



Canadian Rockies Adventure Banff & Lake Louise

For more than a century, Banff and Lake Louise have drawn savvy travelers from around the world by combining inspiring natural beauty with unique and sophisticated vacation experiences. Nestled in the heart of Canada's premier national park (a 90-minute scenic drive from Calgary International Airport) Banff National Park, Banff and Lake Louise engage visitors with regionally inspired cuisine, award-winning spas, and world-class luxury. The destination challenges both body and soul with extraordinary outdoor adventures, distinctive culture and rich heritage.

Celebrate The Beauty of Nature

There is only one place in the world that can genuinely offer spectacular natural mountain scenery, abundant wildlife, four-season recreation and world-class accommodation in a protected National Park setting. Welcome to the town of Banff and the hamlet of Lake Louise in the heart of Banff National Park, a UNESCO World Heritage Site. Join Kosher Expeditions as you to discover the grandeur and pristine surroundings of the famed Canadian Rockies.

Our 8-day tour includes daily adventures custom developed for every ability level and our delicious glatt kosher cuisine prepared fresh on-site, all based from our mountain lodge in the exciting town of Banff. This is the perfect vacation for those looking to explore the wonder & beauty of the Canadian Rockies.

Day 1 (Tu): Arrive Banff National Park. Dinner & orientation

*Guests will fly into Calgary International Airport and transfer to Banff. Kosher Expeditions can help arrange the necessary shuttle transfer for an additional fee.

Day 2 (We): Explore Lake Louise: Choice of 2 Adventures

1. Discover Lake Louise and Moraine Lake (easy): On this sightseeing tour you will visit the "Jewel of the Canadian Rockies," Lake Louise & the world renowned Moraine Lake (both are part of a UNESCO World Heritage Site). Here you will have time to take photos and explore their shorelines. Learn about our mountaineering history and how a tragic accident at Lake Louise shaped Canadian mountain culture - Finally, walk to a viewpoint in the Valley of Ten Peaks overlooking Moraine Lake.

Tour Highlights: Bow Valley Parkway, Castle Mountain, Lake Louise, Chateau Lake Louise, Moraine Lake
Duration: Approximately 4 hrs

2. Classic Hike (moderate to difficult – must be 13 or older for this tour): Hike to classic locations in the Banff Lake Louise area - Share the passion for the mountains with our local, enthusiastic guides - Explore the trails in Yoho, Larch Valley, Staley Glacier, and Plain of 6 Glaciers - Hiking time is from 4 to 6 hours - Guests must have sturdy footwear and dress in layers in case of weather changes.

Your Tour Includes: Certified Hiking Guide, use of hiking poles, use of binoculars

Duration: 7 Hrs +/-



Day 3 (Th): Discover the Glacier Trail (easy): A full day sightseeing tour that travels through a landscape carved by glaciers and opened by pioneers. The Icefields Parkway is rated as one of the most scenic highways in the world. See glaciers remain-

ing from the last ice age. Hear stories of early explorers who opened these valleys. The pinnacle of your day will be the Snowcoach tour onto the Athabasca Glacier and Columbia Ice Fields Centre. You will be awed by the surrounding peaks that are some of the largest in the Rockies.

Tour Highlights: Crow Foot Glacier, Bow Lake / NumTi Jah Lodge, Peyto Lake, Mistaya Canyon (or alternative), Athabasca Glacier • Ice Explorer Tour

Duration: 9 hours



Trip Length:

8 days / 7 nights

Trip Dates

August 4-11 2009

Tours & Activities

- Guided wildlife safaris
- Guided hiking
- Whitewater rafting
- Ice field & glacier exploration
- Exploring Banff
- Plus much more!

*Activities have been developed for every activity level. Most days participants will have a choice of an easy or moderate tour program.

Once you have completed our daily scheduled adventures, you will have the option of exploring Banff and its surrounding areas on your own. The area boasts numerous exciting activities:

- ATV Tours
- Local hiking trails
- Horseback riding and wagon rides
- Wildlife safaris
- Hot Springs
- Exciting nightlife
- Caving
- Plus much more!

You will be supplied with a full list of local activities, hot spots and summer events going on during your stay.

The town of Banff is a unique destination that expertly accommodates visitors without losing the charm of a small mountain community. Its location in the southwestern corner of Banff National Park, less than a two-hour drive from Calgary International Airport, and just 50 minutes east of Lake Louise makes it the perfect vacation destination.

Because the Town of Banff is just 4km in size, this community really does share this space with the wildlife. Some say that a local on their way to work is as likely to see

Day 4 (Fr): Whitewater Rafting Adventure: Choice of 2 adventures

1. **Kananaskis River** (*easy to moderate*): Enjoy a beautiful mountain river located along the front ranges of the majestic Canadian Rocky Mountains. The river tour is rated as Grade 2 to 3 and is an excellent experience for families and friends. This half day tour is very popular for people looking for an introduction to whitewater rafting and is a river experience the whole family can enjoy.

Duration: 4.5 hours (*Minimum age: 5)



2. **Bow River** (*moderate*): The Bow River Horseshoe Canyon has spectacular scenery, big waves and grade 3 to 4 whitewater. Located in the front ranges of the Rockies, the Horseshoe offers some of the best scenery in the area. The tour will stop to let our guests experience an optional cliff jump along the way. A great tour for a quick whitewater fix and mountain thrill!

Duration: 4.5 hours (*Minimum age: 10)

Day 5 (Sa): Shabbat at leisure

Morning service (Sefer Torah on-site), afternoon nature walk, evening at leisure.

Day 6 (Su): Discover Banff: Choice of 2 adventures

1. **Discover Banff & Gondola** (*easy*): Build a connection to this World Heritage Site as you visit Banff's landmarks and historic places - Hear how the 11,000 year old human history of the Bow Valley changed when three railway workers rediscovered the Cave & Basin, now a National Historic Site - Your time will be spent enjoying the sights, taking photos, and participating in short walks to view points on the many stops of the tour. Your tour ends with the Gondola ride to the top of Sulfur Mountain for spectacular views of the Bow Valley and Rocky Mountain Range.

Tour Highlights: Bow Falls, Banff Springs Hotel, Surprise Corner, Hoodoos & Bow Valley Viewpoint, Lake Minnewanka, Cave & Basin National Historic Site, Sulfur Mountain Gondola.

Duration: 5 hours

2. **Johnston Canyon and Inkpots Hike** (*moderate*): Hike on steel walkways built into the canyon walls that give an airy view of the canyon below - Travel through prime wildlife habitat on your way to the trail head and learn the clues to how Johnston Canyon was formed. This hike will lead you past the lower falls & tunnel and to the breathtaking upper falls.

Your Tour Includes: Certified Hiking Guide, use of hiking poles, use of binoculars. **Duration:** 5 hours

Day 7 (Mo): Morning Wildlife Safari / afternoon self-guided canoe or kayak tour

The morning is a great time for bird watching, wildlife viewing, and exploring around Banff. On this tour you will sightsee to known wildlife and bird viewing areas and then enjoy the outdoors on short nature walks. Your guide will be equipped with props to help explain animal behavior and a spotting scope to bring the views in closer. Follow your guide while you visit local areas, walk outdoors, feel the fresh air, and take photos of this majestic landscape.

Your tour includes: Interpretive tools, use of binoculars, spotting scope. **Duration:** 3 hours

Self Guided Canoe & Kayak Tour: Glide through the wilderness of Banff National Park in your Blue Canoe or kayak. Explore the waterways of the Bow Valley, including 40 Mile Creek and Vermillion Lakes or the Bow River. Your self guided tour begins with basic instruction and safety tips before putting into the water. Slow down and share this authentic Canadian experience with friends and family. **Duration:** 2 hours

Day 8 (Su): Depart

a deer as a neighborhood dog. Elk, sheep and bear sightings are not uncommon near this town filled with trees, parks and trails.

Banff also abounds with opportunities to experience just about anything, from the most rugged of outdoor activities to world-class arts and culture displays. Enjoy strolling alongside locals and world-travelers as you discover a cosmopolitan collection of galleries, boutiques and cafés. Shops range from internationally recognized clothiers or independently-owned establishments to Canada's oldest department store.

Pricing

\$2250 per person based on double
\$1750 per person for 3rd or 4th share
\$790 single supplement

*Please add 9% for tax & fees. \$50pp for gratuities will be collected at the start of the program.

*Quad occupancy maximum per room

Price includes: Lodging, full time Kosher Expeditions guides / naturalist, daily transfers to activities, all activities listed in the itinerary, all Glatt kosher meals under strict supervision.

Price does not include: Airfare, transfer to and from Banff from Calgary and optional tours.

Air Travel: Please note airfare is not included in the price of your tour. Participants will fly into Calgary International airport. Upon arrival airport shuttles and car rentals are available for transfer to Banff (not included in the price of your tour).

Accommodations

In the heart of the majestic Canadian Rocky Mountains, located in downtown Banff, our Inn is the perfect location to take in the splendor of Banff, Canada's largest and oldest National Park.

For those who love to play in the great outdoors, there's no better place than Banff, and no better place to call home after a day of adventure than our mountain Inn, all within walking distance of many of Banff attractions and exciting night life.

The Inn boasts 138 hotel rooms. Natural wood accents add a warm glow to the hotels interior design. Throughout, quiet corners beckon you to read in solitude, map out your next day, or simply drink in the view.



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For additional detailed information
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