

# U.S./Southwest Canada – Rocky Trails & Mountie Tales

Glacier National Park and Banff National Park

## Daily Itinerary

### Day One

#### Arrive at Glacier Park International Airport

*Howdy!* Upon arrival, an **Adventures by Disney** representative leads you to your transfer coach. Relax as the driver assists with your luggage and shuttles you for a two-hour ride to the historic Glacier Park Lodge.

#### Glacier Park Lodge

Welcome to Big Sky Country! It's time to kick back as your Adventure Guide checks you into this rustic yet comfortable\* lodge located just minutes from Glacier National Park.

#### Welcome BBQ Dinner

Savor an authentic Western outdoor BBQ among the towering peaks of the magnificent Rocky Mountains. Join the welcome reception as a local guitarist and singer serenades you into the tranquil Montana night.

Meal Included: Dinner

\* Due to the historic nature of the building, this establishment has no air conditioning.

## Cape Town

### Day Two

#### Boat Cruise in Glacier National Park

After breakfast at the lodge, board your private coach for a jaw-dropping journey through Glacier National Park. Sail across the pristine waters of Swiftcurrent Lake, where icy mountains soar above you and tranquil forests line the shore.

#### Lunch at Many Glacier Hotel

Settle in for lunch in this rustic hotel's Swiss-themed Ptarmigan Dining Room. Catch up with your fellow travelers before taking the afternoon all to yourself.

#### On Your Own In Glacier National Park

Back at Glacier Park Lodge, dip into the heated outdoor pool or challenge the family to a friendly game of miniature golf. Ride the complimentary shuttle over to Two Medicine Lake for an easy shoreline hike through the open trails where beautiful beargrass and pink spirea bloom. The afternoon is yours, and your Adventure Guides will be happy to suggest ideas.

#### Dinner at the Lodge

At your leisure, delight in classic Montana cuisine at The Great Northern Dining Room. Sample the wild game appetizer and satisfy your sweet tooth with their signature huckleberry bread pudding.

#### Montana Tales with Local Storyteller

Cozy up for some Western storytelling. Tribal tales of the Blackfeet nation come to life from Curly Bear Wagner, a cultural historian of the Blackfeet Nation.

Meals included: Breakfast, Lunch and Dinner

## Cape Town

### Day Three

### **Whitewater Rafting on Flathead River\***

Delight in a hearty breakfast at the lodge, then grab a paddle and experience the thrill of the rapids (Class II-IV) as you bask in the majestic beauty that surrounds you.

### **Riverside Lunch**

Float up to shore for a private picnic lunch of traditional BBQ fare with a fantastic view of crystal clear waters and the surrounding beauty of the Montana wilderness.

### **Red Bus Excursion over Logan Pass**

Cruise for three hours along glacier-carved walls that rise high to Logan Pass, as you ride a vintage, open-top bus up the breathtaking Going-to-the-Sun Road. With this vantage point, try to catch sight of a mountain goat roaming the high alpine meadows.

### **Junior Adventurer Dinner & Activity Night**

Back at the lodge, adults have dinner on their own while our Junior Adventurers catch up with the Adventure Guides for an exclusive meal. Then choose your favorite putter and ball for a swingin' round of miniature golf. Parents can join the kids as the evening concludes with a special Disney movie presentation.

\*Minimum age for white water rafting is 8 years. Children under 8 may opt to enjoy the float boat trip (Class I-II) instead of the regular raft.

Meals included: Breakfast, Lunch and Dinner

## **Cape Town**

### **Day Four**

#### **Scenic Drive to Canada**

Following breakfast at the lodge, bid farewell to Glacier Park as you enjoy a scenic 3-hour coach ride through the rolling hills of the Blackfeet Reservation and along the majestic Continental Divide heading north to Alberta, Canada.

#### **Lunch in Pincher Creek**

Grab lunch in this cattle ranching hub, known for its stunning natural landscape.

#### **Coach Ride to Banff**

Travel along Highway 22, Alberta's historic Cowboy Trail, for 3.5 hours. Nestled between the Rocky Mountains and the Canadian prairie, this is the real West up close. Relax as your Adventure Guide checks you into Banff Park Lodge, where scenic views of the beautiful mountains surround the town.

#### **Dinner at Banff Park Lodge**

Join your fellow adventurers for a group dinner at the lodge. Known for award-winning fare, the dining room also features incredible views of the forest-covered mountains.

Meals included: Breakfast, Lunch and Dinner

## **George**

### **Day Five**

#### **Bike Ride along Bow River**

Wake up to a full Canadian breakfast at the lodge before you take a leisurely spin along the swirling waters of the Bow River as it makes its way through the heart of Banff. The peaceful bike trail then makes its way into a pine forest and to the Cave & Basin thermal hot springs complex where you can keep an eye out for nesting Bald Eagles and wandering elk. On the way back into town be sure to stop for a classic photo opportunity at Canada Place, the

imposing historic building which anchors the top of Banff Avenue.

### **Landscape Painting at Whyte Museum**

Explore the galleries and exhibits to learn the history of art in the Canadian Rockies. Summon your inner artist as you and your adventure friends enjoy an exclusive lesson on the art of landscape painting. The surrounding mountain scene becomes the inspiration for your own work of art.

### **Lunch On Your Own**

Stroll through the delightful streets of laid-back Banff, where a variety of restaurants are just walking distance from the Whyte Museum. Your Adventure Guides can help you with lunch recommendations.

### **Banff Gondola Visit**

After lunch, a high-altitude adventure awaits in Banff National Park. Climb into your enclosed gondola for a ride up to the 7,500-foot summit of Sulphur Mountain. The vast Rocky Mountain landscape can be seen for miles, including the view of six mountain ranges! Then relax in Banff's celebrated Upper Thermal Hot Springs for a relaxing soak in a swimming pool surrounded by fir forests and towering mountain peaks.

### **Dinner on Your Own**

Find a bevy of dining options at your fingertips in Banff. Step out for a well-earned bite to eat at a host of local eateries that cover the gamut from causal family fare to incredible French cuisine. Your Adventure Guides can help you with dinner recommendations.

Meal included: Breakfast

## **George**

### **Day Six**

#### **Hike at Sunshine Meadows**

Start your day with breakfast at the hotel, before taking a coach ride to Sunshine Meadows. Enjoy a privately guided trail hike through the most dramatic alpine setting in the Canadian Rockies. Some of the highest peaks of the mountain range are found here, as well as golden eagles that fly overhead and colorful wildflowers that carpet the trailside. A light snack is provided on your hike.

#### **Picnic Lunch**

Enjoy a hearty picnic lunch at the ski lodge perched at the trailhead of Sunshine Meadows.

#### **On Your Own in Banff**

The afternoon is yours in Alberta's favorite mountain resort. Appease your yen to spend at over 50 shops. Or take your time to stroll through a peaceful geological garden of indigenous rock and plant life.

#### **Horseback Riding and BBQ Dinner\***

Saddle up for a one-hour trail ride past rushing waters and wonderous woods, as you head along Sundance Canyon Trail. Take a seat for an exclusive outdoor BBQ dinner, followed by roping and horseshoe games. Or, simply kick back and take in the crisp mountain air. Grab the reins again for an easy ride back to the stables along the sapphire waters of the Bow River. For those who prefer an alternative ride, a covered Conestoga wagon is also an option.

\*Minimum age for horseback riding is 6 and maximum weight is 250 lbs.

Meals included: Breakfast, Lunch and Dinner

## **Knysna**

### **Day Seven**

**Breakfast and Coach Ride to Moraine Lake**

After breakfast at the hotel, board your coach for a ride to the rich hues of Moraine Lake. Glide across aqua waters as you canoe through the Valley of Ten Peaks – a Canadian icon. As you immerse yourself in the tranquil experience, observe the mountains that rise more than 4,000 feet (1.2 kilometers) above the lake.

**Lunch at Moraine Lake Lodge**

Reflecting the dramatic beauty of Banff National Park, the lodge is a great spot to enjoy lunch and indulge in the grand Canadian landscape.

**Coach Ride to Lake Louise**

Take a short scenic drive past soaring mountains and raging rivers as you travel to the shores of sparkling Lake Louise. Nicknamed Canada's "Diamond in the Wilderness," this serene alpine lake faces the awe-inspiring Victoria Glacier. Upon arrival, stroll along the lakeshore and capture the grand panoramic beauty.

**Farewell Dinner at Banff Park Lodge**

As your mountain adventure comes to a ceremonious close, join your explorer friends back at the lodge for a farewell dinner. A fun surprise is in store when a special Canadian visitor makes an unforgettable appearance.

Meals included: Breakfast, Lunch and Dinner

**Knysna****Day Eight****Breakfast and Transfer to Airport**

After your final breakfast in Canada, bid your fellow travelers "happy trails" as you board pre-arranged transportation for a two-hour coach ride to Calgary airport.

Meal included: Breakfast

*Information subject to change*