



Canyon to Coast

Across British Columbia's Coast Mountains

This tour for serious cyclists features the incredible beauty and diversity of British Columbia's interior and coast. From Vancouver we will shuttle you inland into Canada's canyon lands. You will ride through a semi-arid landscape through the Nicola, Thompson and Fraser Canyons before crossing the Coast Mountains and making your way to the Pacific. Once we leave the Canyons behind the landscape is dominated by glaciated peaks, giant trees, waterfalls and beautiful lakes.

Cycling

We only take 12 guests on our scheduled departures. Small groups allow us maximum flexibility and the ability to support almost all levels of cyclists. For the most part you can ride entirely at your own pace. No matter if you are in for a leisurely ride or if you want to hammer, we can make the trip right for you. And please remember the mileage given in the itinerary below is the distance to get you from one lodge to the next. The means you can ride less and board the van or you can extend your rides significantly. Please be aware that riding in British Columbia is never flat. This is the place where the mountains meet the sea. Please do expect lots of rolling terrain and long sustained climbs.

Professional Guide Services

Our guides are as impressive as the scenery. All of our leaders are passionate about their work and are delighted to pass on their skills. University and college graduates with strong backgrounds in natural history, geology and anthropology, they are knowledgeable in the local region and its folklore. Part chef, part naturalist, trained in wilderness first aid and professionally certified, our guides are eager to please and will ensure you have a memorable experience.

Equipment

A support van ensures comfort and safety throughout your trip. On board are snacks and refreshments, first aid, your baggage, and a driver who is never far away, ready to offer a lift, congratulations or words of encouragement. Our trailer is equipped with on board kitchen where we prepare delicious lunches and a variety of refreshments.

We utilize top quality 27-speed 'Rocky Mountain Bicycles'. These hybrid bikes (cross between touring and mountain bike) are built in Canada and have a great reputation for performance, comfort and durability. These bikes are some of the lightest hybrid bikes on the market and perform exceptionally well. A carbon fork helps to bring the weight down and adds comfort by its vibration dampening qualities.

They are equipped with water bottle, a waterproof front handlebar bag, and toe clips or bare pedals. Helmets are available free of charge. And, of course, mechanical support is always provided by our qualified guides.

Accommodations

Evenings will be spent in the warmth and security of a selection of the area's most charming lodges, resorts and B&B's. In each case, the properties have been selected because they reflect the tranquillity and beauty of the region or they are ideally situated.

Climate

Winters on British Columbia's West Coast are usually very wet. But from May to the end of September we usually enjoy lots of sunshine and a very mild climate. The proximity of the ocean moderates the temperatures and it does spare this part of the country from extreme heat and cold. Statistically May and September are the driest month on BC's south Coast. So chances are very good for nice dry weather with temperatures anywhere between upper 60's /20C and low 80's/28C. However due to the closeness to the Pacific Ocean travellers should be prepared for a rainy day at any time of the year.

Safety and Responsibility

Cycling, hiking and sea kayaking, like everything else, are very safe and enjoyable sports if done properly and professionally. Safety is our utmost concern. Our trips are escorted by professional local guides and accompanied by a support vehicle in case of any emergencies. However, it is important that each trip participant realizes that there are some inherent risks these activities, as there are in many outdoor sports. Individuals must be responsible for their own actions and accountable for their own decisions. To acknowledge this assumption of risk, each tour member is required to read, understand and sign a liability release form. We will provide you with all the information you require in order to make your decision about joining us or taking part in any specific activity. We will support any decision made by participants to opt out of any activity that they are concerned about or feel is beyond their capabilities.

Personal Preparation

Cycling is the most effective way to train for a bicycle tour. The neck and shoulders as well as the seat can be a bit uncomfortable for the first few days of riding if you have not done some conditioning prior to arrival. A program of gradual training in a variety of aerobic sports like walking, swimming, running and cycling will ensure good conditioning. Most importantly, a spirit of adventure is essential.

Canyon to Coast Itinerary

Day One (Sunday)

After meeting in Vancouver we will drive up the Fraser Valley and through the Coast Mountains and Manning Provincial Park to the town of Princeton. We give you a chance to ride the last 30k/20 miles into town to get your legs spinning. We stay overnight in Princeton.

Day Two

From Princeton we make our way through Orchards, ranch land and semi arid sage country to Merritt. 95 k /57 miles

Day Three

We are following the spectacular Nicola River and canyon. At the confluence with the Thompson River we turn west and head down the Thompson Canyon on the Trans Canada Hwy. The road

snakes beautifully high above the wild river. Tonight we will stay in Lytton, Canada's river rafting capitol, at the confluence of the Thompson and Fraser Rivers
105k / 63 miles

Day Four

This morning there is time for a optional rafting tour on the Thompson river or a hike into the Canyon.
Then it is back on the bikes again. Today we enjoy a quiet back road through the amazing Fraser Canyon.
76k / 45 miles and optional hike or raft

Day Five

Today's ride is the day that separates the men from the boys. We climb our way up the Sea to Sky Hwy and we leave the semi-arid canyons below us. A van shuttle is available on the steepest sections. During today's ride we see the vegetation change to sub-alpine with pockets of lush rain forest. At the end of the day a spectacular descent into the Pemberton Valley awaits the tired group.
104 k / 62 miles

Day Six

In the morning we climb up to the ski resort of Whistler. Amazing views of glaciers, waterfalls and turquoise blue lakes make this a short ride. After lunch in the resort town it is mostly downhill to the Pacific Ocean at Squamish. We finish the ride at 300m / 1000ft high Shannon Falls with a view of the Pacific. Then we shuttle you back to Vancouver and it is time to say good bye.
95k / 57 miles

2009 Departure Dates

June 14-19
September 13-18

Trips start and finish in Vancouver, British Columbia

2009 Prices

| | |
|-------------------|-------------|
| Trip Cost | \$1,995 CAD |
| Single supplement | \$450 CAD |
| Bike rental | \$150 CAD |

(Prices are subject to 5% GST)

Services Included

- 5 nights accommodation in lodges and B&B's
- All meals (5 breakfasts, 5 lunches, 4 dinners, refreshments)
Except 1 dinner and 1 lunch: Here you will have the opportunity to sample local fare on your own.
- Professional guide service
- Support vehicle and luggage transport
- All transfers from and to Vancouver

Reservations: 1-800-661-BIKE (2453) / e-mail: res@rockymountaincycle.com