

Bicycle Tours in Canada: Great Canadian Mountain Traverse (TourzPlus™)

OVERVIEW

This trip is for those daring enough to challenge the two big mountain ranges of Western Canada in one week. From Lake Louise in the Canadian Rockies to Whistler in the Coast Mountains. In between you can expect challenging big climbs, unbelievably beautiful scenery and long days in the saddle. If you are a serious road cyclist who looks forward to back to back century rides, this is the trip for you. You will ride a total of 1000k, 621 miles and you will climb approximately 11,000 meters or 35,000 feet.

Special Note: Though we have a limited number of quality, light-weight road bikes available for rent because of the challenging nature of this tour we recommend that you bring your own bike.

Learn more about our [TourzPlus™ partner tours](#) and how they differ from regular ExperiencePlus! bicycle tours.

HIGHLIGHTS

Challenging climbs, Plenty of adventure, Unbelievable scenery, 33,000 feet of climbing in 600 miles, Great companions

TOUR FACTS

Tour Style	■ TourzPlus: Learn more about our TourzPlus tours at https://www.experienceplus.com/choosing-the-best-tour/styles/tourzplus
Includes	Use of a quality 27 speed bike, 8 days, 7 nights of accommodation in hotels and lodges; Meals (7 breakfasts, 6 lunches, 4 dinners); Luggage transport; Support vehicle; Mechanical support; Road book and map; Guide
Countries	Canada
Begin/End	Lake Louise, Alberta, Canada / Whistler, British Columbia, Canada
Arrive/Depart	Calgary Int'l Airport (YYC) / Vancouver Int'l Airport (YVR)
Total Distance	600 miles (975 kilometers)
Avg. Daily Distance	82 miles per day (133 kilometers) 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. Long, challenging rides.

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/great-canadian-mountain-bike-tour>

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DATES & PRICES

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	0km / 0m (0mi / 0ft)			
2	159km / 0m (99mi / 0ft)			
3	134km / 0m (83mi / 0ft)			
4	134km / 0m (83mi / 0ft)			
5	161km / 0m (100mi / 0ft)			
6	106km / 0m (66mi / 0ft)			
7	100km / 0m (62mi / 0ft)			
8	32km / 0m (20mi / 0ft)			

Bicycle Tours in Canada: Great Canadian Mountain Traverse (TourzPlus™)**Arrive the day before the tour in Lake Louise.****DAY 1: Sun, Aug 25th****Highlights** From Lake Louise to Sunwapta Falls 111 miles (185 kilometers)

If you fly into Calgary there are plenty of commercial shuttles to Lake Louise. From the Bow Valley over Bow Pass into the heart of the Canadian Rockies. Then climb up Sunwapta Pass, ride past the Columbia Icefield and descend to Sunwapta Falls.

From Sunwapta to Mt Robson 99 miles (158 kilometers)**DAY 2: Mon, Aug 26th****Highlights** Cross the Continental Divide**Distance** 159 km (99 mi)

In morning we ride through the beautiful Athabasca river valley in Jasper National Park, then we climb gently across the Continental Divide at Yellowhead Pass. At the end of the day you get to spend the night in the shadow of the highest peak in the Canadian Rockies, Mt. Robson.

Mt Robson to Blue River 83 miles (135 kilometers)**DAY 3: Tue, Aug 27th****Highlights** The Cariboo Mountains**Distance** 134 km (83 mi)

Through the North Thompson River valley and through the Cariboo Mountains to Blue River. You will get a good sense of the remote wilderness of Northern British Columbia with its big mountain scenery. At the end of the day you will be rewarded with luxury lodging at Mike Wiegele's famous Heli-Ski resort.

Bicycle Tours in Canada: Great Canadian Mountain Traverse (TourzPlus™)**Blue River to Little Fort 83 miles (135 kilometers)****DAY 4: Wed, Aug 28th****Highlights** North Thompson River Valley**Distance** 134 km (83 mi)

Along the mighty North Thompson River we will encounter bears, salmon and have a good chance of spotting moose. Today we will enjoy a recovery day with many fast flat sections with great river views.

Little Fort to Clinton 100 miles (160 kilometers)**DAY 5: Thu, Aug 29th****Highlights** The Cariboo Wilderness**Distance** 161 km (100 mi)

A long, steep morning climb of 12k (7.41 miles) with grades between 8-10% takes us onto the Caribou Plateau. Then we enjoy a roller coaster ride through the Cariboo wilderness and its many lakes. Keep your eyes open for bears, moose and deer.

Clinton to Lilloet 66 miles (108 kilometers)**DAY 6: Fri, Aug 30th****Highlights** Canyonlands of British Columbia**Distance** 106 km (66 mi)

Today we will emerge from endless forests, first into open ranchlands, then descending the semi-arid canyonlands of British Columbia's largest river, the mighty Fraser. You can expect a spectacular canyon section ending in Lilloet.

Bicycle Tours in Canada: Great Canadian Mountain Traverse (TourzPlus™)**Lilloet to Pemberton 62 miles (100 kilometers)****DAY 7: Sat, Aug 31st****Highlights** Coast Mountain Range**Distance** 100 km (62 mi)

From the Fraser Canyon into the forbidding wilderness of the Coast Mountain Range. This stage is extremely scenic but with the steepest grades of the trip also very challenging. Several hours of uphill riding take us to turquoise blue Duffy Lake, with spectacular glaciated peaks in the background. Afterwards the longest and fastest descent into the Pemberton Valley awaits.

Pemberton to Whistler 20 miles (32 kilometers) and shuttle to airport**DAY 8: Sun, Sep 1st****Highlights** Mission Accomplished!**Distance** 32 km (20 mi)

The finale of this trip takes us to the ski resort of Whistler where we will celebrate the end of our journey. We will arrive around noon and the shuttle to the airport in Vancouver takes 2 1/2 hours.