

## 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 bike-less 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 on the world famous and stunningly beautiful Icefields Parkway across Bow Pass into the heart of the Canadian Rockies. The second climb of the day up Sunwapta Pass takes us to the Columbia Icefield, from here we enjoy a long descent to Sunwapta Falls.

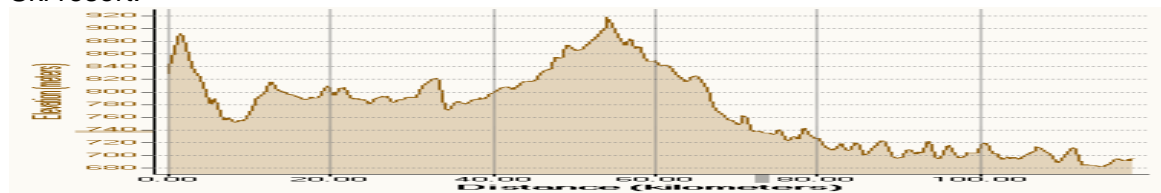


**Day 2: From Sunwapta to Mt Robson 158k / 99mi.** In morning we ride through the beautiful Athabasca river valley in Jasper National Park, then we climb gently across the

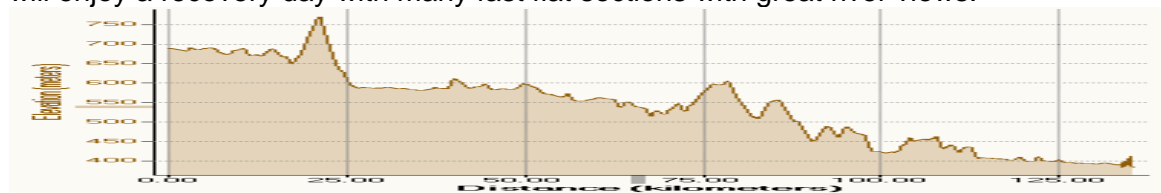
Continental Divide at Yellowhead Pass. At the end of the day you get to spend the night in the shadow of the highest peak in the Canadian Rockies, Mt. Robson.



**Day 3: Mt Robson to Blue River 135k / 84 mi.** Through the North Thompson River valley and through the Cariboo Mountains to Blue River. You will get a good sense of the remote wilderness of Northern British Columbia with it's big mountain scenery. At the end of the day you will be rewarded with luxury lodging at Mike Wiegele's famous Heli-Ski resort.



**Day 4: Blue River to Little Fort 80 mi/ 135k.** Along the mighty North Thompson River we will encounter bears, salmon and have a good chance of spotting moose. Today we will enjoy a recovery day with many fast flat sections with great river views.



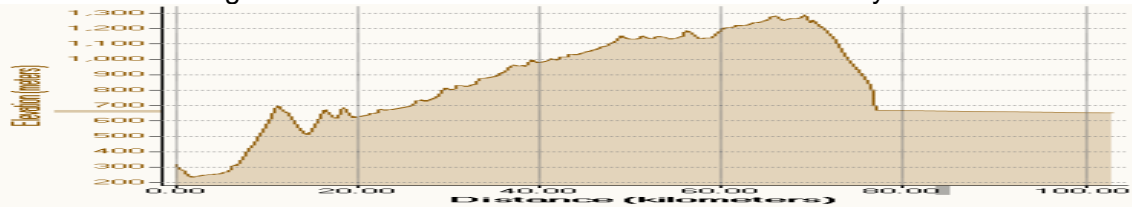
**Day 5: Little Fort to Clinton 160k / 100mi.** A long, steep morning climb of 12k with grades between 8-10% takes us onto the Caribou Plateau. Then we enjoy a roller coaster ride through the Cariboo wilderness and it's many lakes. Keep your eyes open for bears, moose and deer.



**Day 6: Clinton to Lilloet 108k/ 65 mi.** Today we will emerge from endless forests, first into open ranchlands, then descending the semi-arid canyonlands of British Columbia's largest river, the mighty Fraser. You can expect a spectacular canyon section ending in Lilloet.



**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. Several hours of uphill riding take us to turquoise blue Duffy Lake, with spectacular glaciated peaks in the background. Afterwards the longest and fastest descent into the Pemberton Valley awaits.



**Day 8: Pemberton to Whistler 32k/20.** 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)  
(subject to 6%HST)

**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

**2012 Trip Date:** Sept 2-9 (arrive in Lake Louise at the latest afternoon of Sep 1)

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.**