

March 1, 2025

2025 Japanese Canadian Sugar Beet Wellness Tour

August 23 – 29, 2025

Proposed Tour Itinerary*:

Sat, Aug 23: 12:00 noon All participants gather at the Calgary Nikkei Centre
Lunch and get-to-know-you event
2:00 pm Depart from the Calgary Nikkei Centre,
2236 29 St. SW, Calgary
5:30 pm Arrive at the Sandman Signature Lethbridge Lodge
320 Scenic Drive South
Lethbridge, AB, T1J 4B4
Dinner (open)

Sun, Aug 24: 8:00 am Breakfast at the Lethbridge Lodge
10:30 am Depart Lethbridge Lodge
11:00 am Arrive at the Buddhist Temple of Southern Alberta
470 – 40 St. South, Lethbridge
Opening speaker on history of Japanese Canadians in
Southern Alberta
12:00 noon Box lunch at Buddhist Temple
1:00 pm Wellness session
2:00 pm Healing Circle at Buddhist Temple
4:00 pm Depart Buddhist Temple of Southern Alberta
4:30 pm Arrive at the Lethbridge Lodge
5:30 pm Dinner at the Sandman Signature Lethbridge Lodge

Mon, Aug 25: 8:00 am Breakfast at the Lethbridge Lodge
9:15 am Depart the Sandman Signature Lethbridge Lodge
10:00 am Arrive at the Raymond Museum
10 Broadway North, Raymond
Presentation on history of Japanese in Raymond
Walk-about the town, including visit to first Buddhist Temple in
Western Canada
12:00 noon Chinese lunch at Luc's Chinese Restaurant
55 East – 100 North, Raymond
Meeting with local Japanese Canadian seniors
2:30 pm Depart Luc's
3:00 pm Visit former sugar factory site

	3:30 pm	Visit to Raymond cemetery Presentation on historical Japanese Canadian gravesites
	5:00 pm	Depart Raymond Cemetery
	6:00 pm	Arrive at Sandman Signature Lethbridge Lodge
	6:30 pm	Dinner at Lethbridge Lodge
Tue. Aug 26:	9:30 am	Depart Sandman Signature Lethbridge Lodge
	10:00 am	Arrive at Magrath Museum Presentation on Japanese Canadians in Magrath area
	11:45 am	Box lunch on bus to Cardston
	12:45 pm	Visit Church of Jesus Christ of Latter-Day Saints temple
	1:30 pm	Depart Cardston for Waterton
	3:00 pm	Arrive in Waterton Lakes National Park Visit Prince of Wales Hotel and townsite
	5:00 pm	Dinner in Waterton
	6:30 pm	Depart Waterton
	8:30 pm	Arrive at Sandman Signature Lethbridge Lodge
Wed. Aug 27:	8:00 am	Breakfast at Lethbridge Lodge
	9:00 am	Depart Lethbridge Lodge
	9:15 am	Arrive at the Galt Museum & Archives 502 – 1 St. South, Lethbridge Presentation on Japanese Canadian items held at the Galt Museum archives
	11:00 am	Depart Galt Museum & Archives
	11:30 am	Arrive at the Nikka Yuko Japanese Garden 835 Mayor Magrath Dr. South, Lethbridge Tour of Japanese Gardens Lethbridge Minyo Dance Presentation (TBC)
	12:30 pm	Box lunch at Nikka Yuko Japanese Garden
	1:15 pm	Presentation by Carly Adams of the University of Lethbridge Meeting with local Japanese Canadians
	2:30 pm	Wellness session and healing circle
	4:30 pm	Depart Nikka Yuko Japanese Garden
	5:30 pm	Arrive at Heritage Inn Hotel & Convention Centre 4830 46 Ave., Taber
	6:00 pm	Dinner at Heritage Inn Hotel

Thur, Aug 28: 8:00 am Breakfast at Heritage Inn
 9:00 am Depart Heritage Inn Hotel & Convention Centre
 10:00 am Arrive at Picture Butte sugar factory site
 11:00 pm Depart Picture Butte and travel to sugar beet farm
 12:00 noon Box lunch at sugar beet farm
 Meeting with local Japanese Canadians
 2:30 pm Depart sugar beet farm and travel via Iron Springs
 3:30 pm Visit Taber Sugar Factory
 4:00 pm Arrive at Heritage Inn Hotel & Convention Centre
 4:15 pm Video presentation on sugar making process by Lantic Inc.
 6:00 pm Dinner hosted by Lantic Inc. Taber Sugar Factory
 Stay at Heritage Inn Hotel & Convention Centre

Fri, Aug 29: 8:00 am Breakfast at Heritage Inn
 10:00 am Depart Heritage Inn Hotel & Convention Centre, Taber
 Box lunch on Bus to Calgary
 1:00 pm Arrive Calgary with stops downtown and at airport

Conclusion of 2025 Japanese Canadian Sugar Beet Wellness Tour

*Please note that some last minute adjustments to the proposed itinerary may be required due to weather conditions and availability of scheduled speakers, etc. Your understanding is appreciated.