



Alberta

Alberta is home to some of Canada's most iconic images, including Banff and Jasper National Parks, Lake Louise and the Columbia Icefields. The Canadian Rockies offer the ultimate range of outdoor activities with horse riding, white-water rafting, canoeing and guided walking just some of the exhilarating options. As the dizzying heights of the Rockies recede, the land extends into the vastness of the prairies, punctuated by looming

grain elevators. This is home to dynamic young cities such as Edmonton and Calgary, glittering with tower blocks financed by the oil industry. Northern Alberta is an untamed wilderness of boreal forest whose highlight is Wood Buffalo National Park, one of the few places where herds of plains bison still roam. Meanwhile southern Alberta is home to the Cowboy Trail with rustic homestay ranches and the enchanting Waterton Lakes

National Park. The UNESCO World Heritage Site of Dinosaur Provincial Park yields countless fossils and the millennia-old First Nations cultural site at Head Smashed-in Buffalo Jump is reason enough to explore beyond the Rockies. For those prepared to scratch beneath the surface Alberta has far more to offer than just the incredible wildlife and its reputation as a Rocky Mountains adventure playground.

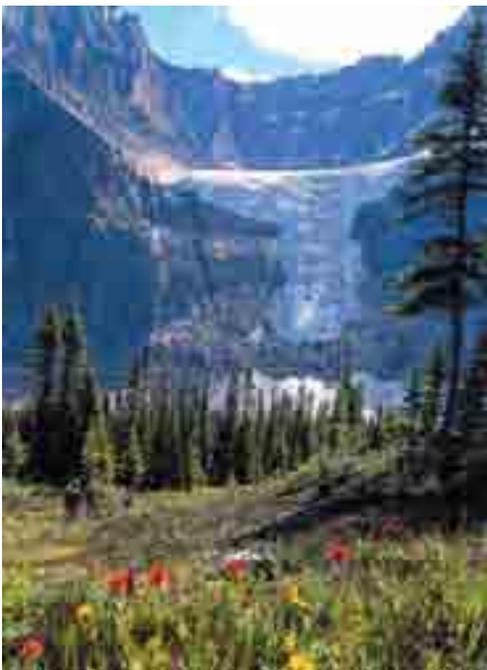


Big horn sheep

Jasper

At the heart of the towering mountains and turquoise lakes of Jasper National Park, the small town of Jasper lies at the confluence of the Athabasca and Miette rivers. This pleasant place can be reached by car or by rail from Prince George, Vancouver or Edmonton and is ideally located for exploring the northern regions of the Rockies and still retains a frontier feel. Though it is small enough to walk around, it offers every amenity with plenty of restaurants, bars and shops. These man-made attractions pale into insignificance against the stupendous beauty of the surrounding national park where nature is revealed in all her might and majesty. Spirit Island, situated in Maligne Lake, is an icon of the Rockies, as is nearby Maligne Canyon. Other highlights include Miette Hot Springs, Medicine Lake, and rafting along the Athabasca River. The region abounds in wildlife: elk, moose, mountain goats and bears are just some of the animals frequently seen. Active options include guided walks in the mountains, 4WD expeditions into the nearby Columbia Icefields and thrilling helicopter flights over the mountains.

Mount Edith Cavell



JASPER INN ALPINE RESORT

Set within walking distance of downtown Jasper, this well-established hotel is perfectly located to explore both the town and its surroundings. The 143 guest rooms offer a variety of room types and the restaurant is popular with both locals and guests. During the summer months dining is on the outdoor terrace and facilities include an indoor swimming pool, Jacuzzi, sauna and steam room.

PARK PLACE INN, JASPER

This small boutique hotel is nestled in the heart of downtown Jasper amidst restaurants, shops and nightlife. Each of the 14 rooms is furnished with oriental carpets, goose-down duvets, thick bathrobes, and some rooms are equipped with a Jacuzzi bath.

Path of the Glacier Walk

Explore the stunning beauty of Mount Edith Cavell on a guided walking tour. Your guide will show you a variety of glaciers, icebergs, ice caves, waterfalls, and emerald green lakes in one of Jasper's most scenic areas.



Spirit Island, Maligne Lake



Jasper Inn Alpine Resort

Alberta: Canada

Telephone: 01993 838 700



Moraine Lake, Banff National Park

Lake Louise

Known worldwide as the 'Jewel of the Rockies', this is a picture-perfect lake of iconic beauty with the Victoria Glacier perfectly reflected in the still blue waters. One end of the lake is dominated by the huge structure of the Château Lake Louise hotel, but a short walk in any direction enables you to reach pristine mountain wilderness. There are many walking, horse riding and mountain biking trails on land while canoes are available to explore the lakeshore. Lake Louise village is set several kilometres from the lake and has a handful of facilities including a supermarket, petrol station and some restaurants. The village is close to several national and provincial parks, making it a great base for those who wish to explore some of the most awe-inspiring scenery in the Rocky Mountains. In 1882 Tom Wilson was the first white Canadian to see Lake Louise and wrote 'I never, in all my explorations of these five chains of mountains throughout western Canada, saw such a matchless scene... I felt puny in body but glorified in spirit and soul.'

Lake-side deer



Emerald Lake Lodge

Yoho National Park

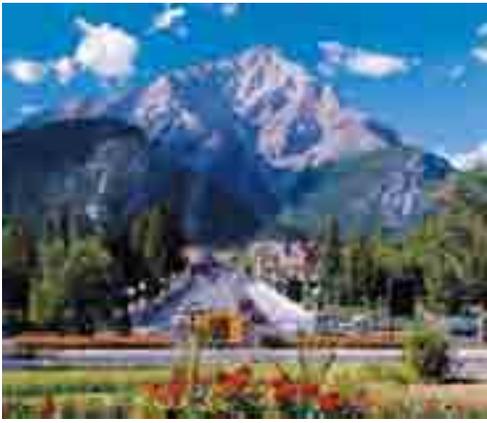
Reached from Lake Louise by traversing the awe-inspiring Kicking Horse Pass, Yoho National Park is named after a Cree word meaning 'wonder': a fitting description for the breathtaking scale of its mountain scenery. Despite its proximity to Lake Louise, Yoho lies on the opposite side of the Continental Divide, entirely within British Columbia. The park is renowned for the Burgess Shales, a very rare sedimentary rock up to 530 million years old, and also for the overwhelming beauty of Lake O'Hara, Takakkaw Falls and Emerald Lake. The tiny town of Field is the park's only settlement and its history is intrinsically entwined with the early days when the spectacular landscape was conquered by rail, built through magnificent feats of engineering such as the famous Spiral Tunnels.

CATHEDRAL MOUNTAIN LODGE, YOHO NATIONAL PARK

This charming lodge lies just outside Field on the road to beautiful Takakkaw Falls. Constructed entirely from timber, its rooms are filled with natural light and magnificent views of the omni-present mountains. The main building has a spacious dining room and a lounge with a huge stone fireplace opening onto a sun deck with views of the Kicking Horse River. Accommodation is in cabins simply furnished to match its surroundings. Guests have access to all amenities at Moraine Lake Lodge including canoes, guided hikes and evening lectures, all free of charge, whilst nearby Takakkaw Falls offers some of the best walking in the Rockies.

EMERALD LAKE LODGE, YOHO NATIONAL PARK

Emerald Lake's vivid aquamarine colour frames this beautiful lodge in its picturesque setting. Reached across a short wooden bridge, the main lodge houses the sitting room, a bar with outside terrace and the Mount Burgess dining room. More casual fare is on offer at Cilantro on the Lake and the Yoho Lounge. Each of the 85 rooms has a wood-burning fieldstone fireplace, a beautifully fitted bathroom, plantation blinds and a balcony but no television: entirely appropriate in this tranquil setting. The area has some stunning trails whilst canoeing, fishing, jet-boating and white-water rafting are also available.



Banff and surrounding mountains



Log cabin, Cathedral Mountain Lodge



Buffalo Mountain Lodge



Hiking in the Rocky Mountains



Banff Gondola

Banff

The small town of Banff is dominated by the towering mountains of Banff National Park. The town itself has plenty of shops and restaurants and is small enough to walk around, but it is the stunning beauty of the surrounding national park that captivates visitors. Created in 1887, this is Canada's oldest national park and encompasses some of the finest scenery in North America, if not the world. For an overall view of the mountain landscape take the gondola to the top of Sulphur Mountain before visiting the Cave and Basin, Lake Minnewanka and bathing in the Upper Hot Springs. Active options include walking, horse riding, mountain biking, canoeing and rafting, all of which may well provide a close sighting of the region's abundant wildlife.



Pension Tannenhof

BUFFALO MOUNTAIN LODGE, BANFF

Located on the slopes of Tunnel Mountain just a few minutes drive from the centre of Banff, Buffalo Mountain Lodge is an oasis amongst the mountains. Built of timber and fieldstone, the delightful main lodge features wooden cathedral post and beam ceilings and a huge stone fireplace. The adjacent dining room offers mouth-watering local cuisine and an award-winning wine selection, whilst there is also a café serving more casual fare. In total there are 108 rooms located in two-storey annexes and all have a balcony or patio and a wood-burning fieldstone fireplace.

PENSION TANNENHOF, BANFF

Pension Tannenhof, set in the spruce trees at the foot of Sulphur Mountain away from the hustle and bustle of central Banff, has been welcoming guests from around the world since 1985. With all the cosy comfort of a charming country home, guests meet around the open fireplace of the large high-ceilinged living room, while accommodation is provided in ten spacious guest bedrooms. A buffet breakfast is the perfect start to each morning in the mountains.

Sulphur Mountain Gondola, Banff

The UNESCO World Heritage site of Sulphur Mountain provides fabulous 360-degree views of the surrounding snow-capped peaks. It is said that from this peak you can see more mountains in a moment than most will see in a lifetime: six mountain ranges dominate the view. There's no need to be a mountaineer as gondolas whisk you from Banff to the summit, where boardwalks lead along the ridge and there are two restaurants.

Canmore

Located just a few kilometres from Banff, Canmore is a charming quiet town just outside the national park limits that has not yet succumbed to souvenir shops and the busy pace of life which comes with tourism. It has some lovely restaurants and bed and breakfasts and can be a better alternative base to explore the national park, especially during the peak summer months.

Alberta: Canada

Telephone: 01993 838 700



Heli-hiking in the mountains

Heli-hiking

You don't need to be super-fit to reach alpine meadows ablaze with wild flowers, mountain tops high above the tree-line and ancient blue glaciers – you need a helicopter. These multi-day heli-hikes, which allow guests to experience the full diversity of alpine terrain in a short space of time, are based at remote mountain lodges, easily accessed by helicopter from both Jasper and Banff. Twice each day you will be flown to remote parts of the mountains that can otherwise only be reached by experienced rock climbers and the sure-footed mountain sheep. Expert guides point out the marvels of a diverse range of flora and fauna on hikes that can be tailored to any levels of fitness before returning to your comfortable lodge for a delicious dinner and a chat with new friends around the fire.

🏠 BOBBIE BURNS LODGE, NEAR BANFF

Easily reached from Banff, the Bobbie Burns Lodge has a magnificent mountain setting and a warm and friendly ambience. The lodge has 24 guest rooms, an outdoor whirlpool with the most wonderful views, a sauna, games room and a comfortable lounge with a large welcoming fireplace. Renowned for offering excellent food, the lodge also has an extensive wine cellar, reputedly one of the best in the Canadian wilderness.

🏠 BUGABOO LODGE, NEAR BANFF

From the entrance to this lodge views are of the spires of the Bugaboo Mountains and the great glaciers that gather amongst them. Newly renovated, this remote mountain lodge is set at a height of 1,600 metres, over a kilometre above sea level, and has 35 rooms with private bathrooms. There is a bar and lounge, a spa, games room and a roof-top hot tub with sensational views. There is also a marvellous little museum with maps, pictures and natural history exhibits.

Edmonton

Set on the northern shores of the Saskatchewan River, Edmonton is the capital of Alberta. Its abundant quartzite was used by First Nations peoples to fashion tools and weapons and it was later at the heart of Canada's richest fur producing lands, but today its wealth is built on 'black gold': oil. Fuelled by this underground asset Edmonton has boomed into a super-modern, climate-defying phenomenon. It is home to the world's largest shopping centre, West Edmonton Mall, which numbers the world's largest amusement park amongst its attractions. The remarkable Muttart Conservatory uses distinctive glass pyramids to reproduce a variety of diverse ecosystems for visitors to experience, while in the late Victorian suburb of Old Strathcona they can stroll through the summer Farmers' Market.

🏠 UNION BANK INN, EDMONTON

Situated in the heart of downtown Edmonton, and built as a bank in 1911, this boutique hotel has been restored to the highest quality and offers understated elegance through its modern renaissance architecture. There are 34 individually decorated rooms in both traditional and contemporary styles, all finished to the highest standards. Other facilities include a dining room and a fitness room but the hallmark of the inn is the warmth and professionalism of the staff.

Elk Island National Park

Elk Island National Park is an island of small hills and depressions surrounded by flat plains that is home to one of the world's highest concentrations of plains bison. Set in the Beaver Hills, 45 kilometres east of Edmonton, the park is an oasis of boreal forest and aspen-studded hills. First Nations people relied on this area for winter food and shelter and survived through the summer on the bison that roam the surrounding plains. It has always been an excellent habitat for elk, moose, deer, bears and game birds but today the park is renowned for its role in saving the wood buffalo, plains bison and trumpeter swan from the brink of extinction.



Bobbie Burns Lodge



Fairmont Palliser Hotel



Chuck-wagon racing



Bull riding at the Calgary Stampede

Calgary

A 90 minute drive from the Rocky Mountains, Calgary is a vibrant city of a million people. Dynamic and rapidly growing, it boasts great shopping and dining and a wide range of attractions. These include Calgary Tower, the Canada Olympic Park, Eau Claire Market, Glenbow Museum and St. George's Island which is home to Calgary Zoo, the Botanical Gardens and the Prehistoric Park. Calgary is famous for its Stampede which takes place every year in July. During this time the entire city is gripped in the party atmosphere of 'Stampede Fever' – don't forget your boots and Stetson!

FAIRMONT PALLISER HOTEL, CALGARY

The Palliser has been a Calgary landmark since it opened in 1914, with its magnificent lobby of marble pillars, adorned with potted palms. In total there are 405 rooms, all with high ceilings and large windows. The Rimrock Restaurant opens for breakfast, lunch and dinner whilst the Oak Room, a popular meeting place for visitors and locals alike, offers lighter cuisine. There is a fully-equipped health club and an indoor swimming pool. The hotel is ideally located next to the railway station with a covered walkway that crosses to the Calgary Tower.

HOTEL ARTS, CALGARY

Located in the heart of Calgary just two blocks from the railway station, Hotel Arts is the city's newest contemporary hotel. Recently renovated, this stylish hotel offers 188 luxurious contemporary rooms and suites, each featuring plasma screen televisions, elegant furnishings and luxurious linens. For meals there is a French bistro serving fine Gallic cuisine and the fun and funky Raw Bar at the Arts, a casual bar and restaurant. In addition, there is a complimentary fitness room and a delightful outdoor swimming pool.

Calgary Stampede

The Calgary Stampede was inaugurated in 1912 as a top class rodeo event and Wild West show to attract the best cowboys from across the continent. The first Stampede was the richest rodeo competition in North America, drawing more than 100,000 spectators. Still the richest, it is now also the world's largest rodeo with chuck-wagon races, bull riding and steer wrestling competitions along with agricultural and stage shows and even an 'Indian' village. During Stampede week, in early July, the city is flooded with visitors who join locals in western attire, revelling in the spirited atmosphere. Audley can arrange your tickets but early bookings are highly recommended!

Calgary, Helicopters and Mountains

This itinerary starts in the vibrant city of Calgary where you have time to soak up the western flavour and discover the excellent shops and restaurants. You then head into the mountains for a two night stay in the Rockies town of Banff. From here you will be taken by helicopter into road-less mountains for three nights exploring a pristine wilderness region.

- Day 1** Arrive in Calgary at the start of your trip.

- Day 2** Today is yours to explore Calgary, with the Glenbow Museum, Calgary Tower and the Canada Olympic Park.

- Day 3** Transfer by coach to Banff for a two night stay.

- Day 4** Spend a full day to uncover the delights of Banff including the Hoodoos, Sulphur Mountain and the Bow River.

- Day 5** Today you will be met and transferred by helicopter to your mountain top lodge for a three night stay.

- Days 6 - 7** Enjoy two full days hiking in the mountains. Each morning and afternoon take a thrilling helicopter flight to hike far above the tree line amidst glaciers and alpine meadows.

- Day 8** Your helicopter will return you to Banff where you will board the coach transfer back to Calgary at the end of your trip.

TAILOR-MADE TRAVEL

Our private tailor-made journeys offer complete freedom of choice. The itineraries and accommodation shown are designed to give you a flavour of what is possible and can be tailored to suit your preferences. Prices vary according to selected accommodation and season, please telephone us to discuss your individual requirements.



Calgary skyline

Alberta: Canada

Telephone: 01993 838 700



Boots and spurs

Cowboy Country

More than a century ago pioneer adventurers headed west to uncharted territory to claim land and start new lives. Their rich agricultural heritage of living life in harmony with the land flourishes today and the undulating grasslands of Alberta are studded with sturdy beef cattle and trusty steeds. The best way to experience this hard-working way of life is to stay with the cowboys at an authentic working ranch, where you will have the opportunity not only to ride the open range but to take part in branding, roping, pack trips, fence-mending and cattle drives. Your hosts are cowboys who know the country, their cattle and their horses: to share their experience and traditional way of life is an unforgettable insight into life in rural Canada.

WILLOW LANE RANCH, NEAR CLARESHOLM

Situated 90 minutes drive south of Calgary, Willow Lane is an authentic working cattle ranch owned and run by the Lane family, who invite a few guests to join in their daily tasks. You can count on gentle horses and delicious home food, grown and reared on the farm. The ranch house feels warm and welcoming with a large front porch looking across the powerful prairie landscape. There are just four simple rooms, making your stay a friendly and personal experience in a vast landscape of stark and diverse beauty.



Lucasia Creek Ranch

LUCASIA CREEK RANCH, NEAR CLARESHOLM

Lucasia Ranch is a prime example of a traditional working ranch, set amidst 1,600 hectares in the Porcupine Hills of southern Alberta. Established in 1881, the ranch stands as a testament to a bygone era where herds of elk and deer mingle with Texas Longhorns and cross-bred cattle, corralled by cowboys on percheron, appaloosa and quarter horses. Lucasia is owned and run by the Lucas family who invite guests to share in their daily activities that include cattle drives, branding, seasonal round-ups and regular checks on cattle and horses. Other options include team roping practice, walking the hills and watching for birds and other wildlife. After a day in the saddle, you can spend the evening relaxing beside a crackling campfire or on the deck. Accommodation is in either the main ranch house or an historic log bunkhouse and all meals are included, home-cooked feasts of ranch-raised beef and farm-fresh vegetables.

Head Smashed-in Buffalo Jump

This remarkable testament to the native peoples of the North American plains was awarded UNESCO World Heritage status in 1981 after archaeological evidence showed that the site was used repeatedly for traditional buffalo hunts for nearly 6,000 years. The plains people would dress as wolves or foxes and spend days carefully herding the buffalo, finally stampeding them over a ten metre high cliff. This age-old practice was stopped almost overnight in the 19th century when horses were introduced, making it easy for individuals to hunt without involving the entire tribe. The site's name doesn't quite mean what you might expect. It comes from the tale of a brave who waited below the cliff to get a different view of the buffalos as they flew into the air: not, in retrospect, such a good idea. While in the area it is also worth visiting Fort Macleod, a historic outpost of the North West Mounted Police who were dispatched in 1874 to bring order to the west.



Buffalo skulls



Royal Tyrrell Museum of Paleontology



Stock judging cowboys

Dinosaur Provincial Park

Dinosaur Provincial Park is a UNESCO World Heritage Site located about two hours' drive east of Calgary amidst striking badland topography. Known for being one of the greatest dinosaur fossil beds in the world, thirty-nine dinosaur species, dating back more than 75 million years, have been discovered here and more than 500 specimens have been removed for exhibition in museums worldwide. The park boasts a very complex ecosystem, including cottonwoods surrounded by prairies and some of the world's most northerly cactus species. Jackrabbits, deer, pronghorn antelope, rattle and garter snakes are found in the park, while at dusk coyotes and nighthawks are commonly seen.

Writing-on-Stone Provincial Park

Writing-on-Stone is a sacred landscape: a place of special spiritual significance to the Blackfoot people who hunted and travelled these great plains for thousands of years. The Blackfoot's long and intimate relationship with the land is revealed by an inspiring wealth of First Nations carvings, petroglyphs, paintings and pictographs that cover the faces of sheer sandstone cliffs. First created as a Provincial Park in 1957, the archaeological preserve was established in 1977 to ensure the protection of the largest concentration of rock art on the North American plains.



Writing-on-Stone Provincial Park



Dinosaur Provincial Park

Waterton Lakes National Park

Waterton Lakes National Park is a rare gem tucked into the south-western corner of Alberta. In this breathtaking part of the world the majestic Rocky Mountains rise suddenly out of the rolling prairies, an ancient landscape where ice-age glaciers have carved out valleys now filled by crystal-clear lakes. To the south, the park borders Glacier National Park in Montana and together they make up the Waterton-Glacier International Peace Park, the first of its kind in the world. What makes Waterton Park unique is its blend of unusual geology, a mild climate, rare wild flowers, and an abundance of wildlife.

🏠 KILMOREY LODGE, WATERTON LAKES NATIONAL PARK

Nestled between the mountain peaks on Waterton village's lake-shore, this charming historic lodge, opened in the late 1920s, has plenty of character. The log style building is reminiscent of a country inn, furnished with antiques and photographs evoking the history of the park. The 23 guest rooms are individually decorated and many have views of the lake. The lodge's award-winning restaurant, the Lamp Post, is popular with guests and locals alike whilst during the summer months the delightful Gazebo Café is the perfect spot to enjoy a glass of wine whilst drinking in the intoxicating beauty of Emerald Bay.

The Blackfoot Trail

Southern Alberta has a rich history dating back to prehistoric times and this varied itinerary gives you a real flavour of the heritage of the Blackfoot people and the landscapes they called home.

- Day 1** Drive from Calgary to Lethbridge for a three night stay.

- Day 2** Explore Waterton Lakes National Park. Don't miss Cameron Falls or the Red Rock Parkway.

- Day 3** Visit Fort MacLeod and nearby Head Smashed-in Buffalo Jump.

- Day 4** Travel to Writing-on-Stone Provincial Park before continuing to Cypress Hills Inter-provincial Park.

- Day 5** Embark on a nature trail in the heart of Canada's great plains.

- Day 6** Drive to Val Marie in Saskatchewan for a two night stay on the border of Grasslands National Park.

- Day 7** A full day to explore Grasslands National Park near the site of the Battle of the Little Big Horn.

- Day 8** Travel west to Brooks for a two night stay to visit Dinosaur Provincial Park.

- Day 9** Enjoy a full day discovering the fossils of Dinosaur Provincial Park.

- Day 10** Return to Calgary at the end of your trip.

EXTENSIONS

Why not extend your trip to include a stay at one of the nearby working cattle ranches, giving you a taste of a true western itinerary?

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Kilmorey Lodge

Alberta: Canada

Telephone: 01993 838 700