** Drive along Highway 1A to Lake Louise and stop at Johnston Canyon on the way. This amazing canyon can be explored along breathtaking catwalks high above the waterway below. A hike to the Lower or Upper waterfalls or all the way to the famous Ink Pots will leave a lasting impression. (Lower Falls Hike: 1 hour, 2.2 km / Upper Falls Hike: 2 ½ hours, 5.2 km)





**Banff Boat Cruise at Lake Minnewanka:** Cruise on the crystal blue mountain lake, just 15-minutes from the town of Banff. During the tour, your clients will learn about local wildlife, native folklore, early mountaineers and ancient glaciers.

**Mt. Norquay Chairlift and Tea House & Via Ferrata:** In the summer, visitors can ride the ski resort's chairlift and stop for lunch or tea at the historic Cliffhouse. The views are spectacular. Your adventurous clients will want to try climbing on the new Via Ferrata, led by a certified guide – no previous climbing experience necessary!

**Sunshine Meadows Lodge & Hike:** Ride the Sunshine Meadows Gondola and chairlifts to the top of the Continental Divide for sweeping views and exceptional hiking. Explore gentral trails that wind through a field of wildflowers and 3 alpine lakes, in Sunshine Meadows. Visit in the Fall when the larches are ablaze with color.

**Overnight for two nights in Banff, Lake Louise or Canmore**

## DAY 6

With so many top attractions, fine dining and shopping opportunities in Calgary, you may want to schedule some additional time here for your clients. Especially if they're coming early July so they can experience the annual Calgary Stampede, a ten-day western festival known as "The Greatest Outdoor Show on Earth."

### Calgary

**Calgary Tower:** Standing 191 metres above ground on the glass floor of the world's highest 360-degree observation deck, your clients enjoy panoramic views of the city skyline and Canadian Rocky Mountains. (30 minutes)

**Studio Bell:** Home of the National Music Centre, your clients can explore 5 floors of exhibitions that tell the story of music in Canada. Walk the exhibitions, listen to live music, and enjoy the architectural marvel while participating in the creation of Canada's new music history. Interactive exhibitions celebrate Canada's music story and will inspire music lovers through innovation, exploration, and renewal through music.

**Calgary Food Tour:** Your clients can take a guided food tour through an historic neighbourhood to taste Calgary's best cuisine with local experts.





**Calgary Brewery Tours:** With two unique experiences, your clients can enjoy the best that Calgary has to offer in these good natured and welcoming breweries, eateries, and distilleries with people who enjoy a satisfying brew as much as they do. Witness the region's rich history and become enveloped in the fervour with which brewers and distillers go for the love of beer, spirits, and mead.

**Winsport Canada Olympic Park:** Your clients will enjoy visiting one of the 1988 Winter Olympic Games venues. For the adventurous, suggest the Skyline Luge. This 1.8 km (5905 ft) long track offers fantastic city views and is wide enough to accommodate both the speedy and steady-paced driver.

**Shopping:** High end malls and unique retail locations make Calgary a perfect destination for visitors seeking exclusive shopping experiences. Your clients can choose from downtown boutiques and expansive shopping malls. Chinook Centre features more than 250 stores and over 25 unique to market retailers. Cross Iron Mills just outside the city is Alberta's newest destination shopping mall, where it's easy to spend the entire day shopping the 100 outlets and 200 stores. (2–3 hours).

**Heritage Park Historical Village:** At Calgary's living history museum, your clients will learn how Western Canada's pioneers, fur traders and First Nations lived more than 100 years ago. Friendly costumed interpreters draw visitors into the lives of the people who built the West. Your clients will feel like settlers heading to new adventures on the steam train, talk to the captain on the paddlewheeler and ride a horse-drawn wagon through the town, farmland and pre-railway settlement.

**Calgary Farmers' Market:** Your clients will love wandering the market for baked goods, handcrafted gifts, specialty items and local farm fresh honey, produce, meat, poultry and dairy. Open 9am – 5pm, Thurs – Sun.

**Eau Claire Distillery** is Alberta's first craft distillery, where we stand for exceptional quality and premium, handcrafted flavour. We translate world class Alberta-farmed grain products into premium spirits, preparing our locally made wares in small batches for timeless and unique flavour. Offering tours and tastings at the certified craft distillery, just forty minutes south of Calgary on the Cowboy Trail, the short drive to Eau Claire features a scenic journey through the foothills of the Rocky Mountains. Visit as a great day trip from Calgary or a stop on the way to and **from Waterton and Head Smashed In Buffalo Jump.**





**River Valley Adventure Co. Calgary Segway Tours:** Glide along the beautiful award-winning pathways of downtown Calgary. Clients experience a safe and fun adventure while learning about this amazing city and the Trans Canada Trail, the world's longest recreational trail. Tours run daily from Sien Lok park in scenic Chinatown.

**Calgary River Experience:** A float tour down the Bow River, through the heart of Calgary, offers visitors the chance to take in a favourite local pastime. Let expert guides do the work, while you take it easy aboard the raft and gain a unique perspective of the city from the water. Along the way, you'll learn about Prince's Island, Fort Calgary and the iconic Peace Bridge and spot cyclists, river surfers, fishermen and Canadian Geese. It's an informative and relaxing way to spend the better part of two hours.

**Overnight in Calgary**

## DAY 7

**Depart**

