



## Great Canadian Mountain Traverse

This trip is for those daring enough to challenge the two big mountain ranges of Western Canada in 1 week. Rocky Mountain Cycle Tours owner and former adventure racer Peter Weiland dreamed up this challenge during some bikeless cold winter days. From Lake Louise in the Canadian Rockies to Whistler in the Coast Mountains. In between you can expect challenging big climbs, unbelievably beautiful scenery and long days in the saddle. If you are a serious road cyclist and you do not mind back to back century rides and you are looking for **THE CHALLENGE OF A LIFETIME** with a maximum satisfaction factor, this trip is for you. You will ride a total of 1000k / 621 miles and you will climb approximately 11,000m or 35,000ft.

### Itinerary

**Arrival Day.** Arrive the day before the tour in Lake Louise. Calgary is your nearest airport and shuttle busses take you to Lake Louise. Try to be in Lake Louise so you have the afternoon to do a short acclimatization ride to Lake Louise and Moraine Lake and to make sure your bike is working perfectly. Bikes can be shipped to Lake Louise and assembled at the bike shop. We will meet for a pre-ride briefing at 9.00pm.

**Day 1: From Lake Louise to Sunwapta Falls 185k / 111 mi.** From the Bow Valley over Bow Pass into the heart of the Canadian Rockies. Then climb up Sunwapta Pass, ride past the Columbia Icefield and descend to Sunwapta Falls.

**Day 2: From Sunwapta to Mt Robson 158k / 98mi.** Through the Athabasca Valley to Jasper and across the Continental Divide at Yellowhead Pass to the highest peak in the Canadian Rockies.

**Day 3: Mt Robson to Blue River 135k / 84 mi.** Through the North Thompson River valley and through the Cariboo Mountains to Blue River.

**Day 4: Blue River to Little Fort 80 mi / 135k.** Along the North Thompson River and into the interior high plateau.

**Day 5: Little Fort to Clinton 160k / 81mi.** Through the Cariboo wilderness and its many lakes.

**Day 6: Clinton to Lilloet 108k/ 65 mi.** Emerging from endless forests into the semi-arid canyonlands of British Columbia's largest river, the Fraser.

**Day 7: Lilloet to Pemberton 100k/60 mi.** From the Fraser Canyon into the forbidding wilderness of the Coast Mountain Range. This stage is extremely scenic but with the steepest grades of the trip also very challenging.

**Day 8: Pemberton to Whistler 32k/20 and shuttle to airport.** The finale of this trip takes us to the ski resort of Whistler where we will celebrate the end of our journey. You might want to stay for another day to relax and enjoy the resort.

Transportation to Vancouver hotels or airport can be arranged.

**Trip Cost:**

\$ 2495 CAD Trip cost based on double occupancy

\$ 550 CAD Single Supplement Fee

\$ 240 CAD Bike Rental (although we recommend to ride your own bike)

**Trip includes:**

- 7 nights of accommodation in hotels and lodges
- Meals (7 breakfasts, 6 lunches, 4 dinners)
- Luggage transport
- Support vehicle
- Mechanical support
- Road book and map
- Guiding
- Minimum 6 guests, maximum 24 guests

**2010 Trip Date:**

**September 4-11**

Please note: This trip is not a race but a very serious cycling challenge. Please make sure you and your bike are in the shape and condition to do this trip. A support van is available, but to get the most out of this tour you should be able to ride the daily distances.

If distances of this trip seem to daunting please have a look at our other more moderate cycle tours in the Canadian Rockies.

**If you fly in for this trip you should make flight arrangements to Calgary, AB and back from Vancouver, BC.**

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