



SUMMER 2026

PROGRAM CATALOGUE



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ABOUT ROCKY MOUNTAIN ADAPTIVE



**SCAN TO LEARN
MORE ABOUT
OUR STORY!**

WHO WE ARE

Rocky Mountain Adaptive (RMA) is a registered charity that facilitates accessible and inclusive experiences for individuals living with disability to PARTICIPATE, LEARN, and EXCEL in mountain sport and recreation.



WHO IS RMA FOR?



Wide Range of Abilities: We support people with disabilities, including physical, neurodivergent, and developmental challenges.



Ages 4+: Our programs serve children, youth, adults, and seniors! Please see program details for specific age requirements.



Families & Caregivers: A family member or caregiver can join for most of our programs. This is optional and program-dependent.

HOW WE SUPPORT



- ✓ Adapted to the individual
- ✓ Sensory-aware staff
- ✓ Flexible pace and structure
- ✓ Strength-based planning
- ✓ Inclusive for all
- ✓ No expectations to 'fit in'

Have Questions? Reach out! Our team is happy to discuss what adaptations would best suit you or your loved ones.

BOOKING TIPS

REGISTRATION OPENS AT 10:00 AM ON MONDAY, APRIL 20



BOOK ASAP

We anticipate our multi-week programs to fill up very quickly, so don't wait!



RMA SUMMER WEBSITE

Ensure you're looking at our [Summer website](#) (click the sun in the top-right corner). **NOTE: Links will not be active until registration officially opens.**



**EXPLORE
OUR
SUMMER
PROGRAMS**



JOIN OUR WAITLIST

If your preferred program has sold out, please join our [waitlist](#)!



ADDITIONAL PROGRAMS & LESSONS

If you don't see what you're looking for, more summer programs will be released soon!



FINANCIAL SUPPORT

Financial support may be available through the Clairey Lou Memorial Fund (visit [our website](#) or Page 16 for more info).



ADAPTIVE EQUIPMENT MAINTENANCE CONTRIBUTION

RMA has introduced an optional \$50 adaptive equipment maintenance contribution that directly supports the upkeep of adaptive gear and enables us to continue offering these experiences at accessible rates. This will be automatically applied to your booking, and can be removed if you prefer before completing payment for your activity.

HIKING CLUB

Previously known as
'Hiking with Friends'



Want to hike with a larger group?

DETAILS

This monthly program focuses on the development of community and connection while hiking in a safe environment. We will also grow our knowledge of the local area as well as the flora and fauna we see in the Canadian Rockies. Supervised by a trained staff member and supported by volunteers, participants will explore a variety of hikes in the Bow Valley.

***Please note** that these are not lessons. If you are looking for formal instruction, please see our private lessons or multi-week programs.*

WHAT'S PROVIDED

TrailRider (if required)



LOCATION

Bow Valley (various)

COST

\$26

AGE

12+

DURATION

4 Hours



DATES

- June 20
- July 18
- August 15
- Sept 19



SATURDAY

10 AM - 2 PM

Bow Valley

BOOK NOW*

****Please note:** links will not be active until registration officially opens at **10:00 AM on Monday, April 20.** You will not be able to browse available dates or complete bookings until registration opens.*

ADVENTURE DAYS

Hiking, biking, and kayaking adventures in the Bow Valley!



DETAILS

Participants (ages 4+) of all abilities, strengths and diagnoses looking for a fun guided experience. Additional non-adaptive friends and/or family members are welcome to join!**

Please note: these are not lessons. If you are looking for formal instruction, please see our private lessons or multi-week programs.

COST

Half Day - \$95
Full Day - \$175

Book multiple Adventure Days and save! 5 and 10 day multi-packs are available at a discounted rate. Contact us for details. Terms apply.

***Additional non-adaptive participants (under 18) can be added to the booking for an additional cost.*

LOCATION	AGE	DAYS	DATES
Bow Valley (various)	4+	Monday - Sunday	Jun 15 - Sep 30

BIKING

HALF DAY

10 AM - 12 PM
OR 1 - 3 PM

BOOK NOW*

KAYAKING

HALF DAY

10 AM - 12 PM OR
1 - 3 PM OR 3 - 5 PM

BOOK NOW*

HIKING

HALF DAY

9 AM - 12 PM
OR 1 - 4 PM

BOOK NOW*

HIKING

FULL DAY

10 AM - 4 PM

BOOK NOW*

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BOWHEAD PRIVATE LESSONS

Use electronic and e-assist hand cycles to explore the mountains!



DETAILS

One-on-one private lessons for anyone who wants to try our Bowhead bikes out for the first time or advance their skills. Lessons can be located at various bike trails in the Bow Valley. Unless otherwise requested, lessons will take place at the Canmore Nordic Centre. Lessons are taught by an RMA instructor. Lesson content will be determined by previous experience, goals and skill level.

COST

3 Hours - \$210

6 Hours - \$325

Book multiple lessons and save!
5 and 10 lesson multi-packs are available at a discounted rate.
Contact us for details.
Terms apply.

LOCATION	AGE	DAYS	DATES
Canmore Nordic Centre	12+	Monday - Sunday	Jun 15 - Sep 30

TIMES



3 HOUR 9 AM - 12 PM
OR 1 - 4 PM



6 HOUR 10 AM - 4 PM

BOWHEAD REACH LESSON

3 HOUR

BOOK NOW*

6 HOUR

BOOK NOW*

BOWHEAD RX LESSON

3 HOUR

BOOK NOW*

6 HOUR

BOOK NOW*

BOWHEAD ROGUE LESSON

3 HOUR

BOOK NOW*

6 HOUR

BOOK NOW*

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MOUNTAIN BIKE PRIVATE LESSONS



Develop mountain biking skills and explore the mountains!

DETAILS

One-on-one private lessons for anyone who wants to try mountain biking for the first time or advance their skills. Lessons are taught by an RMA instructor. Lesson content will be determined by previous experience, goals and skill level.



LOCATION: Canmore Nordic Centre

Lessons may be located at various bike trails in the Bow Valley. Unless otherwise requested, lessons will take place at the Canmore Nordic Centre.

COST

3 Hours - \$150

AGE

8+

DAYS

Monday - Sunday

DATES

Jun 15 - Sep 30

Book multiple lessons and save!

5 and 10 lesson multi-packs are available at a discounted rate.

Contact us for details.

Terms apply.

TIMES



3 HOUR 9 AM - 12 PM OR 1 - 4 PM

MOUNTAIN BIKE LESSON

3 HOUR

BOOK NOW*

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KAYAK 6-WEEK PROGRAM



SUMMARY

RMA proudly offers this six-week adaptive 'learn to kayak' program. Qualified RMA instructors and trained volunteers provide instruction and support in the water while allowing individuals to develop their flat-water kayaking skills. Lessons are 2 hours and includes equipment set up, warm up, dry land stroke overview, paddle time, snack/rest time, on water games, and equipment pack up.

COST	TIME	DAY	DURATION
Regular: \$340 YYC Transport: \$860	9:30 - 11:30 AM OR 12:30 - 2:30 PM	Friday OR Saturday OR Sunday	6 Week Program

MORE DETAILS



Ages 6+: For safety reasons, all participants must be able to float independently and be able to roll onto their backs and float while wearing a life jacket.



Meeting Location: Bow Valley. Location varies, and is subject to change. Participants will receive location confirmation at least 48 hours beforehand.



Calgary (YYC) Transportation: Includes round-trip RMA accessible transportation between Calgary and the weekly paddling location in the Bow Valley (will need a minimum of 4 participants to run)

FRIDAY

JULY 3 - AUGUST 7

Regular Session

[BOOK NOW*](#)

YYC Transportation
Session

[BOOK NOW*](#)

SATURDAY

JULY 4 - AUGUST 8

Regular Session

[BOOK NOW*](#)

SUNDAY

JULY 5 - AUGUST 9

Regular Session

[BOOK NOW*](#)

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BIKE 6-WEEK PROGRAMS



Develop your biking skills with trained RMA staff!

LOCATION	COST	DURATION	SESSION LENGTH
Canmore Trails (various)	\$290	6 Week Program	2 Hours

LEARN TO BIKE 6-WEEK PROGRAM



SUMMARY

This program is designed for **never-evers up to beginners** who would like to learn how to bike or handcycle on packed or paved trails. A trained RMA staff member will teach the basics of biking to small groups in a safe and supportive environment.

DAY	TIME	AGE
Mondays	5 - 7 PM	4+

LEARN TO BIKE SUMMER

Jul 6 - Aug 10

[BOOK NOW*](#)

LEARN TO BIKE AUTUMN

Aug 24 - Sep 28

[BOOK NOW*](#)

LEISURE BIKE 6-WEEK PROGRAM

SUMMARY

This program is designed for participants who are **comfortable biking or handcycling on packed or paved trails**. A trained RMA staff member will support with skill development and confidence building on more challenging terrain to small groups.

DAY	TIME	AGE
Tuesdays	5 - 7 PM	8+

LEISURE BIKE SUMMER

Jul 7 - Aug 11

[BOOK NOW*](#)

LEISURE BIKE AUTUMN

Aug 25 - Sep 29

[BOOK NOW*](#)

These programs do not include Bowhead Reach or RX bikes. Please visit the Lessons page for more information.

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NO LIMITS DAY CAMP



SUMMARY

This program is a multi-sport, multi-day camp open to all levels of ability and experience. It is a full-day camp operating from 10 am to 4 pm Tuesday through Thursday. The camp is designed for participants 8 yrs and older and activities will include: rock climbing, social swimming, tennis, soccer, frisbee golf, kayaking and hiking. This is a group-based program and will focus on the social aspect of sports and developing overall physical literacy for all group members.

COST	AGE	DAY	TIME	DURATION
\$165 per week	8+	Tuesday - Thursday	10 AM - 4 PM	3 days



LOCATION

Elevation Place

(Pick-up/Drop-off)

Activities will be located throughout the Bow Valley (transportation included).



DATES

July 7 - 9

July 14 - 16

July 21 - 23

July 28 - 30

August 4 - 6

August 11 - 13

NO LIMITS CAMP TUES - THURS

Single or
multiple weeks

BOOK NOW*

WANT TO TRY IT FOR ONE DAY?

NO LIMITS TRY IT DAY

NEW!

Come see what our No Limits Day Camp is all about! This one day taster is a perfect opportunity for individuals to try out our multi-day, multi-week summer program in a shorter format! This group-based day program will focus on the social aspect of sport and developing overall physical literacy for all group members through activities such as rock climbing, social swimming, tennis, and more!

NO LIMITS TRY IT DAY \$60 PER DAY

Saturday June 13

Sunday June 28

BOOK NOW*

Made possible by Wim & Nancy Pauw Foundation.

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FRIENDS & FAMILY CAMP



SUMMARY

This week-long sleepaway camp is a great way to wrap up an incredible summer! Participants and their families/friends will have the opportunity to partake in hiking, cycling, fishing, and paddling sessions facilitated by RMA's trained staff and volunteers. In the evenings join us for a social hour where families can mingle and join in on activities such as arts and crafts and field sports. We wrap up each night with a campfire and s'mores and wrap up the week with a BBQ for all to enjoy.

AGE	LOCATION	DAYS	ACTIVITY TIMES
4+	William Watson Lodge	6 days (4 activity days)	9 AM - 4 PM



ACTIVITIES

Paddling, hiking, biking, fishing, rafting



COST

\$225 activity fee
+ accommodation fee
 (invoiced later, dependent on cabin assignment)

SOLD OUT FOR 2026!

Join the waitlist below in case space becomes available.

FRIENDS & FAMILY CAMP

August 16 - 21

[JOIN WAITLIST](#)

WHERE WILL WE STAY?

WILLIAM WATSON LODGE

William Watson Lodge provides year-round, barrier-free, wilderness lodging for persons with disabilities, seniors and their families.



NEW FOR 2026: Participants will be restricted to one (1) RMA camp (including Friends & Family Camp) hosted at William Watson Lodge throughout the 2026 calendar year.

WOMEN+ CAMP



SUMMARY

This week-long overnight camp takes place in Peter Lougheed Provincial Park. It is open to people who identify as women to take part in different summer sports. Participants will stay at William Watson Lodge and participate in hiking, biking, and paddling activities. This camp is not lesson based but instead focuses on the social and community aspects of outdoor sports.

Made possible thanks to funding from Wim & Nancy Pauw Foundation.

AGE	LOCATION	DAYS	ACTIVITY TIMES
18+	William Watson Lodge	6 days (4 activity days)	9 AM - 4 PM



ACTIVITIES

Paddling, hiking, biking



COST

\$500 participant or caregiver
(all activities & accommodation)

\$250 caregiver
(accommodation only)

WOMEN+ CAMP

SUMMER

June 21 - 26

BOOK NOW

WOMEN+ CAMP

AUTUMN

September 6 - 11

BOOK NOW

WHERE WILL WE STAY?

WILLIAM WATSON LODGE

William Watson Lodge provides year-round, barrier-free, wilderness lodging for persons with disabilities, seniors and their families.



NEW FOR 2026: Participants will be restricted to one (1) RMA camp (including Friends & Family Camp) hosted at William Watson Lodge throughout the 2026 calendar year.

ADAPTIVE MOUNTAIN BIKE CAMP



SUMMARY

Rocky Mountain Adaptive is excited to introduce our new Adaptive Mountain Bike multi-day skills development camp at William Watson Lodge! Join us for four days of daily mountain biking lessons for all abilities, and other guided adaptive outdoor experiences in the beautiful Peter Lougheed Provincial Park!

Made possible thanks to Eddie and Suzanne Sagal Memorial Fund.

AGE	LOCATION	DAYS	ACTIVITY TIMES
18+	William Watson Lodge	6 days (4 activity days)	9 AM - 4 PM



ACTIVITIES

Mountain biking

LIMITED SPOTS AVAILABLE

Don't wait, sign up today!



COST

\$600

(activities & accommodations included)

ADAPTIVE MOUNTAIN BIKE CAMP

June 7 - 12

BOOK NOW

WHERE WILL WE STAY?

WILLIAM WATSON LODGE

William Watson Lodge provides year-round, barrier-free, wilderness lodging for persons with disabilities, seniors and their families.



NEW FOR 2026: Participants will be restricted to one (1) RMA camp (including Friends & Family Camp) hosted at William Watson Lodge throughout the 2026 calendar year.

UPCOMING PROGRAMS

STAY TUNED, MORE PROGRAMS MAY BE RELEASED SOON!



WILLIAM WATSON LODGE

- ADVENTURE DAYS
- TRY IT DAYS



GOLF 6-WEEK PROGRAM



STAY IN THE LOOP

Be the **first** to hear about programs, events, and ways to get involved! Our monthly newsletter is the best way to stay connected. Scan the QR code or [click here](#) to sign up!



Please note: programs and availability are subject to change.



Parks Pass: Guests are responsible for having a valid Banff National Park and/or Kananaskis Conservation Pass for applicable program locations.



Transportation is not provided by RMA, but may be requested at additional cost. If you would like to inquire about RMA Accessible Transportation, please email bookings@rockymountainadaptive.com for availability and the associated cost.



All participants must complete our Required Documents prior to participation. These can be found at the bottom of your booking receipt. All Documents are valid for 2 years, and only need to be completed again if the information has changed within the 2 year validity period.



Volunteer Assistance: Volunteers will be requested as needed, based on desire and support needed by the adaptive participant.

BOOKING & CANCELLATION POLICY

Our booking cutoff is 14 days out. If you're looking to book an activity or lesson within 14 days, please email us directly!

To notify us of a cancellation, please contact us at bookings@rockymountainadaptive.com.

MULTI-PACKS

We've updated the terms of our multi-pack for Adventure Days and Bowhead Private Lessons:

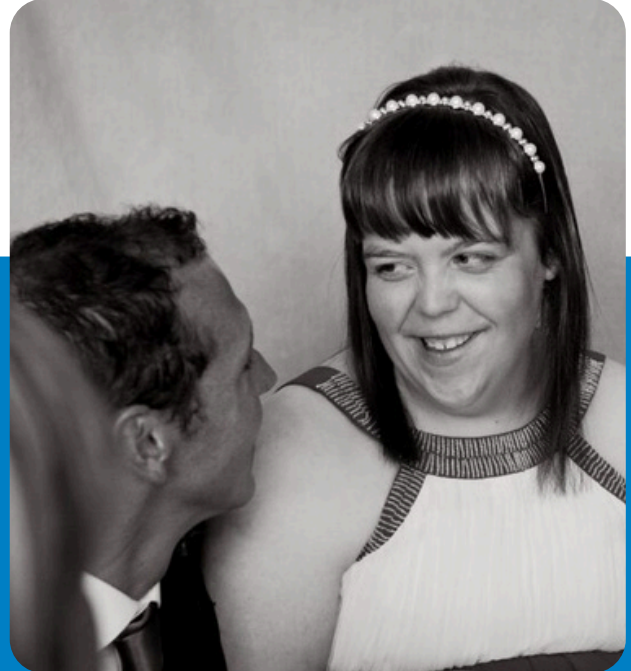
- Multi-packs are valid for the season purchased only and will expire at the end of the applicable season. (E.g. 2026 Summer Multi-Packs are valid from June - September 2026)
- All lesson dates must be confirmed within five business days of purchasing the multi-pack.
- RMA will allow up to two lessons to be rescheduled with no change fees, given the cancellation is made more than 48 hours before the lesson.
- Additional cancellations will not be eligible for a refund or rescheduled.

Before booking, please read our additional information and full policies on [our website](#).

NEED FINANCIAL SUPPORT?

CLAIREY LOU MEMORIAL FUND

While RMA programs are priced as low as possible and often supported by the generosity of funding, grants and discounted services, we believe that cost should never be a barrier to participation and the long-term sustainability of RMA programs.



In response to this, the Clairey Lou Memorial Fund was established in memory of Claire Gosling, sister of RMA Co Founder and Executive Director, Jamie McCulloch. Many years ago, Jamie McCulloch taught his sister, Claire, to ski. Claire lived with Autism. Rocky Mountain Adaptive was born out of a passion for outdoor mountain sports, and a desire to make them accessible to all abilities, just as Claire was introduced to by her brother.

To apply for financial support from the Clairey Lou Memorial Fund, please complete the [request form](#). We will aim to get back to you as soon as possible, but we highly recommend you confirm your booking at the full cost to lock in your spot, and if your financial support request is approved, we will refund you accordingly.

APPLY HERE



THANKS TO OUR SUPPORTERS

OUR PROGRAMS WOULDN'T BE POSSIBLE WITHOUT THEM!

SPONSORS AND FUNDERS



Euralta International Ltd

PROGRAM DELIVERY PARTNERS

