

Canada Family Adventure from Vancouver to Calgary

Trip Code: FCD

Version: FCD Canada Family Adventure



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

- 12 Breakfasts
- 10 Lunches
- 8 Dinners
- 7 nights Camping
- 2 nights Hotel with swimming pool
- 2 nights Cabin
- 1 nights Wilderness Hostel

[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

Version: FCD Canada Family Adventure

DAY 1

Arrive Vancouver.

Your holiday starts at the group hotel in Vancouver. A free airport shuttle is provided.



Accommodation

Hotel with swimming pool

DAY 2

Explore Vancouver. Visit Granville Island and bike ride around Stanley Park with its totem poles.

This morning we set off to explore the beautiful city of Vancouver. Surrounded by mountains and sea this ethnically diverse city feels modern, fresh and clean. Amidst the modern buildings, there is a fun vibe for music, dance, tradition and good local produce. This is perfectly showcased in the Granville Island area of the city, where there is a large market, cafes and eatery's. We visit Granville Island this morning and maybe have some lunch on the marina.

In the afternoon we enjoy a leisurely bike tour around Stanley Park (3hrs, 12km). This 1000 acre park is quite remarkable and displays striking diverse environments and cultural sights. We bike along the rainforest trails with its vast trees, along the ocean waterfront trail and see the legendary Totem Poles. Our guide is full of knowledge and stories about hidden treasures, history and the ecology. We stop regularly for a chat about the sights and the bike ride is classified as easy.

This is a great introductory day to the city and Canada.

Meals: **B**



Accommodation

Hotel with swimming pool

DAY 3

Visit Lynn Canyon & Suspension Bridge. Hike up Stawamus Chief in Squamish and continue to Whistler.

Our journey into some of the world's most beautiful mountains and forests starts today. Our first stop is in North Vancouver where the waterfalls and deep pools of Lynn Canyon provides us with walking trails through the forest and over a 50m high suspension bridge - wobbly fun!

Our route taking us north then follows the coastline of the stunning Howe Sound with its steep sided forest clad mountains plunging into the sea. At the end of the Sound we find the town of Squamish and we take a walk to the high point - Stawamus Chief (702m). The hike takes approximately 3 hours and the summit views of the Sound are a tremendous reward for our efforts.

We then continue in our vehicle for 1 hour to the Coast Mountains and the famous winter resort of Whistler. It's almost more spectacular in the summer months and is a great place to spend a couple of nights. We set up our tents for the first time tonight. Our campsite tonight will reflect those of the nights to come, and is nestled in-between large pine trees, with a fire pit, and good ablution facilities in a purpose built building.

Total drive time approximately 2hrs 30 mins

Meals: **B L D**



Accommodation
Camping

DAY 4

Morning at the First Nations Centre in Whistler and dreamcatcher making. Afternoon free to explore Whistler with ample additional activities for extra experiences.

Learning about the history of the First Nation is vastly important when visiting this area. This morning we spend some time at the Squamish Lil'wat Cultural Centre (which despite its name, is actually in Whistler). The spiritual connections between the land and the people are strong and deep, and we get an insight to the rich and unique culture here.

With our expert teacher we weave our very own dreamcatcher out of feathers, beads, sinew and a suede wrapped hoop. A lovely crafting activity which we can take home to hang on our windows to allow good dreams to pass through while entangling the bad dreams which perish at the first light of dawn.

We have the afternoon free in Whistler. There is a whole host of activities that you can do from this adventure town. The tree top adventure course has different levels of difficulty and various ziplines; it's also possible to go climbing, SUP, canoeing, take the gondola up to the top of Whistler Mountain or even take a bear watching excursion!

There are many different restaurants to choose from for dinner tonight and we camp here in Whistler for a second night.

Meals: **B L**



Accommodation
Camping

DAY 5

Explore Helmcken waterfalls en route to the stunning Wells Gray Provincial Park in the Rocky Mountain foothills.

This morning we leave the Coast Mountains and make our way into the Rocky Mountain Range. The drive is around 6 hours, and albeit long, the scenery is breath taking. On arrival into Wells Gray Provincial Park we visit the immense Helmcken Waterfalls. A multitude of waterfalls grace this area due to the snow melts and rainfall in the high mountains. With a drop of over 140m, The Helmcken is one of the best and the 4th tallest in Canada! We have a short walk around this area. It is then a short distance to our overnight here in Wells Gray Provincial Park.

Total drive time approximately 6hrs 30mins

Meals: **B L D**



Accommodation
Cabin

DAY 6

Canadian canoeing on Clearwater Lake, Wells Gray Provincial Park.

Rated as one of the best places to canoe in British Columbia, Clearwater Lake has a unique and incredible beauty which brings us closer to nature. It lies in over a million acres of untouched wilderness, which is hard to imagine but stunning to experience. In our classic Canadian canoes we gently paddle near the shores of the lake looking out for white head beady eyed bald eagles, and possibly on the shores moose and even bears. In the late summer (end Aug) we might see the returning Sockeye Salmon from their 3000 mile journey to Alaska and back to their breeding grounds.

This day will stand out as one of the most beautiful of your holiday.

Meals: **B L D**



Accommodation
Cabin

DAY 7**Drive through the heart of the Canadian Rockies to Jasper. Stop to see the mighty Mt Robson and a hike at Maligne Canyon for stunning waterfalls and narrow channels.**

Passing through incredible scenery where the endless green swathes of trees fill our visions and snowy mountain tops pierce the skyline, we pass by stunning turquoise glacial lakes as we make our way to Jasper.

We stop at the view point to see striking Mount Robson, the highest peak (3954m) of the Canadian Rockies. Aptly known by the Texqa'Kallt people as 'striped rock' as it seems to be terraced where snow collects on its contours.

Leaving the glaciated Mt Robson behind us, we continue to Jasper. Before arriving we have a chance to stretch our legs for a 1-2hrs walk at Maligne Canyon. A good trail runs alongside the river and several bridges give us outstanding viewpoints into this deep and narrow canyon. On calm days the glacial waters are turquoise making it surreal as it runs through the canyons. On wet days the river below is wild and dramatic as it passes through the forest in the ravines.

We arrive into Jasper and set up camp for the next two nights in our campground just outside town.

Total drive time approximately 2hrs

Meals: **B L D**



Accommodation
Camping

DAY 8**Jasper National Park - Hike the Cavell Meadows trail and Valley of the Five Lakes. Explore Jasper.**

A stunning day today as we hike out along the Edith Cavell Meadows Trail. The well marked trail starts ascending on a switch back path over the glacial moraines and into the forest. Along the path we can might see pika (a small mammal, which is in fact from the rabbit family, but has small ears) and marmots. We pop out into the steep wildflower mountain meadow with fabulous views of the high mountains, glacier and turquoise lake. The walk is around 6km and 2-3hrs.

In the afternoon our guide can take us for another walk in the Valley of the Five Lakes, or you may wish to spend some time in Jasper Town itself. There are also various optional activities such as paddle boarding on Beauvert Lake which you might be interested in. The walk at the Valley of the Five Lakes takes around 2hrs, which as the name suggests passes by crystal clear lakes which are shades of jade and blue. Abundant berry crops in the area are a favourite for bears, so we need to keep an eye out and listen to our guide!

This evening we have a free evening in Jasper. There are a number of restaurants and eateries in Jasper to serve all palates.

Meals: **B L**



Accommodation
Camping

DAY 9

Icefields Parkway. Don our crampons for the Athabasca Glacier Icewalk and embrace a world of ice.

We drive from Jasper to Lake Louise and Banff along the route known as Icefields Parkway - said to be one of the most beautiful journeys on the planet. Winding along the Continental Divide we pass the soaring mountains, tree filled valleys and icefields. We have stops aplenty for photos.

A highlight of this holiday is the walk that we have on the ice of the massive Columbia Icefield at the Athabasca Glacier. We are supplied with lightweight micro crampons which fit easily over our walking boots. And we are off on our walk on the glacier. It's such an experience walking over the ice slopes and peering into the blue ice caves and canyons. Our guides are ACMG certified are experts in ice and very knowledgeable about the area.

Tonight we overnight in the heart of the Icefield Parkways in a wilderness hostel.

Total drive time approximately 2hrs.

Meals: **B L D**



Accommodation
Wilderness Hostel

DAY 10

Morning walk by the famous Lake Louise. Afternoon paddleboard on the wetlands of the Columbia River near Golden.

Leaving the Parkways we head to the famous Lake Louise on the road to Banff. This is a well photographed lake, and rightly so as it is beautiful with the glacial lake and steep sided mountains. We enjoy a walk by the lake this morning (approximately 1 hr).

This afternoon we drive past Yoho National Park and through Golden to our campsite for the next 2 nights next to the Columbia River. Here we camp nestled between the trees with great views of the

Rocky and Percell mountains. From here we go out paddle boarding on the lake and wetlands. It's so peaceful paddling on the waters. The wetlands are home to hundreds of bird, animal and fish species.

This evening we have a BBQ on the decking by the water. A super relaxing end to a gorgeous day.

Total drive time approximately 2hrs 30mins

Meals: **B L D**



Accommodation

Camping

DAY 11

Wolf sanctuary in the morning. Afternoon optional white-water rafting or hiking in Yoho National park and visit Takkakaw Falls. Evening BBQ on deck at the wetlands outpost.

This morning we have an insight into the lives of wolves. We visit a wolf sanctuary which supports local educational and conservation of the wolf. It's an interesting visit and we will learn about how they help maintain a healthy environment in the wild.

This afternoon we have the option to experience the adrenaline and thrill of some classic Canadian white-water rafting.

Alternatively we can hike with our guide in the Yoho National Park and see the huge Takkakaw Falls.

We return to our campsite for dinner and overnight. Total drive time approximately 2hrs.

Meals: **B L D**



Accommodation

Camping

DAY 12

Banff. Gondola ride up Sulphur Mountain for a walk and visit to the discovery centre. Afternoon swim in the hot springs. Celebratory pizza and bowling evening.

A day fit for the grand finale! We transfer to Banff where we take the 8-min gondola ride up Sulphur Mountain. The views are impressive from here and we continue to enjoy these as we stroll along the elevated board walks to further view points. From here we can see the Bow Valley and the Sundance Mountain Range. Back at the centre there are interpretive exhibits including a short drone video of the

Canadian Rockies.

Back down in the valley we go to the Banff Upper Hotsprings where we can enjoy a soak and a play in the large pool of hot water. The views are super from the pool and it's a true delight.

We return to the campsite before setting off for our final evening of enjoyment in Canada. After some pizza, we take to the alleys to see if the kids can win against the adults in a fun evening of bowling.

Total drive time approximately 2hrs.

Meals: **B L D**



Accommodation
Camping

DAY 13

Departure day. Transfer to Calgary Airport.

Our holiday finishes after breakfast with a transfer to Calgary Airport. Depending on flight times you'll have some free time in Banff this morning. The drive to Calgary Airport is approximately 1hr 30mins.

Meals: **B**

Holiday Information

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

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) for days when drinking water out of the tap is not available. We do not encourage the purchasing 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.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

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 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

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 prior to travel, all KE clients visit the official UK Government website at 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 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 direct 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.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

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 12.5% discount voucher from Cotswold Outdoor and other retailers.
[-> Find out more](#)

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 21/05/2024 and the trip is subject to change