



## Best of the Rockies- 21 Days

*This active adventure takes our travellers through the wilderness of the Rockies from the West of Canada to the Northwest of America. A nature enthusiasts dream!*



Our journey begins in Seattle where we head directly north to Vancouver. Vancouver is one of Canada's most beautiful cities and with its temperate climate it is a year round playground. Wander through the markets at Granville, rent a boat to take in the scenery or simply bike through Stanley Park. From the city to the country we head out of Vancouver through the awesome Fraser River Canyon. Try some white water rafting down the Thompson River if the conditions allow.

We continue our trip to Alberta and the majesty of Jasper National Park. In this beautiful national park take time to rent a mountain bike, horseback ride, canoe on a high mountain lake, or take in a variety of nature hikes. Heading south to Banff National Park we will drive along the Icefields Parkway. This route follows the major glaciers that drain the Columbia Icefields. Make sure you have your camera handy, as this journey is full of photo opportunities. Arrive at Banff for a three nights stay at a secluded campsite. Banff offers a variety of activities including swimming in the hot springs, biking, whitewater rafting on the Yoho River (conditions allowing) hiking or taking in the nightlife in town.

Next we continue south now into America and the wilderness of Glacier National Park and a chance to see some big wildlife. Mountain goats, elk, grizzly bear, moose and marmots are native to these parts. Take in magnificent mountain hikes in the passes of Glacier Park. Our next stop will be a comfortable mountain lodge in the middle of Montana's countryside. Rest and relax before we journey to Yellowstone National Park. This park is an adventure in itself complete with petrified trees, Old Faithful and other geysers, mudpots, waterfalls, plenty of roaming wildlife (you can't miss the buffalo as they cross the road), hot springs and meadows.

We follow the mountains south through Grand Tetons National Park. This range of mountains is particularly beautiful and nestled at their base is Jackson, Wyoming where you can enjoy the Western Rodeo, Million Dollar Cowboy Bar and Silver Dollar Saloon. Again take time to enjoy hiking, biking or horseback riding.

Across the Rockies and following the Snake River we enter Idaho. Our first stop is Craters of the Moon National Park. Continuing along the Snake River we enter Oregon and Washington destined for Mount Rainier National Park.

Through forests and river valleys we journey into meadows and glacial lands and then into the temperate forests of Olympic National Park. We spend two nights in this lush national park

before crossing the Puget Sound to Seattle. Consider spending some extra time in our ending city to see the Space Needle, markets, coffee bars and microbreweries.

### **Included**

Transportation by adventure vehicle  
Services of a tour leader  
All camping fees & equipment  
Sulphur Mountain hot springs  
One night in mountain lodge  
Ferry crossings en route  
Admission to all National Parks

### **Not Included**

International Flights  
Travel Insurance  
Spending Money  
Food (Kitty will be collected USD\$9 per day)

### **Meals**

You will contribute to a food kitty of \$9 per day. This will provide for 3 meals a day usually; eating fresh food that we purchase as we travel to satisfy the international flavour of the group- a healthy way to travel at an unbeatable price. While on the tour you will take turns cooking meals.

### **Optional Activities**

Horseback riding  
Mountain biking  
Canoeing  
White water rafting

### **Stops**

Departs our Seattle hotel at 0730 hrs.

1. Vancouver
2. Vancouver
3. British Columbia
4. Jasper National Park
5. Jasper National Park
6. Banff National Park
7. Banff National Park
8. Banff National Park
9. Glacier National Park
10. Glacier National Park
11. Montana Lodge (HP)
12. Yellowstone Nat'l Park
13. Yellowstone Nat'l Park
14. Jackson
15. Jackson
16. Crates of the Moon National Monument
17. Mount Rainier Nat'l Park
18. Mount Rainier Nat'l Park
19. Olympic National Park

20. Olympic National Park  
21. Seattle

**Dates & Prices**

25-May-08	£964
15-Jun-08	£1037
6-Jul-08	£1037
20-Jul-08	£1099
3-Aug-08	£1151

If you have any questions or would like to have a chat about the programme, please feel free to call or email me. I have travelled extensively in the USA and Canada and am happy to share my experiences with you.

**Alicia Hunt**

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