Sample Itinerary Canada off the beaten paths: The Prairies – a secret tip

# CANADA'S HEART IS CALLING



Trip length: 21 days from/to Calgary Distance: approx. 4,090 km with lodging suggestions

Explore Canada off the beaten track and discover the secrets of the Canadian prairie! The journey leads from Calgary, Alberta via Saskatchewan right into the heart of Canada, Manitoba! No matter if you are travelling by RV or rental car - variety is guaranteed!

#### Day 1: Arrival in Calgary

At the airport you pick up your rental car or RV. The rest of the day is a good opportunity to get to know the largest city in Alberta on a stroll through the city centre. **Calgary** is a modern city that also offers a variety of cultural attractions.

# Suggested accommodation: <u>Delta Hotels Calgary Downtown</u>, <u>Sandman Signature Downtown</u> <u>Calgary</u>

#### Day 2: Drive from Calgary to Waterton Lakes National Park (approx. 290 km)

You leave the flair of the big city and embark on a journey through the beautiful nature of Alberta. On the way, stop at **Head-Smashed-In Buffalo Jump**, a historic indigenous hunting ground where bisons have been hunted for centuries. On the way, you will have the opportunity to see many of the local species, including antelopes, coyotes, eagles and moose. **Waterton Lakes National Park** offers great opportunities to enrich your photo album.

#### Suggested accommodation: Waterton Lakes Lodge

#### **Day 3: Waterton Lakes National Park**

Visit stunning Red Rock Canyon and take a boat trip on the Upper Waterton Lake. The trip takes you along the 49th parallel to the USA. For the sporty type, Bear's Hump offers a short hiking trail that is rewarded with a fantastic view of Waterton Townsite.

#### Day 4: Drive from Waterton Lakes NP to Cypress Hills Interprovincial Park (approx. 460 km)

Today takes you east to the Cypress Hills. On the way, you'll detour to **Writing-on-Stone Provincial Park**, famous for its indigenous rock paintings and carvings. There are over 50 petroglyph sites in the park that are more than 1,000 years old. Afterwards, you drive into hilly **Cypress Hills Interprovincial Park**, which lies on the border of Alberta and Saskatchewan and rises like a mountain plateau from the flat prairie.

Suggested accommodation: The Resort at Cypress Hills

## Day 5: Cypress Hills Interprovincial Park

Today, a day full of outdoor adventures awaits you in the park: hiking, canoeing, mountain biking, golfing, wildlife viewing, horseback riding - all this is possible! Do you need an adrenaline kick? Go on giant zip-lines, that swing through the treetops at dizzying heights!

## Day 6: Drive from Cypress Hills Interprovincial Park to Regina (approx. 500 km)

On today's journey through Southern Saskatchewan, make a stopover in **Moose Jaw**. Here, you can try your luck in one of the casinos or visit the notorious tunnels. It is said that Al Capone was engaged in extensive alcohol smuggling during the Prohibition period at this place. In the evening you reach the provincial capital of Saskatchewan - **Regina**.

Suggested accommodation: Delta Regina, Sandman Hotel Regina

#### Day 7: Regina

Regina is home to the famous "Mounties". This is Canada's only training academy for the young cadets of the Royal Canadian Mounted Police (RCMP) located in the city. Visitors can join a guided tour of the training camp, visit the neighboring RCMP Heritage Centre Museum or watch the weekly Sunset Ceremony during the summer months. An impressive spectacle!

#### Day 8: Drive from Regina to Winnipeg (approx. 590 km)

Today your journey continues through the Canadian prairie to the East. Along the way you can admire the fascinating ecosystem of **Spruce Woods Provincial Park**. Completely unusual for the prairie landscape, this park presents itself with the only sandy desert in Manitoba! Cactus species grow here on shifting sand dunes, which survive even freezing temperatures of - 40°C in winter. In the evening you reach the provincial capital of Manitoba - **Winnipeg**. The city has its origins in the settlement of Scottish immigrants and former fur traders. In the city centre, you can expect numerous cultural sights, such as the Manitoba Legislative Building, a neoclassical building with many secrets.

Suggested accommodation: Inn at the Forks, Alt Hotel Winnipeg, Mere Hotel, Fort Garry Hotel

## Day 9: Winnipeg

Winnipeg's varied neighborhoods offer an exciting mix of architecture, metropolitan flair, shopping opportunities, artistic offerings and last but not least culinary surprises. Use the day to visit the city's and out of town attractions, including the French district St. Boniface, the Exchange District, the National Historic Site The Forks and the Canadian Museum for Human Rights. At Assiniboine Park Zoo you can watch polar bears swim in the "Journey to Churchill" exhibition area, or see horticulture exhibits at Diversity Garden's and The Leaf.

## Day 10: Drive from Winnipeg to Whiteshell Provincial Park (approx. 140 km)

Today's drive stops at the **Mennonite Heritage Village** in Steinbach. With its traditional houses and barns and a still operational windmill, the museum village illustrates the life of the Mennonites who once immigrated to Manitoba. As you drive to **Whiteshell Provincial Park**, the landscape slowly changes from prairie via boreal forest to a rocky area dotted with lakes – the Canadian Shield. Today's destination is picturesque Falcon Lake. A real Canadian cabin life feeling promises the rental of your own cabin at the lake.

Suggested accommodation: Falcon Trails Resort, Pinewood Lodge, Falcon Beach Ranch

## Day 11: Whiteshell Provincial Park

Whiteshell Provincial Park is characterized by numerous rivers and about 200 clear lakes, which are not only inviting for swimming, but other water activities. West Hawk Lake was formed by a meteorite impact and therefore offers sufficient depth for exciting dives. Outdoor lovers will get their money's worth in this park! Whether lazing on the sandy beach, boating, sailing, canoeing or fishing, fast-paced water skiing, hikes, bicycle tours or horseback rides - the experience in nature completely off the beaten track is always the first priority.

#### Day 12: Drive from Whiteshell Provincial Park to Gimli (approx. 260 km)

Today's journey takes you along the scenic route through Whiteshell Provincial Park and over Dorothy Lake to **Gimli** on Lake Winnipeg. This is Manitoba's largest lake and the 10th largest freshwater lake in the world!

Due to its location right on the water, the beach town is a summer paradise for vacationers. The long sandy beaches and the magnificent marina invite you to linger. Gimli also looks back on a long Icelandic tradition. Every year in August, a the three-day Icelandic Festival of Manitoba takes place, attracting thousands of visitors. Year-round, the Waterfront Centre houses the New Iceland Heritage Museum.

Suggested accommodation: Lakeview Resort & Conference Center Gimli

#### Day 13: Drive from Gimli to Hecla Grindstone Provincial Park (approx. 90 km)

Along the Western shore of Lake Winnipeg you drive North from Gimli to **Hecla Grindstone Provincial Park**. Located on the island and coastline, this park was once also home to Icelandic immigrants whose history can still be explored in Hecla Village today. The varied landscape is home to many animal species, including a large colony of American White Pelicans. Long walks along the limestone beach or relaxed bike rides through the park are a great way to explore the region's flora and fauna. Water based activities are also an option at Gull Harbour Marina. Rent a Boat to see the island from a different perspective.

Suggested accommodation: Lakeview Hecla Resort

#### Day 14: Drive from Hecla Grindstone PP to Riding Mountain NP (approx. 380 km)

Today takes you across Lake Manitoba, through the Narrows to Riding Mountain National Park. Like a huge green island, the plateau of the park rises in the middle of the flat prairie landscape in Southwestern Manitoba.

Suggested accommodation: Elkhorn Resort, The Lake House, Arrowhead Family Resort

#### Day 15: Riding Mountain National Park

Due to its unique location as a high plateau rich in forests and lakes in the middle of the prairie landscapes, Riding Mountain National Park is home to numerous species of animals in high quantities. The best conditions for successful wildlife viewing! The park's bison herd of around 40 animals live in a huge enclosure near Lake Audy and can often be observed directly from the vehicle.

Various outdoor activities offer the opportunity to get to know the wonderful outdoors of Riding Mountain National Park. Cycling, kayaking, horse riding or hiking - there's something for everyone. Check the Visitor Center in Wasagaming at Clear Lake for the options.

#### Day 16: Drive from Riding Mountain National Park to Saskatoon (approx. 550 km)

Today's trip takes you from Manitoba back West to the neighbouring province of Saskatchewan. With a stopover at **Quill Lakes** - a unique bird sanctuary - you will reach picturesque Saskatoon in the evening. As Saskatchewan's largest city, Saskatoon has a picturesque cityscape. Seven bridges span the South Saskatchewan River, which meanders through the city giving it the nickname "Paris of the Prairie". In the evening you can enjoy the sunset on a stroll along the idyllic promenade on the shore.

Suggested accommodation: <u>The James Hotel</u>, <u>ALT Hotel Saskatoon</u>, <u>Delta Hotels</u> <u>Bessbourough by Marriott</u>

#### Day 17: Saskatoon

Start the day with a cruise on the South Saskatchewan River and be fascinated by the beauty of the prairie city. A stroll through downtown Saskatoon offers numerous shopping

opportunities as well as cultural sights. In the Western Development Museum a complete western town from 1920 has been reconstructed, which brings the area of the early settlers back to life. Just outside the city, Wanuskewin Heritage Park offers hands-on experiences of the Indigenous culture of the Northern Plains.

# Day 18: Drive from Saskatoon to La Reata Ranch (approx. 200 km)

Today's destination is the Rolling Prairies at Lake Diefenbaker. Idyllic and completely secluded lies La Reata Ranch, whose German-born host George loves to share the "Cowboy Way of Life" with his guests. Accommodation is in comfortable Western style log cabins with en-suite bathrooms and toilets.

Accommodation: La Reata Ranch

# Day 19: La Reata Ranch

Today, you have the opportunity to discover your inner cowboy! La Reata is a working cattle ranch, i.e. guests may join the rancher working, if they like. Suitable for beginners and experienced riders alike, the ranch offers rides through the open prairie landscape, over the hilly River Hills with their countless canyons and over the gently sloping sandy beaches of Lake Diefenbaker. The ranch has more than 14 km of lakeshore, beaches included. Canoeing, fishing, water-skiing or swimming in the glittering lake provide varied recreation after the rides. In the evening you can view the starry sky of the prairie from the hot tub or exchange experiences of the day at La Reata Saloon.

# Day 20: Drive from La Reata Ranch to Brooks (approx. 440 km)

After an extensive ranch breakfast you continue your journey to the West. Today is dedicated to the dinosaurs, with your stopover at **Dinosaur Provincial Park** in Alberta's Badlands. The park is known as one of the richest sites of dinosaur fossils in the world. Its unique ecosystem includes various species of cacti and numerous species of animals such as coyotes, antelopes, rattlesnakes and garter snakes. In the evening, drive on to Brooks.

Suggested accommodation: Heritage Inn & Suites

# Day 21: Drive from Brooks to Calgary (approx. 190 km)

After varied and unforgettable days in Canada's prairie, you will return to your starting point in Calgary. For the best view of the city, we recommend a visit to the Calgary Tower, which is 190 m high and a landmark of the city. If you're in Calgary at the right time, the Calgary Stampede, the largest rodeo and outdoor show in the world, is a must!

