

ITINERARY - 14 DAY SPRING TOUR

from Mid May to end of May.

* Tour price for twin share and travel dates–

See Spring Tour Home Page

*Airfares NOT included

* All accommodation, transport, taxes, and breakfasts are included in cost of the tour, as well as some lunches and dinners, but not all. Meals provided are noted as

Breakfast (B), Lunch (L), Dinner (D) on the itinerary.

This itinerary has been planned to coincide with the

“Calgary Heritage Park Festival of Quilts”

SPRING TOUR ITINERARY

Monday –Day 1 (D)

Meet at Delta Calgary Airport Hotel at 10 am.
Travel on 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 River Rock 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 Studio West Bronze Factory in Cochrane.

Dinner in Cochrane at the 'Ducks on the Roof' Bar and Bistro.

Wednesday – Day 3 (B,L,D)

Enjoy an all day applique quilting workshop with local quilter, Mary Lou Zuck at our own rural retreat.

Mary Lou has designed a 'Country Canada' project for us.

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.

Wander through the pine forest at our rural retreat and be on the lookout for wildlife.

All meals are in house at the River Rock Studio today.

Thursday –Day 4 (B)

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

Lunch at a local cafe.

Visit to the local museum at the Cochrane Ranch House.

Wander along the beautiful Bow River.

Dinner in one of the great restaurants or cafes in Cochrane.

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.

Afternoon free to walk around the lake and relax or take a ride on the Lake Louise Gondola and see a bear!

Or a hike up to the Lake Agnes Tea House might be more your style.

Choose one of the Chateau's 3 great restaurants for dinner.

Saturday – Day 6 (B)

Picturesque drive along the Icefields Parkway, one of the world's great road trips, to the Athabasca Glacier at the Columbia Icefields.

Take the Glacier Bus onto the glacier or browse the Interactive Centre to learn about this special part of the world.

Lunch at the Columbia Icefields.

Return to the Chateau in the afternoon to explore the history of the Chateau and Lake or visit the shops within the Chateau.

Dinner at the Chateau or at nearby Deer Lodge.

Sunday – Day 7 (B)

Drive south along the majestic Bow Valley Parkway to Johnston Canyon. We may even catch a glimpse of a moose as we drive past Moose Meadows.

Enjoy a nature walk up the Canyon to the spectacular Lower or Upper waterfalls.

Lunch at the Johnston Canyon Tea House.

We continue on to the mountain village of Canmore.

This picturesque village is encircled by snow-capped mountain peaks, even in the spring!

Check into the Paintbox Lodge.

Dinner in Canmore.

Monday – Day 8 (B,L)

Visit to the famous “Sugar Pine Quilt Shop” for an all- day quilting workshop.

Enjoy browsing the 2 floors of fabrics and patterns, then to the workshop to spend a half or full day constructing.

Break times throughout the day are planned with morning tea and lunch included.

Dinner with the Canmore Quilters and another Show and Tell and fabric exchange.

Tuesday – Day 9 (B, L)

Travel north for a day to the alpine township of Banff - spot the deer or mountain sheep along the way.

Visit to the Cave and Basin Historical attraction and then on to the Luxton Native Museum.

Try ‘High Tea’ at the Fairmont Banff Springs Hotel or lunch in one of the quaint cafes 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)

Lazy morning in Canmore to stroll around the shops, visit the Geoscience and Miners Museum or do some people watching from a cozy cafe or pub.

Afternoon visit to the famous ‘Ammonite Factory’ and delicious ‘Le Chocolatier’ Shop.

Dinner at the Iron Goat Pub and Restaurant with spectacular views of the Three Sisters of Canmore at sunset.

Thursday – Day 11 (B)

Say goodbye to Canmore and travel south to the Yamnuska Wolfdog Sanctuary, with lunch in Cochrane.

Drive on to Calgary and check in to the famous Fairmont Palliser Hotel.

Wander around the city downtown area and enjoy dinner in one of the many cafes and restaurants.

Friday – Day 12 (B)

The start of our Quilt Show weekend !

Attend the ‘Festival of Quilts’ workshop at Heritage Park. Spend the day learning new quilting techniques and making friends with the Canadian quilters. Relax and enjoy!

Dinner at Ranchman’s -the authentic Cowboy Dancehall and Restaurant in Calgary.

Saturday – Day 13 (B)

All day at Calgary Heritage Park for Western Canada's Largest Outdoor Quilt Show, the 'Festival of Quilts'.

See the 1,000+ quilts displayed around the park and in and on the heritage buildings.

Visit the Merchants Mall, ride the steam train or just wander the grounds of Heritage Park, relaxing and having fun.

Enjoy lunch at the Wainwright Hotel, Gunn's Dairy Barn, the Club Cafe or the Selkirk Grille.

Back to our hotel to freshen up then on to the Quilt Festival Dinner and presentation.

Sunday – Day 14 (B)

Final day at Calgary Heritage Park Quilt Show or sightseeing around Calgary.

Visit the famous Prince Street Mall, wander onto Prince's Island in the centre of the Bow River or check out the amazing displays at the Glenbow Museum.

Have lunch atop the Calgary Tower, or at a quaint cafe.

Farewell dinner to say goodbye to friends old and new, as we leave the fabulous Rocky Mountains and head for home.

Monday - Day 15 (B)

Check out of the hotel by 12 pm.
Transport to Calgary International Airport.

Activity expenses not included

- * Sugar Pine Quilting half or one day Workshop.
- * 'Festival of Quilts' Workshop and Presentation Dinner at Heritage Park.

COST FOR THIS TOUR IS TWIN SHARE.

SINGLE SUPPLEMENT COST - to be negotiated.

SEE SPRING TOUR HOME PAGE FOR DETAILS

All additional activities are at participants own cost.

PRICE DOES NOT INCLUDE AIRFARES.