

# Canada Family Adventure from Vancouver to Calgary

Trip Code: FCD

Version:



MULTI ACTIVITY



FAMILY



LEISURELY



## HIGHLIGHTS

- Discover nature, adventure and First Nations culture in Vancouver and Whistler
- Enjoy an idyllic Canadian canoe excursion on Clearwater Lake and paddleboarding on the Columbia wetlands

- Walk on the Athabasca Glacier on the Icefield Parkway
- Drink in the breath-taking scenery around Jasper, Banff and Lake Louise

## AT A GLANCE

- 13 days active adventure
- Walking
- Bike ride
- Wolf sanctuary
- Icewalk with crampons
- Paddle boarding
- Canoeing
- Camping
- BBQ's / Pizza and Bowling
- Join at Vancouver, end in Calgary

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

The backdrop to our 2 week family adventure holiday is stunning, with the Coast and Rocky Mountains boasting breath taking scenery including snowy peaks, turquoise lakes and vast endless forests. Our journey from Vancouver to Calgary starts with a bike ride through Stanley Park complete with totem poles and ocean views. We have immense panoramic views of Howe Sound from our walk up The Chief (702m) near Squamish. In Whistler we learn about the First Nations and make our own dreamcatcher to take home. During our drive over to the Rocky Mountains we can really appreciate the vastness of the land and the enormity of the forests. Hopefully we'll have some wildlife encounters as moose and bear roam the forests.

In Wells Gray National Park we experience the beauty and tranquillity of Canadian canoeing on Clearwater Lake. It's then down the famous Icefield Parkway for an exciting stop to walk with crampons on the ice before walking in the area near Jasper, Lake Louise and Banff. We round off our 2 week adventure with a celebratory pizza and bowling night before the transfer to Calgary Airport and say our goodbyes.

On this epic adventure holiday we stay at campsites and rustic mountain huts, nestled in the trees and usually with a fire pit and glimpses of the huge mountains. The air is fresh and we'll sleep well after our days walking or activities in the great Canadian outdoors. You will create some very special moments and memories for your children and the family on this super holiday in Canada.

## Is this holiday for you?

This is a jam packed holiday full of activities and adventure. It is designed to ensure that you and your family see the best of British Columbia and Alberta and enjoy some truly awesome Canadian experiences. If you wish to take part in any of the water based activities you must be able to swim.

All activities are suitable for beginners and children. The longest walk is an easy and gentle 4hrs. There are a few long journeys in the vehicle and you and your family should be prepared for this. Camping in Canada can be great fun, and there is a really sense of being on holiday.

All campsites have BBQ areas and usually a large space for the children to run around in or relax. The settings are also beautiful and it takes us away from the centre of towns.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- A professional and qualified tour leader
- All accommodation as described
- Arrival airport to hotel shuttle
- Single timed departure airport transfer
- Meals as described in the Meal Plan
- All land transport required by the itinerary
- All activities/excursions/entrance fees mentioned unless specified as 'optional'

### What's not Included

- Travel insurance
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Any additional activities/excursions indicated as optional
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc

### Joining Arrangements & Transfers

The group will meet at the group hotel in Vancouver.

The Vancouver hotel provides a free hotel shuttle. This gives you the flexibility to arrive at any time during the day.

On the last day of the Land Only itinerary, there will be a single timed transfer from Banff to Calgary Airport (approx. 1hr 30 mins) for flights departing in the late afternoon.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost.

Hotel contact details and an emergency number will be provided with your booking confirmation.

### Meal Plan

All breakfasts, 10 lunches and 8 dinners are included.

## Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as [Water-to-Go](#), which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

The majority of the meals are provided. Breakfast will be cereals and yoghurt, with coffee, tea, toast and the occasional cooked breakfast.

Everyone will prepare their own lunch in advance each morning, so that it can be eaten on the day's outing. Bread, sausage, cheese, fruit and snacks are provided for this purpose. Beverages are not included. Dinner will include stir fries, BBQ's, pasta dishes, curries etc.

Very often cooking will be on an open fire. Your tour leader will make restaurant recommendations for the meals not included. The camping meals are prepared by the guide and it is good group etiquette to help with preparation and washing up. This can be a fun time of the day.

## Accommodation

During the holiday the group will have 2 nights in a hotel with swimming pool located near Vancouver Airport.

We have 7 nights camping in twin-share tents on serviced campgrounds, selected for their beautiful locations. Camp sites in Canada are usually surrounded by forest with pitches having a picnic bench and BBQ/firepit. Trees provide privacy. All campsites have showers and toilet facilities. Wood is provided for campfires. We supply '3-person' tents, with 1 tent allocated to 2 people. This gives you lots of room. The tents are 7ft x 7ft / 2mx2m. You will need to arrange yourselves into these tents as appropriate to your children and family members.

The camping experience is participatory, meaning group members should be willing to help the guide out with camp chores such as setting up tents and helping prepare the meals, fetch water, assist with the dishes etc, which is all part of the fun of outdoor life.

We have 2 nights at the Wells Gray Guest Ranch in simple rustic cabins. These have 4 or 5 beds and no electricity or water, so ablutions are in the amenity block. We use our own sleeping bags. The 'ranch' is styled like an old settlers town with simple wooden structures with names such as 'General Store' and 'Saloon'.

And we have 1 night at the wilderness hostel in Rampart Creek. There the group will have private use of two dormitories, each with 6 bunk beds and we will share the dorms together. This is off-grid and we relax by the fire in the forest between the mighty mountains.

In the hotel children under the age of 11yrs share with their parents, relatives or guardians. This could be a triple for a family of 3, a double with an extra bed, or a quad or separate rooms for bigger families. Smaller families, or single parents with 1 child, will be in a twin room. If you are travelling with children over the age of 12yrs, you could be sharing a twin, triple or quad room or staying in separate rooms.

We will do everything to ensure that you are happy with your rooming allocation. If you are planning on extending your holiday additional nights at the group hotel are available on request.

## Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. When on the ice you will be expertly led by an ACMG certified guide.

## Spending Money

We estimate that a total of around £150 per family member, or equivalent in Canadian Dollars, should be allowed for personal spending and the non-included meals. This amount should also be sufficient to cover any miscellaneous expenses and tips to local staff. If you expect to buy considerable quantities of soft drinks or beer, you should make an allowance for this.

The below are the optional activities that you may wish to budget for as well. There are many ATMs accessible throughout the tour and cards are widely accepted as payment.

## OPTIONAL ACTIVITY COSTS:

Please note that these prices are correct at time of writing, but are subject to change without warning. All prices are in Canadian Dollars CAD\$.

### Day 4. Free afternoon in Whistler options

- Tree-tops: From CAD\$70 per person
  - Bear Watching in 4x4 vehicle: from CAD\$199 per person
- Other options such as mountain biking, SUP'ing, canoeing etc are available. You may wish to book an activity online pre-departure to avoid disappointment if full. All activities on this afternoon should be booked independently.

### Day 11. White-water rafting afternoon

- Gentle white-water rafting: Adult CAD\$105, Child (8-11yrs) CAD\$83

## Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group.

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

### IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

You will require an ESTA (Electronic System for Travel Authorisation), and you must get this before boarding any US-bound aircraft or ship, or entering on a land border. The fee is USD\$21 and you should apply for it at <https://esta.cbp.dhs.gov/esta/>. With the ESTA complete, the majority of British Citizen passport holders can enter the US under the Visa Waiver Programme, VWP. You will be required to have a passport with an integrated chip. Note that if you have travelled to Cuba, Iran, Syria or North Korea since March 2011\* you will have to apply for a visa rather than the Visa Waiver Programme (\* a full and up to date list of countries can be found on the US government website [here](#).)

### IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

All citizens (except for USA citizens) will require an eTA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD\$7 and you should apply for it at <http://www.cic.gc.ca/english/visit/eta-start.asp>

## Visa Canada

All citizens (except for USA citizens) will require an eTA (Electronic Travel Authorisation). You must get this before boarding any Canada-bound aircraft or ship. The fee is CAD\$7 and you should apply for it at <http://www.cic.gc.ca/english/visit/eta-start.asp>

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

## Currency

The unit of currency in Canada is the Canadian Dollar.

## Climate

The weather in these Canadian Mountains is ever-changing and always unpredictable. Summer days are long, but the summer season is short. July is the warmest month with a mean daily maximum temperature of 22°C. We can expect to encounter temperatures during the day ranging from 18°C to 27°C. Naturally, at the higher elevations on our trip, the daytime temperatures will be lower than this. At night, the temperatures will typically drop to around 10°C. Although the weather is relatively stable at this time of year, we can expect some rainfall as mountains produce their own weather.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.



## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

### You should bring the following items:

- Strong shoes or walking boots
- Teva-type sandals (for water adventures)
- Underwear & socks
- Lightweight trousers / shorts / skirts
- Shirts / T-shirts / tops
- Warm jacket/fleece (for chilly evenings)
- Lightweight waterproof jacket & trousers
- Sunhat
- Warm hat
- Gloves
- Sunglasses
- Sleeping bag (comfort rated 5°C)
- Headtorch and spare batteries
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Swimwear
- Small towel (you may wish to take 2 towels, 1 for camping and 1 for water adventures)
- Daypack 20 - 25 litres
- Dry bags (to keep the contents of your daypack dry)
- Washbag and toiletries
- Antibacterial handwash
- Insect repellent
- Sun protection (including total bloc for lips, nose etc)
- Basic personal first aid kit: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters, blister treatment, antihistamine cream and tablets, and re-hydration salts (Dioralite).

## The following items are optional:

- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Power bank for charging equipment
- Small travel pillow or pillow case (stuff a soft fleece in for use as a pillow at night)
- Card games/dobble/Uno etc for the evenings
- Reusable cloth bag for shopping (to avoid plastic bags)

## Notes:

- Sleeping mats are provided. These are 1.5 inch self-inflated mats.
- Sleeping bags can be hired from a local coop in Vancouver for CAD\$50 for the trip. (Please request at time of booking and pay in cash on arrival)

## Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining at the hotel in Vancouver. The hotel provides a free shuttle on arrival. On departure we include a single transfer to Calgary Airport.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Vancouver. Outbound flights will usually depart from the UK in the morning, arriving in the evening on the same day. Return flights will usually depart Calgary in the late afternoon of the last day of the itinerary, arriving in the UK the next day.

# Why Choose KE

## Why KE

This itinerary packs a great variety of included activities into 2 weeks at a great price, making holiday budgeting a breeze. Enjoy paddle-boarding, canoeing, walking, cultural experiences, bike rides, glacial walking and camping amidst some sensational Canadian scenery.

**Please Note** This document was downloaded on 23/11/2024 and the trip is subject to change