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CANADA WEST TOUR

Gigantic mountain ranges, roaring rivers, never-ending forests and remote highways!

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RIDING DAY 1 : VANCOUVER - OSOYOOS LAKE

Standard Route (420 km / 261 miles)

Even though it may not be an easy decision - we have to leave Vancouver today. But as soon as we see the spectacular beauty of nature in the Cascade Mountains, the sadness of saying goodbye is completely blown away and we can enjoy the day. Initially, we follow the famous Fraser River towards Hope. While there is quite a bit of traffic in Vancouver, with every kilometer that we travel the traffic becomes less and less. In Hope, we will join the Crowsnest Highway, which leads us up into the mountains. If we look to the left, we can see the beautiful mountain scenery of British Columbia, on the right we can see the border to the United States of America. After countless long sweeping turns, we will slowly leave the mountains behind us and descend into the warm and fertile Okanagan Valley, where vineyards and all kinds of fruit are waiting for us.

Highlights:

#1: Fraser River



With a length of 854 miles (Rhine: 764 miles) the Fraser River is the longest river in British Columbia, the tenthlongest in Canada. Its source is located near Jasper, Alberta. The Fraser River is named after Simon Fraser, who led many expeditions in British Columbia (1776-1862). In 1808 he guided an expedition from today's Prince George almost to the mouth of the Fraser River near Vancouver. The Fraser River creates the northern boundary of the famous Cascade

Mountains, which stretch from Northern California all the way to British Columbia.



#2: Okanagan Valley



If you look around in the Okanagan Valley, you would think that you are somewhere in the southern United States, but not in Canada. The climate is warm and dry, the landscape looks more like a desert than a Canadian mountain region. The Cascade Mountains keep the rain away, in average the Okanagan gets about 10 inches of rain per year (US: 30 in/year). Instead you have more than 2000 hours of sunshine per year - not surprisingly, you will find many fruit

orchards and vineyards in the valley. Okanagan Lake is about 84 miles long and not more than 3 miles wide.



RIDING DAY 2 : OSOYOOS LAKE - NELSON

Standard Route (335 km / 208 miles)

If you are familiar with northern Italy, today's ride might remind you of it - we are basically riding from lake to lake. But on the other hand, today is quite different than Italy: the landscape is wider, the historic towns along the highways are smaller and there is a lot less traffic. In the morning we leave Lake Osoyoos and the Okanagan Valley and continue further east on the Crowsnest Highway. Through many beautiful curves we ride up and down the mountain ridges, again and again we see little lakes and even smaller western-style villages. Several viewpoints provide fantastic lookouts over the Canadian mountains and even towards the large neighbour USA. Our destination today is Nelson, a scenic town on the western arm of the even more scenic Kootenay Lake. It is well worth to arrive a bit earlier, so that you still have time for a little walk along the lake.

Highlights:

#1: Greenwood



Greenwood is supposedly the smallest town in Canada. It was founded during the gold rush towards the end of the 19th century and counted about 2000 inhabitants during its heyday. Besides all the usual establishments of a gold town, it even had an opera house. Except for the gold, copper was the main mineral found in the region. With the end of the gold boom and the drop of copper prices, the days of Greenwood were numbered. During World War II, many

Japanese Canadians were sent to Greenwood for internment after the attack on Pearl Harbour. This saved the town from becoming a ghost town like so many others. Today the well kept historic houses make the town look like a huge open air museum.



#2: Nelson



The picturesque town of Nelson is nestled on the shore of the West Arm of the great Lake Kootenay. During the Vietnam war, many American draft dodgers settled in Nelson and the surrounding area. This influx of liberal, mostly educated young people had a significant impact on the area's cultural and political demographics. Today, Nelson has earned a reputation as a cultural centre. The

term hippie is used most often. The downtown area is packed with good restaurants, cafes, coffee houses, local shops, small art galleries, the restored Capitol Theatre and impromptu theatre venues. The primary industry is tourism.



RIDING DAY 3 : NELSON - VERNON

Standard Route (360 km / 224 miles)

Today the beauty of the Kootenay region unfolds before us. Initially we will follow the Kootenay Lake to the north. In Kaslo we can visit an old sternwheeler, which used to travel on the lake. Over beautiful mountain roads and through gorgeous valleys we ride towards the west again, until we reach the Upper Arrow Lake at Nakusp.

Later we will take the ferry across Lower Arrow Lake and enjoy its crystal blue water surrounded by snow-capped mountains. Our destination Vernon awaits us on the other side of Monashee Pass.

Highlights:

#1: SS Moyie Sternwheeler



The sternwheeler SS Moyie was in service since the late 19th century, since 1898 to be exact. It was originally built to bring the gold diggers to the Klondike gold mines, but as the railroad was not finished in time, it was put to duty on Kootenay Lake instead. Its service ended in 1957, when the SS Moyie was retired. After its restoration it was reopened as a museum, being the oldest ship of its kind worldwide. In 1958 it was designated "National Historic Site of Canada".

#2: Fauquier



The Needles-Fauquier ferry has been in operation since 1913. The first ferry was built by parts that were taken from a Ford Model T. It is guided by a cable that is stretched between the two terminals and powered by a Diesel engine. The short ride gives us a chance to soak in the beauty of Lower Lake Arrow. Even though the crossing is not even a mile long, it shortcuts the alternative routes by quite a few miles!



#3: Monashee Pass



The road from Needles to Vernon leads over the Monashee Pass, a favorite of local motorcyclists. The Monashee has an abundance of fresh water. Here pristine waters can be found being fed by glaciers and clear mountain streams. Glaciers in the Monashee provide the source for the Shuswap River, one of the great river systems in British Columbia, which eventually feeds the Fraser River.



RIDING DAY 4 : VERNON - GOLDEN

Standard Route (350 km / 217 miles)

Our ride takes us over the Columbia Mountains on the Trans-Canada Highway. We will stop in Revelstoke, a quaint ski resort right next to Mount Revelstoke National Park. Continuing west over Rogers Pass, we ride through Glacier National Park and reach Golden, B.C.

It is time to reset our watches because Golden is situated within the Mountain Standard Time zone – just like Calgary, Alberta. It is two hours behind Eastern Standard Time (Toronto) and one hour ahead of Pacific Standard Time (Vancouver). There is a good chance of coming across some wildlife on our journey today. Deer, elk, moose, and even bears could pop up along the roadside.

Highlights:

#1: Revelstoke



Like many other cities in this region, the story of Revelstoke began during the late 19th century with the construction of the railroad. Today the location on the Trans-Canada highway is just as important, especially for winter sports. The ski areas around Revelstoke are famous all over the world - not surprisingly, if you recall the winter of 1971, where Revelstoke received about 80 feet of snow! The

historic city center offers many small stores, cafés and restaurants - no problem to spend some time here.

#2: Mount Revelstoke National Park



We can stretch our legs on the Giant Cedars Boardwalk. The 1,970 ft. "Giant Cedars Boardwalk" is a walk through a living museum. This short boardwalk will take you into the heart of a pristine rainforest, with 600 year old cedar trees. Benches are provided so you may relax and enjoy the serene forest atmosphere. Winding 16 miles uphill, the "Meadows in the Sky Parkway" takes you through forests of

cedar and hemlock, spruce and fir, to the renowned subalpine wildflower meadows of Mt. Revelstoke National Park.



#3: Rogers Pass



Located at the summit of the pass, the Rogers Pass Centre includes a theater, a hall of railway models and natural history exhibits. The Glacier Circle Bookstore, operated by the Friends of Mt. Revelstoke and Glacier, has a great selection of books and souvenir items. All proceeds from the store go to fund various projects in the parks.



RIDING DAY 5 : GOLDEN - LAKE LOUISE

Standard Route (300 km / 186 miles)

Today we have a perfect mix of great roads, beautiful scenery, and a bit of sightseeing on our schedule. In the morning we follow the Columbia River to the south. Pleasant temperatures and the nearby river are not only excellent for us but also the deer and elk like to enjoy the cool morning hours - so keep your eyes open! After a stop in Radium Hot Springs, we enter the first of the many more national parks that we are going to visit during the next few days. The route through Kootenay National Park takes us across the Pacific Divide towards Alberta and Banff - a paradise for souvenir hunters. Finally, we will follow the Bow River Parkway toward Lake Louise, our destination for today.

Highlights:

#1: Banff



Impressive mountains, dense woods, flower fields, clear rivers - all of this makes Banff one of the most beautiful places on earth. A good way to get an overview of the city is to take the Sulphur Mountain Gondola - snow covered mountains and woods as far as you can see.

#2: Bow Valley Parkway



Experience life in the 'scenic' lane. Roadside interpretive panels at pull-offs along the way connect you with the diversity of life and life forces that flow through the Bow Valley. The Bow Valley Parkway is a pleasant, narrow road with a comfortable sightseeing speed limit of 45 mph. Diverse wildlife along the Parkway means plenty of picture stops.



#3: Lake Louise



One of the most photographed mountain lakes in the world, the azure blue color of Lake Louise is astounding. The color of the water comes from the minerals in the surrounding soil. One could easily spend the day here and rent a small boat to float away the hours under the towering peaks.



RIDING DAY 6 : LAKE LOUISE - JASPER

Standard Route (275 km / 171 miles)

Today we have the privilege of riding one of the most dramatic and remote stretches of mountain pavement on the planet. The incredible Icefields Parkway is on tap as we make our way north from Lake Louise to our overnight stay in Jasper. The peaks and pristine glacial lakes roll by as if they were one big-picture postcard.

The Columbia Icefield, home to the Athabasca Glacier, is one of the largest ice areas south of the polar circle. It also feeds the Athabasca Falls, which are just a bit further up the road. You will shake with wonder at the awesome power of the water as it surges through the falls.

Highlights:

#1: Icefields Parkway



It's bold, it's beautiful, and this is one road trip you'll never forget. The spectacular Icefields Parkway is considered one of the world's finest scenic drives. Travel past magnificent peaks, pristine mountain lakes, and ancient hanging glaciers on Highway 93 North. It stretches 144 miles between Lake Louise and the town of Jasper along the backbone of the Canadian Rockies and offers unparalleled access to pristine

wilderness. You'll want to stop for pictures of cascading clear waterfalls, breathtaking viewpoints, and brilliant turquoise blue lakes. Take a moment to read the roadside interpretive displays that illustrate the importance of this area and its early exploration. If you're lucky, you might glimpse a black bear, a moose, or bighorn sheep along the way.



#2: Columbia Icefield



The Columbia Icefield is about 325 square kilometers in area and is the largest region of ice and snow south of the Arctic Circle. Melting snow and ice feed rivers that drain into the Atlantic, the Pacific and the Arctic Oceans. This turns the summit of Snow Dome, into one of only 2 hydrological apexes in North America. There are 8 glaciers making up the Icefield, but only three can be seen from the

Icefield Parkway. The area can get as much as 33 ft. of snow each year. A warming climate and less snow each winter has seen all of the Icefield's glaciers retreat over the past century. The average elevation of the Icefield is about 9,850 ft., with Mt. Columbia being the highest point (and the highest point in Alberta) at about 12,300 ft. Have your camera ready!

#3: Athabasca Falls



Flowing from the glaciers of the Columbia Icefield, the Athabasca River is the largest river system in Jasper. Among the most powerful and breathtaking falls in the Rocky Mountains, the Athabasca River thunders through a narrow gorge. The 75 ft. Athabasca Falls is not very high by Canadian Rockies standards, but the size of the river makes it one of the most powerful falls to be found in the

mountainous national parks. The best views are from the opposite side of the falls from the parking area as Mt. Kerkeslin towers in the background.

CANADA WEST TOUR



RIDING DAY 7 : JASPER

Standard Route (95 km / 59 miles)

Today is a day for relaxing. Jasper has fine restaurants and shopping, so this is an opportunity to sleep in and have a leisurely breakfast. There is no need to pack this morning!

Of course we can still ride, but it is only a short trip to the Jasper tramway for a ride up to the top of Whistler Mountain. Maybe you would rather take a scenic boat cruise on Maligne Lake to the famous Spirit Island. A hike in Maligne Canyon is very impressive. One thing is certain, you won't be bored.

Highlights:

#1: Jasper SkyTram



Just 10 minutes south of town is the Jasper tramway. The experience of riding Canada's longest and highest aerial tramway into Jasper National Park's alpine tundra will captivate you. Stroll the scenic boardwalk area or enjoy the summit hiking trail, starting right from the upper station at 7,470 ft. in altitude.

#2: Maligne Lake



Located in the incredible Maligne Valley, this is the second largest glacier-fed lake in the world, encompassing 14 miles. A one-and-a-half hour boat cruise will give you views of glacier-topped peaks before bringing you to worldfamous Spirit Island. Maligne Lake is a great place for guided fishing, hiking or horseback riding. It is also great for cross-country skiing in winter. It's located 28.8 miles southeast of Jasper.



#3: Maligne Canyon



Maligne is one of the most amazing canyons in the Canadian Rockies, with sheer limestone cliffs that plunge to depths of over 165 ft. The canyon is easily accessible by a trail that begins at a picnic area and takes hikers across six bridges, where they can catch the spray from the powerful Maligne River, or peer into its turbulent depths. In winter, guided tours across the floor of the frozen canyon are offered.



RIDING DAY 8 : JASPER - KAMLOOPS

Standard Route (550 km / 342 miles)

Today is an easy, but fairly long ride through the Canadian countryside. Our first landmark is the magnificent Mount Robson, the highest mountain in the Canadian Rockies. If the weather is good, we can see the peak.

We now turn southwest on the Yellowhead Highway, named after the gold curly, Iroquois Métis guide known as "Tête Jaune", literally translated as "Yellow Head", who led the first fur trappers through this land. In Clearwater we will enter the Wells Gray Provincial Park and visit the Helmcken Falls. From here we follow the Thompson River into Kamloops and the Thompson-Okanagan Valley.

Highlights:

#1: Mount Robson Visitor Centre



The peak of Mount Robson is the highest in the Canadian Rockies, towering 12,972 ft. over the western entrance of the park. As well as occupying a portion of the Main (Park) Ranges of the Rockies, the park, one of the oldest in British Columbia, also contains the headwaters of the Fraser River, and, in the northwest section of the park, the massive Berg Glacier, notable for being one of the few living (or advancing) glaciers in the Canadian Rockies. Before the

discovery of Mount Waddington on the central coast in 1925, Mount Robson held the distinction of being the tallest mountain in British Columbia.

#2: Thompson Okanagan



Tucked away in Central British Columbia, the Thompson-Okanagan and Okanagan Valley are beautiful and pristine places, with dozens of parks surrounding Okanagan Lake. The Okanagan Valley is almost dry enough to warrant being called a desert. After even one visit to this spectacular diverse area you'll understand why superlatives are constantly used to describe it. Beloved by thousands of

visitors and inhabitants alike for the unparalleled variety of its climate and landscape, the Okanagan Valley has something for everyone: Hoodoos, orchards, vineyards, mountains, valleys, lakes, highlands, ski slopes and trails. This truly is one of the most desirable locales in British Columbia for motorcycling fun.



#3: Wells Gray Provincial Park



Wells Gray Provincial Park is also known as the waterfall park, due to the many waterfalls within its confines. The park, which comprises most of the Cariboo Mountains, covers over 3,100 square miles and is home to about 219 bird species and more than 50 mammal species. Other than its alpine regions, the park is densely forested with conifers and dotted by alpine meadows. Come on, take a ride up

and back through the park after lunch.

CANADA WEST TOUR



RIDING DAY 9 : KAMLOOPS - VANCOUVER

Standard Route (420 km / 261 miles)

Today's route is for riding. We will head west along the southern shore of Lake Kamloops to the old gold rush city of Cache Creek. During the gold rush of the mid-1800s, Cache Creek served as a halfway point for many hopeful prospectors en route to the Cariboo Gold Fields.

As we turn south we ride on the fabulous Highway 99, also known as the Sea to Sky Highway. Curve after curve, we are on one of the best roads for motorcycling. We pass by the Whistler Ski Area, host to the 2010 Winter Olympic Games, on our way to Vancouver.

Highlights:

#1: British Columbia Highway 99



instead of the road!

#2: Whistler



The Whistler valley, which is formed by the pass between the headwaters of the Green River and the upper-middle reaches of the Cheakamus, and flanked by glaciated mountains on both sides, lies before us. The area informally acquired the name whistler due to the call of the indigenous hoary marmot. A beer for the tour member who can photograph one! Several 2010 Olyimpic ski events took

place at the highly rated Whistler Ski Area.

Highway 99 is the Sea to Sky Highway, which winds through five distinct bio- and geo-climatic zones in the Vancouver Coast and Mountains region of British Columbia. The highway winds from coastal rain forest at Horseshoe Bay, through Squamish, the Garibaldi Provincial Park, and the Resort Municipality of Whistler. The road was renovated and made safer for the 2010 Winter Olympics, but we must still ride carefully because it is easy to look at the scenery



#3: Vancouver



• The best way to get an overall feel for the city is to take a bus tour. It is nice to leave your helmet off for the day and let someone else do the driving! Perhaps a Sea plane to Victoria on Vancouver Island is in order. You can also ride there on the ferry if you wish.

• If staying in town is your preference, there are many attractions. Stanley Park, one of the largest urban parks in the world, including a 150 year old forest, 5.5 miles of

seawall and many popular attractions.

• Or how about Queen Elizabeth Park, which includes the dramatic Quarry Gardens and a large Arboretum and a spectacular 360 degree view of Vancouver.

• Do you like to golf? There are three championsip courses near the city center. You can book a tee time online and also rent clubs.

 World-renowned shopping is most certainly the main attraction on Robson street, a downtown thoroughfare. But you can also people watch from cafe patios (keep an eye out for celebrities), dine on delicious fare at trendy restaurants, get pampered at a spa or simply stroll along with the crowds.

• The Vancouver Art Gallery has a highly acclaimed collection of national and international contemporary art and is worth spending at least an afternoon exploring. Don't miss the collection of work by the well-known British Columbian artist Emily Carr.

We wish you a wonderful tour.



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