Teen Adventure
in the Canadian Rockies

Sunday, August 9: ąⱥųą̃ / ą˛ąą
- Arrive in Banff
- Welcome dinner
Overnight: Banff Alpine Centre, Mary Belle Bldg (D)

Monday, August 10: Banff
- Cycle the Goat Creek trail through Spray Valley to Banff town site (12 miles and little elevation gain)
Overnight: Banff Alpine Centre, Mary Belle Bldg (B, L, D)

Tuesday, August 11: Baker Creek
- Take an interactive tour of a local dog sledding base camp
- Experience adventure caving in Rat’s Nest Cave
- Submerge yourself in the famous Banff mineral hot spring pool
Overnight: Banff Alpine Centre, Mary Belle Bldg (B, L, D)

Wednesday, August 12: Baker Creek
- Take a guided “ice walk” on the Athabasca Glacier
- Walk around Bow Summit, Peyto Lake and Bow Lake with optional short, interpretive talks along the way
Overnight: Lake Louise Alpine Centre (B, L, D)

Thursday, August 13: Purcell Lodge
- Whitewater raft on the Kicking Horse River
- Transfer to Yoho National Park with scenic stops at Takawak Falls, Spiral Tunnels, Emerald Lake and Lake Louise
Overnight: Banff Alpine Centre, Mary Belle Bldg (B, L, D)

Friday, August 14: Purcell Lodge / Yoho National Park
- Ascend a mountain summit trail, leading to views high above scenic Lake Louise
- Farewell dinner
Overnight: Banff Alpine Centre, Mary Belle Bldg (B, L, D)

Saturday, August 15: DEPART BANFF / ARRIVE HOME
- Transfer to Calgary International Airport (B)