



## Canadian Rockies Winter Wonderland Adventure Sampler

Spectacular frozen waterfalls, deep untouched powder snow, majestic peaks, clear, crisp air, an abundance of wildlife and cozy mountain lodges with their western hospitality are the main ingredients for this week of active winter adventure.

On this trip we trade our bikes for x-country skis and snowshoes to venture into the kingdom of snow and ice during the daytime. Both activities are easy to learn and provide the perfect means of transport to explore this winter mountain wilderness. At the end of fun-filled days we retreat around the fireplaces of rustic mountain lodges in Banff and Yoho National Parks.

We feel, just travelling to these majestic mountains in summer does not do them justice. Winter is a special time up here, and if you are looking for that magic experience this trip might be for you.

### Day One (Sunday)

After meeting in Banff we will shuttle along the Bow River to famous Lake Louise. Here we will fit you to your snowshoes and x-country skis. Afterwards we go for an afternoon snowshoe hike across the lake towards the Plain of the Six Glaciers. At the Chateau Lake Louise you may have a look at the marvelous ice sculptures. Upon our return we retreat into historic Deer Lodge for a deluxe welcome dinner.

### Day Two

Today we will be driving up the Icefields Parkway to its highest elevation at Bow Summit. The historic Num-Ti-Jah Lodge, built by Jim Simpson, one of the Rockies true legends, will be our home for the next two days. We explore the area, which once was his trap line, by snowshoe. We will probably see white ptarmigans half hidden in the snow or the tracks of hares and coyotes in the forest. After our three-course dinner we gather around the fireplace and you may relax, read a book or play a deck of cards.

### Day Three

We start the day with an energizing buffet breakfast, before we will x-country ski across Bow Lake along the backbone of the continental divide. The air is quiet, the skies are blue and the snow is deep and untouched. After a nights snowfall the world up here may appear to you as if it was its very first day. Picture yourself tracking through a sparkling white untouched duvet across a land of sheer beauty. This evening, after a day in the cold air, we will once more enjoy the luxury of our historic lodge where you may linger in front of the fireplace with a hot cup of tea.

#### **Day Four**

Today we will shuttle across the Continental Divide into Yoho National Park. Emerald Lake Lodge, a true Rocky Mountain gem is our destination for the final two days. The famous lodge is situated in a magnificent setting on frozen Emerald Lake surrounded by majestic peaks and offers the perfect variety of terrain for novice as well as intermediate skiers and snowshoers.

#### **Day Five**

Today your guide will lead you on snowshoes into a beautiful wilderness area along the Emerald River. Our destination for the day is the Natural Bridge with its frozen cataract. Upon our return the sauna will be a cheery welcome at the end of a truly satisfying day. Afterwards we are going to enjoy a wonderful gourmet farewell dinner at the lodge.

#### **Day Six**

After breakfast we shuttle back to Banff. Along the way we hike to see the frozen waterfalls in Johnston Canyon. Once in Banff it is time to say good-bye. You might want to top off the week by soaking in the Hot Springs overlooking the town and the Bow Valley.

#### **2010 Trip date**

Due to our involvement in the 2010 Winter Olympic and Paralympic Games in Whistler and Vancouver we will not be able to offer a scheduled departure this winter.

For groups we can arrange this trip before January 28 or after mid March 2010.

#### **2010 Prices**

Trip Cost	\$2,395 CAD
Single supplement	\$550 CAD
Equipment rental	snowshoes or skis are not included, we will arrange it for you if needed.

*(Prices are subject to 5% GST)*

#### **Services Included**

- 5 nights accommodation in luxurious hotels and historic mountain lodges
- All meals (5 breakfasts, 6 lunches, 4 dinners, hot refreshments)
- Professional snowshoe and x-country guiding services
- National Park fees
- Luggage transport
- All van transfers from and to Banff

**Reservations:** 1-800-661-BIKE (2453) / **e-mail:** res@rockymountaincycle.com