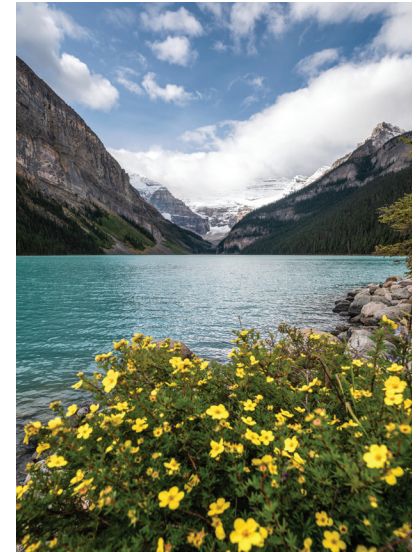


DATE	TOUR
<p>Day 1 Welcome to Canada!</p>	<p style="text-align: center;">Arrival Day</p> <p>Fly into Calgary International Airport. Airport transfers to Canmore Hotel. Box dinner on bus or upon arrival at hotel. Check in followed by orientation.</p>
<p>Day 2</p>	<p style="text-align: center;">Lake Louise & Moraine Lake</p> <p>7:30am - Davening in our meeting room 8:00am - Breakfast 8:30am - Pick-up from hotel</p> <p>9:45am - 12:45pm Lake Louise: Hike to the end of the lake (30 minutes each way). Enjoy your box lunch at the end of the trail. For those looking for a more challenging trail Fairview Lookout is great! Straight up to a great viewing area overlooking the lake, showing colors that can only be seen from above. A short easy hike, but a leg burner nonetheless. Visit Chateau Lake Louise and browse their shops.</p> <p>1:20 - 3:00pm Moraine Lake: Hike the moraine (rockpile in English), views from above the lake are breathtaking. The most commercially photographed lake in all of Canada and from the top you'll see why. Only about a 10-15 minute trail leading to the top with stops along the way, you really don't want to miss this spectacular view. You can also get stunning views from the shoreline, the colorful canoes are a great contrast for the pristine mountain peaks covering the lake. If you like photography, you will love this spot!</p> <p>4:30pm - Return to Canmore hotel 5:30pm - Free time in Canmore 7:00pm - Dinner 8:00pm - Class & Orientation by our head guide about tomorrows adventures including details on what to bring along.</p>
<p>Day 3</p>	<p style="text-align: center;">Grassi Lakes, Bow River, Museum</p> <p>8:00am - Breakfast 8:30am - Pick-up from hotel</p> <p>10:00am - 12:00pm - Get ready to view the town of Canmore from above! We'll take you to Grassi Lakes, a series of tiny lakes nestled between the most popular mountains in the area, Ha Ling and Mt. Rundle. The trail offers incredible views at the top, and the crystal emerald coloured cold water will make you want to dip your feet in the lake after your hike.</p> <p>12:30 - 1:30pm - Lunch at the Canmore Nordic Centre. Surrounded by mountains, there is no better view in the area.</p> <p>2:00 - 3:00pm - Rafting the Bow River: enjoy a scenic tour on the water, where you might see elk and other wildlife along the way. A great way to explore Canmore from another angle.</p> <p>4:00pm Banff City time 6:30pm - Return to Canmore 7:00pm - Dinner 8:00pm - Class & Orientation by our head guide about tomorrows adventures including details on what to bring along.</p>



Day 4

Sunshine Village, Johnston Canyon

8:30am - Pick-up from hotel

10:15am - 1:30pm Explore Sunshine Village and the trails at Sunshine Meadows. Here we'll be taking the Gondola to the village and then a chairlift to the beginning of a couple of hiking trails. Depending on your skill level you can go on easy self-guided hikes or a longer trail to one of the lakes above. One thing is for sure, the views are breathtaking.

2:00 - 3:30pm - Head over to the Bow Valley trail up to Johnston Canyon. We will do a flat short hike to the lower falls - We'll go looking for wildlife on this impressive side road before going home.

4:30pm - Return to Canmore

5:30pm - Horseback riding

7:00pm - Dinner

8:00pm - Class & Orientation by our head guide about tomorrow's adventures including details on what to bring along.



Day 5

Icefields

7:30am - Breakfast

8:00am - Pick-up from hotel

9:30am - Lake Louise Village: Quick supply stop on the way to Icefields Parkway.

10:00am - 12:30pm You will be riding on one of North America's most beautiful roads, surrounded by mountains, lakes and glaciers. (Bring snacks for the road, phone chargers, extra camera batteries, you don't want to run out of energy here.)

12:30 - 4:00pm - Columbia Icefields Adventure Centre: Transfer to a special vehicle that rides the Athabasca Glacier. You'll have the opportunity to taste glacier water, walk on a glacier and get a selfie with the biggest vehicle in the area! Here walk on what feels as if you are walking on air, Skywalk Bridge.

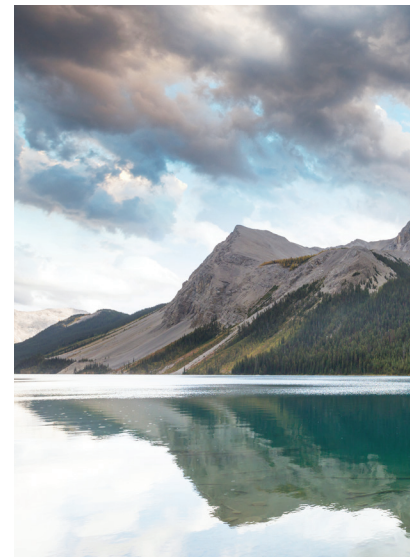
5:00 - 5:30pm Peyto Lake Lookout: Stop at one of the most incredible lakes of the area. This lookout was just completed last year and is a crowd pleaser. Overlooking the lake and offering an almost never ending view of the the valley below, the oohs and ahs can be heard everywhere.

6:00 - 6:15pm - A quick stop at Bow Lake, the birth of the Bow River. A beautiful glacier lake seen from the highway offering a chance to a great group photo to remember your Rockies adventure!

8:00pm - Return to Canmore

8:30 pm - Dinner

9:00pm - Class & Orientation by our head guide about tomorrow's adventures including details on what to bring along.



Day 6

Hike Banff, Prepare for Shabbat

7:30am - Breakfast

8:00am - Pick-up from hotel

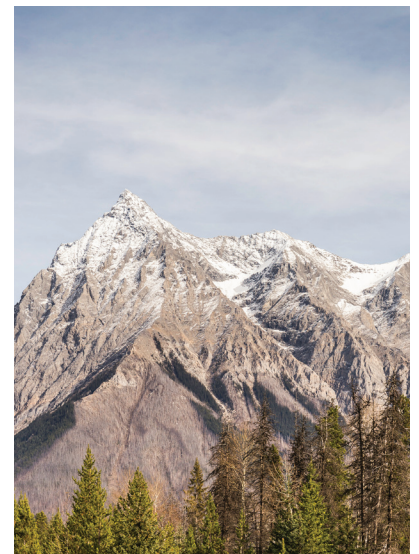
9:00am - 3:30pm Explore the town of Banff, hike the Cave & Basin, stroll down by the river or Banff Avenue. Lunch will be at Cascade Ponds.

4:30pm - Return to Canmore hotel, prepare for Shabbat

9:36pm - Candle lighting

8:00pm - Shabbat Dinner followed by an optional Canmore stroll

10:30pm - Class, Oneg



canadian ROCKIES Group Itinerary

<p>Day 7</p>	<p style="text-align: center;">Shabbat Day</p> <p>8:30am - Breakfast 10:00am - Shul experience 1:00pm - Shabbat Lunch followed by free time 9:30pm - Seudah Shlishit 11:08pm - Havdallah</p>
<p>Day 8 Thank you for joining us!</p>	<p style="text-align: center;">Hike, Calgary Shuls, Departure</p> <p>7:30am - Breakfast 8:00am - Pick-up from hotel - load luggage on bus. 10:30 -10:45am - Two Jack Lake lookout: Every lake has it's own charm and this one is very charming! This is a screen saver image to say the least, no need to photoshop the images you take here. The warmest water in the area a cool 6 to 8 Celsius degrees on a warm day - refreshing! Start driving to Calgary, box lunches. 12:30pm - Visit The Little Synagogue on the Prairie - a small, wooden synagogue in Heritage Park. Departures after 4:00pm</p>



Thank you for choosing Canada Koshers Adventures by CRKA.
We look forward to seeing you again soon!
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