

# **ITINERARY - 14 DAY WINTER TOUR**

**from late January to early February .**

\* Tour price is for twin share.

Current price is located on the Winter Tour Home Page.

\* Airfares not included.

\* All accommodation, transport, taxes and breakfasts are included in the cost of the tour, as well as some lunches and dinners, but not all. Meals provided are noted by as Breakfast (B), Lunch (L), Dinner (D) on the itinerary.

## **WINTER TOUR ITINERARY**

### **Monday – Day 1 (D)**

Meet at Delta Calgary Airport Hotel at 10 am.

Travel to the picturesque cowboy town of Cochrane. As you descend the Big Hill into Cochrane, the majestic Rocky Mountains form a wonderful backdrop to the small country town.

Visit the quaint gift stores and cafes along the Main Street and enjoy lunch in one of the old time eateries.

We travel on to our accommodation past the Bow River and Ghost Lake, to the Rocky Ridge Studio.

Enjoy a typical Canadian supper in our cozy lodge.

## **Tuesday – Day 2 (B,L)**

Meet for brunch with the Cochrane Quilter's Guild.

Enjoy the morning with a 'show and tell' from the Cochrane ladies and a discussion of quilting styles and influences in Australia.

A fabric swatch swap has been organized, so make sure you have room in your luggage for extra fabric!!

Enjoy a visit to the Cochrane Ranchehouse and Cowboy Museum.

Dinner at the "Ducks on the Roof" Pub.

## **Wednesday – Day 3 (B,L,D)**

Stay in the lodge for an all day applique quilting workshop with local quilter, Mary Lou Zuck.

Mary Lou is a talented Baltimore quilter who has constructed blocks for inclusion in Elly Sienkiewicz's 2010 Baltimore Quilting book, "Beloved Baltimore" which was launched at the Houston Quilt Festival.

Take a stroll through snow covered pine forest or sit in front of the cozy fire and stitch, read or chat.

Relax and enjoy!

All meals are in house today.

## **Thursday – Day 4 (B)**

Visit 'Addies Quilt Shop' in Cochrane for a browse and workshop in the morning.

Lunch in one of the quaint cafes in Cochrane's 'old' town.

Afternoon visit to the Cochrane Studio West Art Gallery and Bronze factory, where life sized bronze statues are designed and made.

Special dinner with new Cochrane friends.

## **Friday -Day 5 (B)**

Travel north into the mountains and be amazed at the magnificence of the Rockies.

We follow the Bow Valley Parkway to Lake Louise and check into the iconic Fairmont Chateau Lake Louise.

Lunch in one of the smaller restaurants in the Chateau, or enjoy a drink from the Lakeview Lounge Lobby Bar, viewing the awe-inspiring Victoria Glacier through the bar's signature window.

Explore the historical Chateau Lake Louise with its many wonderful shops and stunning vistas.

Stroll around the grounds and be amazed at the life size ice sculptures of the Ice Magic Festival.

Choose one of the Chateau's 3 restaurants for your evening meal.

## **Saturday – Day 6 (B)**

Don a pair of ice skates and venture in and out of the Fairmont Ice Castle sitting on the frozen lake, or take a sleigh ride to the end of Lake Louise and marvel at the frozen ice falls there. You may even see an ice climber scaling the frozen waterfall!

Transportation is available to take you to the Lake Louise Ski Park for sightseeing or skiing.

Dinner in the Chateau.

## **Sunday – Day 7 (B)**

Drive down to Johnston's Canyon and see the frozen Ice falls.

We may even catch a glimpse of a moose as we drive past Moose Meadows.

We continue on to the mountain village of Canmore.

This pictureseque village is encircled by snow-capped mountain peaks.

Once we are settled in our accommodation, a visit to the famous Sugar Pine Quilting Shop is a must!

The many fabulous Canadian quilt designs in fabric and kits are eye popping.

Wander the village shops to pick up a Canadian souvenir or piece of art work.

Dinner in Canmore.

## **Monday – Day 8 (B,L)**

Visit to Canmore's famous Sugar Pine Quilt Shop.

Enjoy browsing through the 2 floors of fabrics and quilt kits.

Choose a half or full day workshop to construct your new project.

Break times throughout the day are planned and meals are included.

Evening with the Canmore Quilters Guild for another Show and Tell and Fabric Swap.

## **Tuesday – Day 9 (B)**

Travel north for a day in the town of Banff.

Spend the morning strolling the interesting shops and museums

Try 'Tea' at the Fairmont Banff Springs Hotel or lunch in one of the quaint cafés or restaurants.

Enjoy an afternoon excursion to the Banff Gondola travelling up Sulphur Mountain for its extensive views of the area or take a dip in the Upper Banff Hot Springs to relax those tired quilting fingers!!

Dinner in Banff.

### **Wednesday – Day 10 (B)**

Spend the morning Dog Sledding, with Snowy Owl Dogsled Tours.

Lunch then visit the Geoscience and Miners Museum in Canmore or do some shopping.

Dinner in Canmore.

### **Thursday – Day 11 (B)**

Tour of the famous 'Ammonite Factory' and 'Le Chocolatier' shop in the morning.

Lunch at the Iron Goat Pub with stunning vistas of the Three Sisters Mountains.

Travel to Kananaskis Lodge in the National Park.

### **Friday – Day 12 (B)**

Enjoy a swim in the indoor/outdoor pool or try snow shoeing around the Lodge.

Watch the locals playing ice hockey or tobogganing down the hills.

Or sit in front of the fire, looking out at the snowy terrain, chatting and stitching.

Dinner at the Lodge.

### **Saturday – Day 13 (B)**

Drive along the beautiful A1 highway to Cochrane for lunch. Then on to Calgary to settle into your hotel.

Enjoy a dinner at 'Ranchman's', the authentic saloon with real cowboys and live country bands.

Or if you prefer a quieter evening, dine atop the Calgary Tower for a panoramic view of Calgary and surrounds.

### **Sunday – Day 14 (B)**

Day to explore Calgary.

Visiting the famous Glenbow museum, Canada Olympic Park- the site of the 1988 Winter Games, Calgary Tower and more.

Afternoon visit to Canada's Largest Quilt Shoppe, 'My Sewing Room'.

Farewell dinner to say goodbye, as we finish our Rocky Mountains Quilting Tour.

### **Monday - Day 15**

Check out of the hotel by 12pm.

Transport to Calgary International Airport.

### **Additional Activities available in Canmore**

Snow Shoeing in Kananaskis Provincial Park.

Downhill Skiing/Snowboarding at Nakiska Ski Resort.

Guided Snowmobile tour.

Grotto Canyon Tour or walk.

Icefield Helicopter Tour.

**All additional activities are at participants own cost.**