



# YMCA ADVENTURERS



## CANADIAN ROCKIES

7 DAYS / 6 NIGHTS

\$3,999

**Sept. 3- 9, 2024**

- \$698 non-refundable deposit required upon signing.
- Final payment due July 5, 2024.
- Price per person, based on double occupancy. Add \$1,000 for single occupancy.
- Travelers do not need to be Y members
- Airfair included
- 10 meals provided, 6 nights of lodging
- Optional Cancellation waiver & insurance \$349 per person
- Price of \$3,999 is valid until March 3, 2024
- Seat reduction: March 3, 2024
- Passport is required
- This is a LEVEL 2 trip: Walking for 30-45 min. at a time over a variety of terrains, from cobblestone streets to flights of stairs.
- Altitudes up to 6,000 ft.
- Explore the Canadian Rockies & Glacier National Park
- Enjoy guided tours of ice glaciers!

### REGISTER NOW!

Complete itinerary & registration info can be found at

<https://www.ymcachattanooga.org/ymca-adventurers>



**Questions?** Contact Suzanne Grueser at [sgrueser@ymcachattanooga.org](mailto:sgrueser@ymcachattanooga.org) or at 731.445.0259 Mon.-Thurs. 9 a.m. - 4 p.m.

**J.A. HENRY COMMUNITY YMCA**

Mail: 301 W. 6th Street, Chattanooga, TN 37402  
[ymcachattanooga.org](http://ymcachattanooga.org)

# ITINERARY

## Day 1:

Your adventure begins in the province of Alberta, Canada. Get ready for beautiful prairies, the majesty of the Canadian Rockies and the brilliance of Montana's Glacier National Park.

## Day 2:

Enjoy a continental breakfast and then start your journey south to the prairie lands while enjoying the distant views of the spectacular Rockies. Visit Head-Smashed-In Buffalo Jump, a Blackfoot guide brings to life the culture of the Plains people, the Buffalo Hunt, and the many secrets uncovered in archaeological digs. You will continue south to Waterton Lakes National Park viewing quaint villages, the famous Prince of Wales Hotel and wildlife like grizzly bears, moose, mountain goats and elk along the way before enjoying dinner overlooking Waterton Lake.

(Breakfast & Dinner provided)

## Day 3:

Today you will experience Glacier National Park, that preserves over one million acres of forest, Alpine meadows and lakes, and is home to over 70 species of mammals and 270 species of birds. Enjoy a ride aboard one of its famous Jammer cars built in the 1930s, along one of the most breathtaking roads in North America. Going-to-the-Sun Road stretches across the Continental Divide and offers incredible views of the valley and Glacier National Park.

(Breakfast provided)

## Day 4:

You will journey to Banff today and soak in a backdrop of wonderful wildlife and the majestic Canadian Rockies. This afternoon, arrive in Banff and enjoy stops at the powerful Bow Falls and Surprise Corner known for its picture perfect panoramic views.

(Breakfast & Dinner provided)

## Day 5:

Today after breakfast, you will set out along the unforgettable Icefields Parkway and behold waterfalls, rushing rivers, glacial peaks, imposing cliffs and snow capped mountain ranges. Once you arrive at the Athabasca Glacier, you will get to choose between a fun ride across this mass of glacial ice, nearly 1,000 feet thick, OR take a walk onto a glass bottom platform at the Columbia Icefield Skywalk to experience breathtaking views of the Sunwapta Valley. This afternoon, you will stop at Peyto Lake, a glacier-fed lake that evokes pure serenity before returning to Banff.

(Breakfast provided)

## Day 6:

This morning the famous glacier-fed, turquoise waters of Lake Louise are yours for admiring. Perhaps you will choose to hike along the lake shore or simply relax in the majesty of your surroundings. Enjoy lunch at the Ski Lake Louise Lodge before boarding the gondola, which ascends the mountain in fourteen minutes to a height of 6,850 feet above sea level. Later, enjoy the views of the prairies while en route to Calgary and join fellow travelers for a farewell dinner.

(Breakfast, Lunch & Dinner provided).

## Day 7:

Today after breakfast you will depart for home with your new friends and talk about your wonderful time in the Canadian Rockies and Glacier National Park.

(Breakfast provided).

Travel insurance is not included in the price: \$349 per person for Cancellation Waiver and Insurance.