

## CSGC Trip to Rockies

### Itinerary: Friday, September 11 to Sunday, September 13, 2026

BUS: Min 40, Max 54 students, 2 University of Alberta Staff (DRAFT December 15, 2025)

#### Friday, September 11, 2026

13:30-18:00	Leave	English Language School
18:00	Check In	Banff Centre
18:00-20:30		Walk Downtown, Free time and dinner on your own
20:30-21:00		Return to Hotel

#### Saturday, September 12, 2026

07:30	Wake Up	Wake up call to your room
08:00-08:50	Breakfast	Breakfast Buffet at Hotel (Viking!)
09:00	Leave	Banff Centre
09:25	Arrive	Lake Minnewanka
09:25-11:25	Explore	Hike Lake Minnewanka
11:25	Leave	Lake Minnewanka
11:50	Arrive	Bow Falls
11:50-12:35	Explore	Free time Bow Falls
12:35	Leave	Bow Falls
12:40-20:40	Lunch/Dinner	Free time Please see "Info Sheet" for Lunch and Dinner ideas There are also ideas for activities that you can do.
20:30	Return	Bus will depart for the Banff Centre from the Parking lot

#### Sunday, September 13, 2026

06:30	Wake Up	Wake up call to your room
07:00-07:45	Breakfast	Breakfast Buffet at Hotel (Viking!)
08:00	Leave	Check Out of Banff Centre
09:00-11:00	Sightseeing	Lake Louise (Optional Canoeing on your own)
11:00	Leave	Lake Louise
11:30	Arrive	Hike Johnston Canyon
12:30	Leave	Johnston Canyon
13:15-14:30	Lunch	Lunch on your own
14:30	Leave	Banff to UofA Campus
19:00	Arrive	UofA Campus

## Canadian Rockies Trip - Rules and Recommendations

### Rules

- 1) Please do not go anywhere without the group if you have not informed the Seminar Assistant. Always tell someone where you are going.
- 2) Do not feed the animals, or approach them. It is very dangerous, both for you and the animals. Pictures are okay- but do not approach them.
- 3) When hiking, please stay on the marked trail at all times.
- 4) Smoking is not permitted on the bus or on hiking trails.
- 5) Please make sure you have your Emergency Contact Card.
- 6) Students must return to the hotel by 2200 each night.

### What to Bring

- 1) The weather in the mountains can be very cold and rainy. Layer clothing so that you can adjust to the changing weather, and make sure to bring a warm rain jacket (waterproof).

Here is a weather forecast for the trip:

Friday:	Afternoon:	High: TBA°C	Conditions: <b>TBA</b>
	Night:	High: TBA°C	Conditions: <b>TBA</b>
Saturday:	Morning	High: TBA°C	Conditions: <b>TBA</b>
	Afternoon	High: TBA°C	Conditions: <b>TBA</b>
	Night	High: TBA°C	Conditions: <b>TBA</b>
Sunday	Morning:	High: TBA°C	Conditions: <b>TBA</b>
	Afternoon	High: TBA°C	Conditions: <b>TBA</b>

- 2) Many students become tired and/or dehydrated after spending so much time outdoors. Please ensure you are drinking lots of water (bring at least 1 water bottle), and dress appropriately for the temperature- it will be colder than you think!
- 3) Bring a good pair of shoes- because we will be walking around on rocky surfaces. Open-toe shoes, sandals, and high heeled shoes are not appropriate.
- 4) Bring lunch from homestay and some extra snacks. There WILL NOT be any microwaves or hot water available so bring a cold lunch. We will provide pizza for dinner.

### Important Contacts

TBA

### Banff Centre for Arts and Creativity

Address: 107 Tunnel Mountain Dr,  
Banff, AB T1L 1H5

Phone: 403.762.6100