

Banff National Park, Head-Smashed-In Buffalo Jump World Heritage Site, and Townsend, Montana
8 Days, 7 Nights



Day 1:

- a.m.** Depart from your to Banff in Alberta, CA.
- p.m.** Arrive and check in to your hotel.
Admire the striking mountains in the distance as you settle into your hotel!
- p.m.** Explore Banff Avenue on your own—shopping, restaurants, and souvenirs abound.
Bear Street offers art galleries and Canadian treasures.
- p.m.** Pizza dinner to be delivered to your hotel or dinner at a local restaurant.

Day 2:

- a.m.** Buffet breakfast at your hotel.
- a.m.** Depart for the Buffalo Nations Luxton Museum.

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a.m. Admission to the Buffalo Nations Luxton Museum.

The museum is dedicated to the appreciation, interpretation, and demonstration and display of the cultures, traditions, and values of the First Nations of North America. The museum provides a link between past and present aboriginal arts.

p.m. Lunch at a local restaurant.

p.m. Depart for Banff Upper Hot Springs and Cave and Basin National Historic Site with a Thermal Waters Pass.

p.m. Begin at Banff Upper Hot Springs.

Relax and soak in the views of Mount Rundle and Cascade Mountain at Banff Upper Hot Springs. Located at 1 500 m above sea level on Sulphur Mountain, this is Canada's highest elevation operational hot spring. Grab lunch at the café, take a stroll through the gift shop and enjoy soaking in the soothing mineral rich water that has drawn visitors to Banff National Park since 1886. Don't forget to rent a historic suit for that perfect selfie to share with your friends and family!

Then, visit Cave and Basin National Historic Site.

Take in the sights, sounds, and even smells, of the birthplace of Canada's national parks system. Learn about the hot springs' rich history from their initial use by Indigenous People, to their role in the establishment of Canada's first national park and the world-class experience they are today. Explore some of the trails offered at the park on your own:

Cave and Basin Trail: Upper Boardwalk

Walk along the 0.4 km Upper Boardwalk above the bathing pavilion to see the cave vent and the location of the former Hotel. View the two smaller springs bubbling from the mountainside and the pools filled with pink bacteria, white and green algae, small fish, and insects.

Cave and Basin Trail: Lower Boardwalk

Explore the 0.5 km Lower Boardwalk below the building to find out more about the natural history of this area. Look for the fish and bird life that live in the wetlands below.

Sundance Trail / Sundance Canyon

Follow the paved trail beyond the Cave and Basin and within a few minutes of easy walking, views open up to a mountain panorama across the Bow River. After a steady climb away from the river, the paved section ends and a moderately difficult trail loops through a water-filled canyon. 3.9 km to end of easy paved path, plus a moderate 1.6 km loop through canyon.

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Marsh Loop

Marsh Loop is an enjoyable 2.8 km trail that encircles a wetland filled by water from hot springs flowing out of the lower slopes of Sulphur Mountain. The unique environment is best observed below the Cave and Basin, where exotic plant species such as orchids thrive.

- p.m. **Dinner at a local restaurant in Banff.**
- p.m. **2-hrs of bowling with shoe rental at a nearby venue.**
- p.m. **Return to your local hotel.**

Day 3:

- a.m. **Buffet breakfast in hotel.**
- a.m. **Depart for Banff Trail Riding.**
- a.m. **1-hr scenic horseback riding experience through Banff National Park.**
Pass by Cave and Basin, where you have visited on foot, and admire totally unobstructed views of the stunning Rocky Mountains for the entirety of your ride!
- a.m. **Depart for lunch at a local restaurant.**
- p.m. **Lunch at a local restaurant.**
- p.m. **Rafting along the Kananaskis River.**
This river has friendly class II-III whitewater rapids. It is dam-controlled with predictable water levels.
- p.m. **Depart for dinner at a local restaurant.**
- p.m. **Dinner at a local restaurant.**
- p.m. **Shopping and sight-seeing on your own. Return to the hotel at your leisure.**

Day 4:

- a.m. **Buffet breakfast in hotel**
- a.m. **Depart for Heart Creek Trail parking lot.**
- a.m. **Full day Heart Creek Canyon canyoning experience (suitable for beginners).**
"After meeting your guides and other participants at the staging area in the Heart Creek Trail parking lot, a 20 - 30 min hike will bring you to the top of both the Canyon sections, and the start of your canyon adventure. Everyone suits up and in order to ensure safety your guides will go thru a mandatory rappel and rope safety clinic with all participants. There are a total of 5 rappels, interspersed with some scrambling and hiking. The upper canyon is the easier section and will often being mostly dry. This gives everyone the opportunity to ease into the rappelling. The last rappel on the lower canyon is wet and can be considered optional (it is not required to exit the canyon)."

What Should Participants Bring:

All the technical equipment including thick Wetsuit for this trip is provided. It is good to bring a fleece layer and wool socks just to layer up in case you get cold. Do not bring

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cotton t-shirts which will not keep you warm when you are wet. If you are a paddler or a surfer, paddle or surf shirts (the neoprene ones) work great and are a good thing to bring. Sturdy runners or light hiking boots that can get wet works fine (no sandals or open toed shoes). The top half of the canyon may be dry but the bottom half will be wet. The waterfall source remains cold throughout the whole year even on hot days. It is also important to bring a rain jacket or hardshell. A suggested equipment list is as follows:

- Bathing suit Fleece or warm layer (optional but good for people who get cold easy)
- Rain jacket or hardshell or dry-top
- Warm socks and pair of sturdy runners that can get wet
- Day pack to carry gear
- A towel and extra clothes to change into after the trip

p.m. Depart for dinner at a local restaurant at the end of your canyoning experience.

p.m. Dinner at a local restaurant.

p.m. Return to your local hotel and enjoy the facilities.

Day 5:

a.m. Buffet breakfast in the hotel.

a.m. Depart for Head-Smashed-In-Buffalo Jump World Heritage Site.

p.m. Arrive at Head-Smashed-In-Buffalo Jump World Heritage Site.

"Head-Smashed-In Buffalo Jump Interpretive Centre is a UNESCO-designated World Heritage Site that preserves and interprets over 6,000 years of Plains Buffalo culture. Through vast landscapes, exhibits, and diverse programming, learn about the cultural significance of this cliff to the Plains People."

p.m. Lunch to be arranged at the cafeteria.

p.m. Guided tour of the facility with a Blackfoot Interpreter.

p.m. Depart for Townsend, Montana.

Approximately 5 ½ hours driving depending on traffic.

p.m. Highway stop for dinner. \$15 cash out to be used at highway stop.

p.m. Arrive at your local hotel or arrangements with local university, such as Carroll College in Helena, MT. Check in and relax for the evening.

Day 6:

a.m. Buffet breakfast in the hotel.

a.m. Depart for local cave paintings near Townsend and Helena, MT.

a.m./p.m. Time to explore and take samples, to be arranged on your own.

p.m. Lunch at a local restaurant.

p.m. Depart for the Little Hellgate Gulch Trail, which offers hiking opportunities, for a self-guided hike.

p.m. Arrive and explore this 6-mile ridge trail, which cuts through the beautiful Helena Forest.

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p.m. Depart for dinner at a local restaurant.
p.m. Dinner at a local restaurant.
p.m. Return to your hotel, relax and enjoy the hotel amenities.

Day 7:

a.m. Buffet breakfast in hotel.
a.m. Depart for local cave paintings near Townsend and Helena, MT.
a.m./p.m. Time to explore and take samples, to be arranged on your own.
p.m. Depart for Helena, Montana.
p.m. Arrive. Guided tour of Carroll College, subject to availability.
- Carroll College is a small, private, Catholic liberal arts college in Montana's capital. It is top ranked and has earned national recognition for its academic programs. Tour the campus and enjoy stupendous views of the surrounding Montana vista.
p.m. Lunch on campus at Carroll College's cafeteria.
p.m. Depart for dinner at a local restaurant.
p.m. Dinner at a local restaurant.
p.m. Return to your hotel, relax and enjoy the hotel amenities.

Day 8:

a.m. Buffet breakfast in hotel.
a.m. Depart for your school or designated drop off area in Spokane, WA.
p.m. Highway stop for lunch on your own.
p.m. Arrive at your school or designated drop off area.

The Trip ends here! Thank You for traveling with Four Winds!!

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