



CANADA: COAST MOUNTAINS MULTI-SPORT

On the west coast of Canada, British Columbia is called the land where “the sea meets the sky”. On this trip you’ll explore the moss covered forests and sparkling waterfalls of the coastal rainforest, the inland valleys with their glacier fed rivers and the mountain village of Whistler with its breathtaking views of the Fitzsimmons Range on one side and rugged glaciers and towering peaks on the other.

Duration	7 days
Season	July-September
Style of Trip	Comfortable Camping
Trek Grade	Easy - Moderate
Start	Vancouver
Finish	Vancouver

Your adventure will take you to some of the less visited areas of this beautiful region; hiking to pristine lakes, rafting on the class 3-4 Elaho River, hiking and biking the high alpine trails surrounded by massive glacier and saw-toothed peaks and an exciting glacier expedition on Blackcomb Glacier. Your base will be a comfortable camp nestled at the base of Whistler Mountain near the glacial flow of the Fitzsimmons Creek. You’ll have the opportunity to be taught about the role of the glaciers in shaping this ever-changing environment and learn about the flora and fauna of the area. This is an excellent trip for those seeking an outdoor experience off the beaten path while still having the comforts of nearby Whistler Village.

DAY 1 VANCOUVER

Upon arrival in Vancouver, transfer to your hotel just 15 minutes from the airport. On Vancouver’s upscale Westside, your waterfront hotel overlooks magnificent mountains, the sparkling sea and glittering city. Overnight Vancouver.

DAY 2 VANCOUVER- PARADISE VALLEY HIKE—RAFTING ON THE ELAHO

9:00AM After meeting your guides in the lobby for a trip briefing, we will drive through beautiful Stanley Park and over the Lion’s Gate Bridge. Relax and enjoy the scenery as we travel north along the rugged coastline of Howe Sound passing beautiful ocean views and a 1200ft. waterfall. On our hike this morning is in the aptly named Paradise Valley where we get the chance to learn about the unique natural history of the coastal rainforest. The scenery is spectacular as the trail takes us past giant moss covered trees with the show capped Tantalus Mountains in the background. Lunch is served on the shores of pristine Levett Lake near the massive Rumbling Glacier. After lunch and a short transfer, you meet your river guides for a gear fitting and safety check for your whitewater adventure on the class 3-4 Elaho River. The Elaho is noted as one of BC’s most scenic rivers with towering glaciers and 1000ft. waterfalls feeding this mighty water-

way. At the end of the journey, step out of your wetsuit and relax over an outdoor BBQ dinner. After the afternoon on the river, we continue north on the Sea to Sky Highway arriving in the Whistler Valley where we will be camped next to beautiful Fitzsimmons Creek for the next five nights.

Total hiking: 3 miles. Total rafting: 10 miles. Overnight private basecamp. (BLD)

DAY 3 ALPINE HIKE INTO JOFFRE LAKES

After breakfast, we drive north through the Pemberton Valley arriving at the trailhead for Joffre Lakes. This is alpine wilderness at its best- saw-toothed peaks, towering spruce and Matier Glacier mirrored by the tranquil surface of lower Joffre Lake. As we follow a cascading glacial stream, we leave the lower lake behind soon arriving at a sandy beach on the middle lake where we stop for lunch. From here it is another thirty minutes to the top lake located at the base of the glacier. The serenity of this beautiful alpine area is only disturbed when giant chunks of ice calving off the glacier splash down into the far side of the lake. The return hike is an easy downhill allowing you to take in the entirely different view as the western sun illuminates the mountains across the valley.

Total hiking: 6-9 miles. Overnight private basecamp. (BLD)

DAY 4 WHISTLER VALLEY TRAIL BIKE RIDE

This morning we are fitted to our bikes for a ride on the Valley Trail. The loop trail links the entire valley together as it winds past the mountainside lakes and parks. A mix of both paved and gravel trails will lead us past the shores of Alta Lake, through the lush coastal rainforest, along the clear waters of the River of Golden Dreams and over the glacial waters of Green Lake on a wooden boardwalk. Our destination is Lost Lake where we will stop for a picnic lunch and a swim. Spend the afternoon relaxing at the lake, or ride into the Village and take advantage of the numerous activities available in Whistler.

Total biking: 10-25 miles. Overnight private basecamp. (BLD)

DAY 5 HIKING ON BLACKCOMB GLACIER

Today's hike is something entirely different- after instruction on walking with crampons and the use of an ice axe, you and your guide will set out on Blackcomb Glacier. You will learn about glaciology and ice formation as well as get an up close perspective on the natural forces that sculpted the Coast Mountains. One of the many highlights of the day is exploring the inside of Blackcomb Glacier Ice Caves. For those wanting even more adventure, you have the opportunity to further your alpine skills. As well as basics of ice axe and crampon techniques, you will also learn self arrests, glacier travel skills and rope handling allowing you to make a glacier traverse and to a local summit.

Overnight private basecamp. (BLD)



DAY 6 WHISTLER MOUNTAIN HIKE

We leave the Village this morning via the high-speed gondola for the high alpine meadows atop Whistler Mountain. On the way to the top, it is common to see black bear in the forest below. From the summit we head into the backcountry which is bursting with wildflowers such as Indian Paintbrush, Arctic Lupine and Mountain Arnica. Hiking the newly constructed High Note Trail you are surrounded by the panoramic views of the snowcapped peaks and massive glaciers that make up the Fitzsimmons Range.

Total hiking: 3-12 miles. Overnight private basecamp. (BLD)

DAY 7 WHISTLER VILLAGE – RETURN TO VANCOUVER

Sleep in this morning or explore the areas of the Village that you haven't yet seen prior to your mid-morning departure. The drive back to Vancouver takes us through Cheakamus Canyon where you can see the Tantalus Ice Field that is over 100 feet thick. Arrival time back in Vancouver is approximately 12:00PM. If flying out today, please do not schedule your flights before 2:00PM. (BL)





SERVICE INCLUDES

- Expert, professional safety certified guide for the duration of your trip.
- Round-trip transportation from Vancouver to Whistler
- 1 night deluxe hotel accommodation on twin share basis in Vancouver
- 5 nights comfortable camping
- All necessary permits
- All activities and related gear as noted on itinerary
- All meals and snacks as noted on itinerary
- Bicycles for the duration of your stay in Whistler

Cost per person	Group size
\$1,940.00 USD	4-6
\$1,615.00 USD	7-10
\$1,400.00 USD	11-12

SERVICE EXCLUDES

- Daypack
- Bar/alcoholic beverages
- Tips for guides
- Travel Insurance (unless requested)
- Airfare (unless requested)
- Airport transfers
- Additional accommodations before or after dates specified on itinerary
- Personal expenses e.g. souvenirs, clothing, laundry, and optional trips

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