



## ROCKY MOUNTAINS – OCEAN ISLANDS

TOUR H

A three week camping adventure with the famous Icefields Parkway of the Rocky Mountain National Parks, across the varied landscapes of Alberta and British Columbia with tiny Native villages and modern world class cities and an abundance of land- an marine wildlife. You experience all this not just from the window of a car, but hiking your guide's favourite trails and paddling an ocean kayak on an overnight excursion.

**Demands:** easy to moderate hikes with light day pack, always accompanied by the guide. Campgrounds are accessible by the bus, you never have to carry your luggage very far.

**Included:**

- ✓ all transfers
- ✓ 3 nights hotel accommodation
- ✓ other nights in spacious tents (2 pers./ tent)
- ✓ welcome gift
- ✓ all camping meals,
- ✓ cooking- and eating utensils
- ✓ camping gear (except sleeping bag)
- ✓ hard-foam mattress
- ✓ admission to the National Parks
- ✓ camping fees
- ✓ 2 days with ocean kayak and guide
- ✓ ferries as mentioned
- ✓ services of licensed guide who accompanies the group on the day hikes

**Not included:** personal equipment, sleeping bag, alcoholic beverages, dinner/breakfast in the hotels day 1, day 14, dinner day 21, lunch in Victoria, mountain bike rental app. \$50.00 to 60.00, white water rafting app. \$175.00, 1 hour jet boat safari \$95.00, whale watching \$115.00.

**Hotels:**

Day 1, Acclaim Hotel Calgary Airport  
Day 14, Four Points Sheraton Vancouver Airport  
Day 21, Four Points Sheraton Vancouver Airport

**Schedule 2019:**

02.06. - 23.06.                    GUARANTEED DEPARTURES  
30.06. - 21.07.  
28.07. - 18.08.  
25.08. - 15.09.



**12 GUIDED DAY HIKES USING THE MOST REWARDING TRAILS**

**ROCKY MOUNTAIN NATIONAL PARKS**

**WELLS GRAY PARK, WHISTLER, TOFINO**

**NO BACKPACKING**

**ALL CAMPING MEALS INCLUDED**

**TIME FOR MANY OPTIONAL ACTIVITIES**

**WINDSCULPTED OCEAN SHORES**

**VARIETY OF LANDSCAPES**

**OVERNIGHT KAYAK EXCURSION**

**EXPERIENCED GUIDES WHO TAILOR THE ACTIVITIES TO INDIVIDUAL ABILITIES**

**Group size:** maximum 12 persons

**Length of tour:** 22 days

**Price:** CDN\$ 3995.00 including tax

**Single hotels & tent:** CDN\$ 610.00 plus tax.

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**Day 1:** CALGARY - Transfer from the Calgary airport with the no-charge hotel shuttle bus. You meet your guide and fellow travelers for pre trip information in the hotel.

**Day 2:** BANFF NATIONAL PARK - You board the bus for a drive through foothills and ranch county into the eastern range of the Rocky Mountains. On the campground (showers) in the forests of Banff National Park you pitch your tent for the next two days. Now it is time for the first hike along the shores of Minnewanka Lake or on one of the many mountain trails surrounding Banff. Hiking time 2 – 3 hours.

**Day 3:** BANFF NATIONAL PARK - On a full day hike you explore passes above the tree line and alpine meadows. For example 7.5 km with 725 m gain (4.6 mi, 2414 ft) to a small lake and possibly 2 km further into the pass at 2470 m (8225 ft). After the hike you might want to relax in the warm sulphur pool or along the busy streets of Banff with its many stores and visitors from around the world. Hiking time 5 – 7 hours.

**Day 4:** YOHO NATIONAL PARK / LAKE LOUISE - You would not want to miss the picture postcard scenery surrounding Lake Louise. The guide suggests the 3.5 km (2 mi) path with 400 m gain (1325 ft) to the historic tea house by an alpine lake. Here a network of easy to demanding trails is tempting you to go further and higher. For example the 15 km (9.3 mi) circuit into the Plain of Six Glaciers or a 2.5 km (1.6 mi) climb with 515 m (1705 ft) gain to a summit with exceptional views of nearby peaks and distant landscapes. Camp for today and tomorrow (showers) near the alpine village of Lake Louise. Hiking time 3 – 5 hours.

**Day 5:** YOHO NATIONAL PARK / LAKE LOUISE - There is an opportunity for a great white water rafting trip on the Kicking Horse River. It involves a side trip to Golden in B.C., headquarters for many outdoor adventures. Of course hiking is always an alternative. Among the choice of trails the guide would like to show you is an 18 km (11 mi) circuit through two flower decorated passes at 1830 m and 2180 m (6093 ft and 7250 ft) and spectacular views of Emerald Lake. The Natural Bridge, Takakkaw Falls, Spiral Tunnel are other attractions of Yoho Park. Hiking time 6 hours.

**Day 6:** JASPER NATIONAL PARK - Frequent stops and short excursions along the Icefields Parkway on your way into the heart of the Rockies. Famous names like Peyto Lake and Bow Summit. At the Columbia Icefields huge glaciers spawn rivers, which eventually reach three different oceans. Saskatchewan Glacier is best viewed from far above after hiking 2.5 km to a windy ridge at 2260 m (7525 ft). Camp for the next two days is near the little holiday town of Jasper (showers). Hiking time 2 hours.

**Day 7:** JASPER NATIONAL PARK - So many possibilities, swimming and a picnic at Pyramid Lake, mountain biking, trail rides, canoeing and more. Or take advantage of the trail system near Maligne Lake, for example a 8 km (5 mile) loop hike with 460 m gain (1532 ft) into the hills above tree line at 2150 m (7160 ft) elevation and possibly all the way to a 2790 m (9290 ft) peak overlooking this picturesque lake. Hiking time 2 – 6 hours.

**Day 8:** JASPER NATIONAL PARK - Mighty Athabasca Falls count among the attractions of this park. Trails near the Columbia Icefields start at tree line and are especially rewarding thanks to their magnificent views of the glaciers and surrounding ranges. One of your guide's favourite hikes is the 8 km (5 mi) hike with 335 m (1155 ft) gain into a pass above tree line at 2375 m (7980 ft). Now back to Jasper and if time allows the guide suggests another hike or a photo safari in the evening light. Hiking time 2 – 3 hours.

**Day 9:** WELLS GRAY PARK - At Mount Robson, highest peak of the Canadian Rockies with 3954 m (12964 ft), You hike the 4.5 km (2.8 mi) trail under huge cedars and hemlock trees to Kinney Lake. Leaving the western ranges Rockies behind you cross the Columbia Ranges and reach Wells Gray Provincial Park in the Cariboo Mountains. On the way you have the opportunity to go on an optional 1-hour jeep safari or a jet boat safari to see black bears, grizzlies and other wildlife from close up at the river's edge. A beautiful lakeside campground (showers) for tonight and tomorrow where you can rent a boat and fishing gear and try to catch your dinner.

**Day 10:** WELLS GRAY PARK - Relax by the lake or join the guide on a side trip into Wells Gray Park, famous for its spectacular water falls. Today's easy hike actually takes you behind one of the falls. You also can go on a trail ride western style or rent a canoe on Clearwater Lake. Hiking time 2 hours.

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**Day 11:** CACHE CREEK - Following the North Thompson River you are soon in the warm and dry interior plateau of British Columbia with Kamloops the only larger town. Time to browse and to shop for supplies and groceries. Your campground (showers) is by the historic Hat Creek Ranch, once an important “road house”, a place to rest and stock up supplies during the gold rush of 150 years ago. If you don't feel like pitching your tent today you can choose to sleep in a tipi, or a hut or even in a covered wagon (optional \$45.00 to \$85.00).

**Day 12:** WHISTLER - The Gold Rush Trail cuts through the land of the Salish First Nations. It came into existence during the 1850 Frazer River gold rush and linked the coast with the northern interior before the automobile. You visit the small historic town of Lillooet which celebrates those wild gold rush years. Now you make your way down the western slopes of the steep and rugged Coast Mountains to Whistler, the renowned ski resort at the edge of Garibaldi Provincial Park. Some runs are still open in summer, but the alpine town stays vibrant all year round. On the menu is an easy hike under ancient trees to a lake surrounded by mountain giants. Hiking time 1 to 2 hours.

**Day 13:** WHISTLER - Mount Garibaldi with 2678 m (8786 ft) is the highest peak of the park which contains a multitude of plant and animal species and 90 km (56 mi) of hiking trails from easy walks to extreme trekking. Black Tusk, in the heart of the park, offers amazing natural spectacles like Panorama Ridge, Helm Glacier, or the Sphinx. A day hike takes you to the shore of a Lake with trails for further exploring. Hiking time 4 – 6 hours.

**Day 14:** VANCOUVER - South along the scenic Sea to Sky Highway with towering rock faces that plunge to the sea and rivers cascading in bubbly plumes off sheer cliffs. The intense blue colours of Howe Sound clash with brilliant white glacier ice and jagged black peaks against an azure sky. It winds through mountain communities that started as logging, mining, ranching and farming outposts and ends just north of Vancouver. Short city tour of downtown with Canada Place, Chinatown, Gastown, a walk on busy Robson Street and then hotel for tonight.

**Day 15:** SOOKE - For your island adventure you board a ferry for the 90 minute crossing to Vancouver Island. In Victoria a stroll by the busy and picturesque Inner Harbour, lunch on own, and now it is off to your campground (showers) under giant cedar trees on the southern end of the island. Here you have a choice of easy to demanding hikes or pick nicks by the beach. Suggested is a loop following the trail high above the weather blasted rocky cliffs, small bays and deep fjords and every few minutes another startlingly desolate ocean vantage point. You have good chances to see whales. Sea lions and eagles. Then the trail winds up into the forested hills and back to the starting point. Dinner by the campfire and hopefully another spectacular sunset. Hiking time 2 – 3 hours.

**Day 16:** SOOKE – The guide suggest a side trip to another nature preserve. For thousands of years the crashing waters of the Sooke River have carved deep pools and caves out of the rock. Nothing, not even the river runs anything close to straight. So many amazing vantage points and so many unbelievable swimming spots. Here is also the trail head for a somewhat demanding hike (13 km with 420 m gain, 8 mi, 1378 ft) to two remote mountain lakes. Hiking time 3 – 4 hours.

**Day 17:** PARKSVILLE – A stop and descend to Botanical Beach, the most unique and richest tidal area for plant and animal life along Canada's west coast. The shore is guarded by fantastic geological formations of shale and quartz. Lunch break during the drive to the eastern side of Vancouver Island is by a beautiful lake. The campground (showers) for today and tomorrow features majestic old growth forest of Douglas firs and a wide sandy beach near the city of Parksville. Hiking time 2 to 4 hours.

**Day 18:** PARKSVILLE / STRATHCONA PARK - Some of the best wilderness hiking on Vancouver Island is among the glaciated peaks of the Central Island. Strathcona Park was created in 1911 for those who seek adventure in remote alpine surroundings. You can reach the “Forbidden Plateau” via several routes. A 15 km (9.3 mi) loop trail near starts already at the 1100 m (3665 ft) level and offers panoramic views over southern British Columbia. Hiking time 5 hours.

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**Day 19:** TOFINO / VARGAS ISLAND - For your next adventure you explore the quiet inlet waters and ancient coastal rainforest of Clayoquot Sound in 2-person ocean kayaks. No previous kayaking experience is necessary. Route planning is chosen with both the novice and advanced paddlers in mind and with 1 kayak guide for every 6 participants. Starting in Tofino early afternoon you make your way to the shores of Meares Island for a break to go on a short hike under the giant cedars while the guide introduces you to the natural and cultural history of the island. Then you paddle across an inlet and past a Native village and by late afternoon arrive at your overnight camp on Vargas Island. A zodiac delivers your equipment and camping gear and takes the kayak guide back to Tofino. Your tour guide stays with your group to set up the overnight camp on one of the beautiful wild beaches. (Instead of paddling you can take the zodiac to get to the island).

**Day 20:** TOFINO / UCLUELET - The kayak guide returns this morning to paddle with you a different route past Stubbs Island back to Tofino. Planned for the afternoon is a side trip to Pacific Rim National Park where you walk mysterious trails with boardwalks and stairs in a fairy tale forest of ferns, lichens, mosses and thousand year old trees. There is more: boutiques and small stores in the charming villages of Ucluelet and Tofino offer crafts and souvenirs made by local artists. You also can join optional whale and bear watching excursions and even surfing lessons. Campground in Ucluelet (showers). Hiking time 1.5 to 4 hours.

**Day 21:** VICTORIA AND VANCOUVER - On the return trip you pass through Cathedral Grove with giant cedars and Douglas fir trees, some over 800 year old and up to 9 meters (29.5 ft) in diameter. You walk on a network of short rainforest wilderness trails which weave amongst moss and fern blanketed fallen trees. Now via the coastal highway to VICTORIA and the ferry to VANCOUVER. Arrival at the Vancouver airport hotel late afternoon.

**Day 22:** Transfer to the airport with hotel owned shuttle bus.