COMPANION/LEISURE ACTIVITIES
Access to the activities described below is limited to registered companions and registered children.

Registered companions are invited to mingle and relax in the Companion Hospitality Lounge that will be located in the Penthouse at the Palliser Hotel. Complimentary breakfast will be served Monday through Thursday from 7:00-9:30 AM. The lounge will be the gathering point for all companion tours. For those not participating in a tour, a number of fun and interesting short programs and activities will be held in the lounge during the week. Internet service will be available to allow you to keep in touch while away from home.

The lounge will be staffed daily for information about tours, local transportation, points of interests/attractions, things to do with children or on your own, shopping and local advice and be a place to relax between activities. Please check on-site for lounge hours. Details of companion activities will be posted in the companion room for reference. A companion's badge is required for admittance. Each child must have a children's badge and be accompanied by an adult registered companion when in the Lounge.

A full program of optional tours and activities has been planned for registered companions. Descriptions for the all day excursions and half-day in-city tours follow in chronological order. Children are welcomed on most of the tours, but must be accompanied by a parent. A companion or children’s badge is required in order to participate. Please visit the registration desk to check availability and purchase tickets.

All tours will depart from the Palliser hotel. Please arrive at the Companion Lounge at least 15 minutes prior to the posted start time.

Calgary City and Canada Olympic Park Tour
Sunday, 26 July and Monday 27 July 8:30AM-12:30PM US$55.00 (includes professional guide, transportation, snacks on route)

This tour will give you an overview, from past to present – starting with its historic origins at Fort Calgary through to its modern cityscape of high-rises, headquarters for Canada’s oil and gas companies. On this tour you will take in Eau Claire Market, China Town, the Calgary Tower, Glenbow Museum and Olympic Plaza, City Hall, Stephan Avenue Mall and more. Well-known for its competitive spirit, Calgary boasts world-class sporting facilities, the Pengrowth Saddledome (home of the Calgary Flames), Talisman Centre, Olympic Speed Skating Oval and Canada Olympic Park. A visit to this western city would not be complete without the Calgary Exhibition and Stampede photo stop.

Canada Olympic Park, site of the 1988 Winter Olympics is a must-see! You will visit the Olympic Hall of Fame and Museum; 90m Ski Jump Tower; Ice House; bobsled, luge and skeleton-sled track; and ride the chair lift on a guided tour. The Olympic Oval, where speedskaters race on the fastest ice in the world, will be the last stop.

Vehicles for this tour are not wheelchair accessible, though the Olympic Park attractions are wheelchair accessible with assistance.
Painting an Albertan Landscape
Monday 27 July, 2009 12:30-5:30PM  US$95 includes transportation, watercolor supplies, instruction, refreshments and sweeties. Ages 15 years and up

Come spend a relaxing, fun-filled afternoon in the beautiful suburb of Deer Run in the studio of native Albertan artist Donna Nemrava. Leave with your very own watercolour painting of an Alberta grain elevator. These historic sentinels have all but vanished from the prairie landscape. For the last one hundred years prairie grain elevators have been a vital part of the western Canadian economy, landscape and culture. But just as progress once brought the grain elevator to the Canadian prairies, progress has now decreed that these structures no longer serve a viable purpose. One after the other, prairie grain elevators are being torn down and are just a memory of a once proud Canadian prairie tradition.

The artist will supply all the art materials needed for the class as well as coloured copies, instructions and a pre-sketched picture on watercolour paper. Tea and sweets will be served. All skills levels are welcomed. The Alberta Grain Elevator is a beginner level piece and should be able to be completed in the 4 hour class. For more information on the artist and her gallery, please see http://art.escape.tripod.com/

Attendees should be prepared to walk one flight of stairs to the artist’s studio. Attendance is limited to 10 people. Not wheelchair accessible.

Wind Farm/Head-Smashed-In Buffalo Jump (joint leisure/technical tour)
Monday 27 July  8:00AM – 4:30PM  US $110.00 (includes transportation, mid morning snacks, bottled water and lunch) (children 2-12 yrs US$55)

The coach will drive you through the Kettles Hill Wind Farm, which is located near Pincher Creek, Alberta and is comprised of 35 Vestas turbines with a current capacity of 63 MW. The wind farm has potential for a further 77 MW. ENMAX Energy Green Power Inc., a wholly-owned subsidiary of ENMAX Energy Corporation, acquired the wind farm in June 2008. Through subsidiaries, ENMAX Energy is one of Alberta's largest investors in renewable energy with partial ownership of the McBride Lake Wind Farm and complete ownership of the Taber and Kettles Hill Wind Farms. ENMAX Energy was the first Canadian electricity retailer to offer customers the option to support wind-generated energy.

Located 18 km north-west of Fort Macleod, Alberta, Canada, at a place where the foothills of the Rocky Mountains meet the Great Plains, is the world's oldest, largest and best preserved buffalo jump. A buffalo jump is a cliff or steep bank over which herds of buffalo were driven to their deaths so the meat, hides and bones could be harvested. Aboriginal peoples of the plains used Head-Smashed-In continuously for more than 5,600 years until the mid-1800’s. In 1981, the United Nations Educational Scientific and Cultural Organization (UNESCO) designated the jump as a World Heritage Site. For more information on Head-Smashed-In Buffalo Jump, please visit their website: http://www.head-smashed-in.com/

Bring comfortable shoes along with a sweater/jacket to enjoy the site’s museum and the outdoor sights at one’s own pace. Many elements of the tour are wheelchair accessible.

Banff and Canadian Rockies
Tuesday 28 July  8:00AM-5:30 PM   $110.00 (includes transportation, mid
morning snacks, bottled water and lunch) NOTE: Gondola lift to Sulfur Mountain is US$23 additional, payable on-site. (children 2-12 yrs US$55)

A full day excursion takes you from the city into the Canadian Rockies through Alberta's foothills and ranching country to Lake Louise and the resort town of Banff in the Rocky Mountains. Lake Louise is referred to as Canada's "Diamond in the Wilderness," and the "Hiking Capital of Canada". The trip will allow time for one to walk around the lake or just relax at the Fairmont Chateau Lake Louise. On arrival at Banff National Park, Canada’s first national park, a brief tour will take you to Tunnel Mountain and the Bow River. The Bow River is a mountain river originating from the Bow Glacier.

Banff is a one of Canada’s most popular destinations because of its spectacular mountainous surroundings and hot springs. Banff Gondola is located just 5 minutes from the Town of Banff, on the shoulder of Sulphur Mountain. Safely seated in 4 passenger gondola cabins, those who opt to purchase a ticket to ride the Banff Gondola are transported in 8 minutes to the summit at an elevation of 2,281m (7,486 ft) above sea level. The 360° view from the upper gondola terminal, view-decks and Summit Ridge interpretive boardwalk, is unsurpassed.

The upper terminal offers restaurant options, a gift shop and a spectacular roof top observation area with information providing directions and distances to major cities of the world and commemorating the area's designation as a UNESCO World Heritage Site.

Hike the Banff Skywalk. There are more view decks on the main level, as well as the start of a 1km long elevated skywalk that leads visitors along Sulphur Mountain's summit ridge to the Cosmic Ray Station National Historic Site of Canada, and the historic Sanson's Peak Meteorological Station if time permits. Then return to Banff for free time before leaving for Calgary. *Bring walking shoes and a sweater for easy walking or hiking by the lake, or just relax and enjoy the scenery in one of many restaurants in Banff and Lake Louise. Many elements of the tour are wheelchair accessible.*

**Calgary City - Historical Walking Tour**

Tuesday 28 July 9:00-11:30 AM $20.00 (includes an experienced guide, interesting facts and stories about Calgary, highlights such as Stephen Avenue, China Town and Calgary City Hall, and a surprise gift)

The city of Calgary is steeped in excitement and lore of the Old West. Long before there were any buildings, the confluence of the Bow and Elbow Rivers was the gathering place of the Blackfoot, Sarcee and Stoney Indian tribes.

In 1875, a North-West Mounted Police fort was built on the banks of those rivers. The first commander, Colonel James Macleod chose the Scottish “Calgary” as the fort’s official name, derived from the Gaelic meaning “clear running water”. The Mounties’ presence, along with the establishment of the Canadian Pacific Railway through the area in 1883 provided the impetus for the incorporation of the town of Calgary in 1884 and its subsequent dramatic and unique development in the 125 years that have followed.

Stephen Avenue (or 7th Avenue downtown as it is known today) teams with ghosts of cowboys, native Indians, cattle barons, oil and gas czars, fortune seekers, and those most Canadian of heroes, the dashing red-coated Mounties. *Since this is a walking tour through city streets and sidewalks, comfortable footwear is recommended. Wheelchair accessible.*
**The Bernard Callebaut Chocolate Factory**  
Tuesday 28 July 9 -11: 30 am US$25 (includes transportation) Ages 6 years and up

Bernard Callebaut, a descendant of the Callebaut family of Wieze, Belgium, is a chocolatier who has been based in Calgary Alberta and has redefined chocolate for an entire generation of Western Canadians for more than 25 years. Done to Bernard’s own specifications, the chocolate is a premium blend of high cocoa and cocoa butter content and lower than normal sugar content. Callebaut has handcrafted more than a thousand different delicious chocolate delicacies and is continually creating more.

The tour involves a walk down the viewing gallery. The gallery overlooks the factory floor through a series of picture windows. Learn about the various pieces of equipment and have any actual production taking place at the time explained. In addition, explore the origins and history of cocoa and chocolate, the processing methods and the creation of Callebaut fine chocolates. There are a series of wall plaques in the viewing gallery which help to explain these themes.

*Please wear comfortable shoes for the tour. Wheelchair accessible.*

**Drumheller Dinosaur and Winery**  
Wednesday 29 July 8:00AM-5:30 PM US$110 (includes transportation, mid-morning snacks, bottled water and lunch) (Children 2-12 yrs US$55)

See the historic sites as you travel through the "Alberta Badlands". The Dinosaur Trail, a network of roads, takes you around the Red Deer River Valley to uncover the man-made and natural wonders of Alberta's Badlands. As you approach Drumheller, the rolling hills suddenly drop off hundreds of feet into mysterious winding canyons. Strange land formations rise up on all sides; sculpted by wind and water into hauntingly beautiful shapes sunbathed in terra cotta, bronze and amber

Travel along the Canadian Badlands Trail with a brief stop at Horseshoe Canyon, Canada’s mini-Grand Canyon — a picturesque pocket of badlands amidst the prairies

On the Dinosaur Trail, in the town of Drumheller, murals of dinosaurs decorate scores of historic buildings. At one end of Main Street, right on the banks of the Red Deer River, is the world’s largest fibreglass Tyrannosaurus rex, where 106 stairs lead you straight into the beast’s mouth.

Heading out on North Dinosaur Trail is the Royal Tyrrell Museum of Palaeontology, arguably the finest dinosaur museum in the world. For more information on Tyrell Museum, please go to the following website: [http://www.tyrrellmuseum.com/peek/](http://www.tyrrellmuseum.com/peek/)

Named for Joseph Tyrell who discovered the bones of Albertasaurus (a cousin of the Tyrannosaurus Rex) in 1884, today the museum has more than 120,000 specimens and 35 dinosaur skeletons. The museum features displays of some of the best fossils in the world, plus entertaining interactive exhibits for children and many other attractions.
Deep into the heart of Alberta's 'Badlands' is the hamlet of Wayne. There's only one way in to Wayne, tucked away in the spectacular Drumheller Canyon in Southern Alberta: across ten wood and iron single-lane bridges that span the meandering Rosebud Creek. On this four mile lonely stretch of road, between Rosedale and Wayne, you will travel to what's left of this legendary ghost town. Once the centre of the bustling coal-mining industry in southern Alberta, Wayne is now home to thirty residents and the historic Rosedeer Hotel and Last Chance Saloon.

The hamlet of Wayne is one of the Badlands' quirkiest places. Every summer hundreds of Harley Davidson riders meet there for the Wayne Rally. Its Last Chance Saloon is one of Alberta's only operating cowboy relics. The walls of the 70-seat bar are covered in local memorabilia, corny jokes, old bottles, and bullet holes. This evocative interior has been the setting for movies, beer commercials, and a Northern Pikes music video. Enjoy a steak barbecue lunch, featuring 12 oz AAA Alberta beef with all the trimmings at the Last Chance Saloon. This Cowboy saloon offers you an authentic experience, both of the turn-of-the century and of the modern cowboy, a man as likely to be found driving a pickup into a gas plant as riding a horse into a corral. You really can't get more Albertan than that!

Then on to Atlas Coal Mine, East Coulee. This mine is one of the most complete mining museums in Canada, preserved as a historic site after the mines were closed. This attraction features Canada's only remaining surface tipple, the spot where coal was poured after being extracted from the earth.

On the way back to Calgary, taste the wines of Field Stone Fruit Wines, Alberta's first cottage winery, opened in July of 2005. All wines are 100% produced from their crops of raspberries, strawberries, wild black cherries and Saskatoon berries.

For more information on the winery, please go to the following website: http://www.fieldstonefruitwineries.com/.

For this tour bring your camera and comfortable shoes to enjoy the museum and the sights at one’s pace. There is storage on the bus for a collapsible wheelchair, but one needs to be able to climb the steps of the bus. Many elements of the tour are wheelchair accessible. Wheelchairs are available for rent at the Royal Tyrell museum.

**Big Rock Brewery**

Wednesday 29 July 1:00- 4:30 pm US$50 (includes transportation, tasting, custom 6-pack)

Minimum age 18 years. Please be prepared to show ID.

Visit Big Rock Brewery for a look at the inner-workings of an Alberta Company that has been brewing up beers for decades.

Beer from Big Rock is brewed using only four ingredients: malted barley, hops, yeast and water. The beer has an all natural flavour and is free from preservatives. The founder of the brewery, Ed McNally, started Big Rock to create a premium, natural, unpasteurized beer.
His own knowledge, accrued as a former barley farmer, has helped the brewery maintain the extremely high standards held by the Bavarian Purity Law, first implemented in 1516.

A tour of the Big Rock Brewery Big Rock includes a walk around the brew house’s fermentation, filtration and packaging areas. Then everyone gets to try Big Rock's family of beer. To finish off the adventure and truly understand the process, everyone creates a 6-pack of their favourite beers to take home.

For more information on the Brewery, please check out the website: http://www.bigrockbeer.com

Please wear comfortable shoes for the tour as there are a number of stairs that need to be walked to see the entire brewery. Not wheelchair accessible. Although the tour of the brewery is not wheelchair accessible, the beer tasting (and an available restaurant) is accessible.

**Private Wine Tasting** (a special, no-charge bonus activity)

Wednesday 29 July 2:00 - 4:00 PM Minimum age 18 years. Please be prepared to show ID

Cellar Tasting Room, Under First & Stephen SW, #100, 137 - 8th Avenue SW, Calgary, Alberta T2P 1M9

At this customized sit-down tasting, guests will be able to learn about and enjoy a selection of wines and cheese. A wine expert will present each one and discuss the comparisons between the different wines. Tasting notes will also be provided for the guests in attendance. A selection of cheeses will be available for the guests to eat as the tasting is taking place. A 10% discount will be offered to those guests who would like to purchase any wines. (Note: be sure to research the rules regarding transporting alcohol to applicable countries if you are planning to take the wine out of the Canada.)

The participants will meet in the Companion’s Lounge for the walk to the Cellar, approximately one block from the Palliser Hotel. The Cellar is wheelchair accessible with advance notice; please notify the tour escort upon arrival at the companion lounge prior to the tour so elevator access can be arranged.

http://cellarwinestore.com/contact-us.html. Visit the web site to see a map of the downtown area showing the location of the Cellar.

**Murder Mystery Dinner Theatre**

Wednesday 29 July 6:30 - 11:00 pm US$80 (includes 3 course dinner, two glasses of wine, and the murder mystery)

Minimum age18 years. Please be prepared to show ID if requested.

Location: Catch Restaurant, 100 8 Avenue Southeast, Calgary

Murder mysteries are fun, unique, intimate dinner theatre. It’s your job to play Master Detective and try to sort out the lies from the truth, the red herrings from the red wine and the guilty from the innocent, in order to deduce whodunit!

The secret of enjoying a ‘Murder Mystery’ is attention, observation and participation. Listen closely, get involved with other guests, exchange clues and ideas, ask the suspects
questions, and most importantly – have fun!!

The Catch Restaurant is approximately a block from the Palliser Hotel (no transportation provided). The restaurant is wheelchair accessible.