

## Bicycle Tours in Canada: Best of the West (TourzPlus™)

### OVERVIEW

For six glorious days you will cruise past spectacular alpine vistas, through quaint mountain towns, and beside meadows of Rocky Mountain wildflowers. Crystal clear alpine lakes nestled in secluded valleys beckon cyclists to cool off in their invigorating waters while at days end, natural hot springs soothe tired muscles. Leaving Yoho National Park via Hwy 1 west promises an exciting downhill ride to Natural Bridge park where we'll load the bikes and shuttle into Golden and on to Glacier National Park. With an area of 1,350 square km, the park is set in the Columbia Mountains. The road draws us westward towards the city of Revelstoke with its historic downtown area, and Mount Revelstoke National Park. The countryside is full of sweet smelling meadows surrounded by rolling hills. It is hard to imagine that the beauty will keep getting better and better, but it does.

Learn more about our TourzPlus™ partner tours and how they differ from regular ExperiencePlus! bicycle tours.

### HIGHLIGHTS

Yoho National Park, Revelstoke, Kootenay Lake, Valhalla Provincial Park, Halcyon Natural Hot Springs, Roger's Pass, Ainsworth Hot Springs

### TOUR FACTS

Tour Style	■ TourzPlus: Learn more about our TourzPlus tours at <a href="https://www.experienceplus.com/choosing-the-best-tour/styles/tourzplus">https://www.experienceplus.com/choosing-the-best-tour/styles/tourzplus</a>
Includes	Quality 27-spd road bicycle; 5 nights accommodation in beautiful lodges; 5 breakfasts, 6 lunches, 4 dinners; professional guide services; support vehicle and luggage transport; ferries and transfers; all National Park fees and permits
Countries	Canada
Begin/End	Banff
Arrive/Depart	Calgary International Airport (YYC)
Total Distance	214 - 253 miles (347 - 410 km)
Avg. Daily Distance	25 - 50 miles (40 - 81 km) per riding day
Tour Level	★★★★★
Keep in Mind	We work hard to maintain consistency across all of our tours, but some trips have unique differences. Here are some things to keep in mind about this tour. Prices are subject to 5% GST. Save CAD\$250 if you bring your own bike.

**Please Note:** We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the ■ online itinerary for the most up-to-date trip information including arrival and departure tips before you depart for your trip:

<https://www.experienceplus.com/bike-tours/canada/bike-tours-best-of-the-west>

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**DATES & PRICES**

**DAILY RIDE SUMMARY**

Day	Distance/Gain	Terrain	Day Level	Notes
1	26km / 0m (16mi / 0ft)			
2	80km / 0m (50mi / 0ft)			
3	72km / 0m (45mi / 0ft)			
4	50km / 0m (31mi / 0ft)			
5	72km / 0m (45mi / 0ft)			
6	80km / 0m (50mi / 0ft)			

## Bicycle Tours in Canada: Best of the West (TourzPlus™)

### Meet at the Banff train station

#### Highlights Lake Louise, the Great Divide

We'll gather at the Banff train station (time to be determined) and shuttle to Lake Louise for a quick look around before setting out on our bikes. Then it's west across the Great Divide into British Columbia for an exhilarating coast down Kicking Horse Pass. Later in the day, we shuttle through Glacier National Park to our beautiful Bed & Breakfast in Revelstoke.

### DAY 1

**Distance** 26 km (16 mi)

**Meals** Lunch, Dinner

### Revelstoke to Halcyon Hot Springs

#### Highlights Columbia River Valley, hot springs

After a delicious breakfast it's an early departure for the ride south down the spectacular Columbia River valley. Enjoy a sumptuous lunch at Shelter Bay before crossing Upper Arrow Lake by ferry. Our destination are the luxurious cabins at Halcyon (natural) Hot Springs - the perfect location to soak under the stars after a great day of cycling.

### DAY 2

**Distance** 80 km (50 mi)

**Meals** Breakfast, Lunch, Dinner

### Halcyon Hot Springs to Slocan Lake

#### Highlights Three Island Lake, Slocan Lake, New Denver

Today we cycle out of the Arrow Lake basin and ride over a pass (11km/7mile moderate climb) up to Three Island Lake. We have lunch next to the lake and then enjoy a thrilling 17-km descent to Slocan Lake. Ride through the historic village of New Denver and stop for ice cream and a tour of the local maritime museum, where one can learn about the diverse history of the region. We'll spend the afternoon swimming and relaxing at our guest house, nestled along the lake. Another wonderful dinner will be a fitting finish to a fantastic day.

### DAY 3

**Distance** 72 km (45 mi)

**Meals** Breakfast, Lunch, Dinner

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### Slocan Lake to Nelson

#### **Highlights** Sandon, swim at Fish Lake, Valhalla Provincial Park

After a good night's sleep, it's on to the bikes again. Departing Slocan Lake we have an optional single track ride through the Selkirk Mountains on a historic rail bed. Half way up the pass, we take a side trip up to the ghost town of Sandon once the wealthiest silver mining community on the continent. After lunch we continue up to Fish Lake where we go for a refreshing swim. Spectacular views of the lake and Valhalla Provincial Park will be the highlight before we settle down into Retallack's Cat Ski Lodge.

### DAY 4

**Distance** 50 km (31 mi)

**Meals** Breakfast, Lunch

### Nelson to Crawford Bay

#### **Highlights** long downhill, Kootenay Lake, Ainsworth Hot Springs

We start our day with an seemingly endless and effortless 17-mile (27-km)!! downhill to Kootenay Lake and the pretty town of Kaslo. A short stop to swim, snack or shop for hand-crafted souvenirs is order before continuing along the lake to Ainsworth Hot Springs. The hot pools and steaming caves are a welcomed reward. After soaking we board a ferry across Kootenay Lake toward our magic 100 year old lodge at Crawford Bay.

### DAY 5

**Distance** 72 km (45 mi)

**Meals** Breakfast, Lunch, Dinner

### Crawford Bay to Creston and shuttle back to Banff

#### **Highlights** Kootenay Lake

Our morning ride takes us along the shores of Kootenay Lake, dotted with many little resorts and secluded coves. Cyclists will enjoy the light traffic and spectacular mountain and lake views. This last day's ride takes us in the direction of Creston before returning to Banff by van at approximately 6:00 P.M.

### DAY 6

**Distance** 80 km (50 mi)

**Meals** Breakfast, Lunch