

**GO GREEN!** Rather than printing these notes, we suggest saving this PDF file on your smartphone. Not only is it more environmentally friendly, but it also means these notes are always at hand!

## Caribou Accommodated

### 8 days/7 nights

*The 8 day Caribou tour is a great way to see the Canadian Rocky Mountains and the highlights of southern British Columbia. Travel the world famous Icefields Parkway and visit Banff, Jasper and Yoho National Parks on our most popular tour. Hiking in the mountains, swimming in stunning lakes, chasing waterfalls, spotting wildlife, and exploring Indigenous cultures await. And get your thrill (or chill) on by trying some of the optional activities!*



*Note: some of your fellow travellers will have already travelled together on one of our longer combination tours.*

### Highlights

- Get married at Bridal Veil Falls (marriage optional)
- Marvel at the aqua blue Moraine Lake (seasonal)
- Enjoy the stunning vistas from Mistaya Canyon
- Take a dip in the glacier-fed Bow Lake
- Hike to the toe of the Athabasca Glacier at the Columbia Icefield
- Experience Indigenous history and culture at the Tuckkwiowhum Village heritage site

### What's Included

- 7 nights accommodation in mixed gender, hostel dorm-style rooms
- Moose Bus transportation
- Services of a professional & fun tour guide/driver
- Guided tour of Tuckkwiowhum Village Indigenous heritage site
- Paddleboarding on Skaha Lake
- 2 dinners, including an Indigenous cuisine meal
- 4 breakfasts
- National Park fees

### Itinerary

#### Day 1: Vancouver to Kelowna

The desert is calling! To begin our adventure, we're going east through the Fraser Valley, where we'll take a short walk through a West Coast rainforest to Bridal Veil Falls. Then, we'll

traverse the Coastal Mountains, stopping at Lightning Lake in Manning Park at lunchtime. The semi-arid desert grasslands of the Okanagan are next on our itinerary, where we'll go paddle boarding on the beautiful Skaha Lake. We'll be replenishing ourselves with a special dinner at Kekuli Café in Westbank, where you'll get to try Indigenous cuisine, before settling in for the night on Lake Okanagan in Kelowna.

Activity Inclusions: Paddle boarding on Skaha Lake

Meal inclusions: Indigenous cuisine dinner

Moose Accommodation: Samesun Kelowna

### **Day 2: Kelowna to Banff**

Being a little greedy with mountain ranges today, crossing not one, not two - but three of them, as we travel through four National Parks towards Banff! We'll stop in Revelstoke where you can go lake kayaking or simply enjoy the beautiful mountain scenery. Finally we'll enter the Rocky Mountains and cross over the Kicking Horse Pass into Alberta and Banff National Park, spending the night in the historic town of Banff itself, right in the heart of the mountains.

Note: during April/May and from mid-September onwards, we will cross over the Vermillion Pass to enter Alberta and Banff National Park.

Meal Inclusions: Breakfast at Samesun Kelowna

Moose Accommodation: HI Banff

### **Day 3: Banff to Rampart Creek**

It's time to visit those famous blue lakes! Lake Louise is calling, as is Moraine Lake (seasonal) before heading onto the Icefields Parkway for breath-taking views of jagged mountain peaks, glaciers, raging rivers and more turquoise lakes. Keep your eyes peeled for large furry animals as we make stops at the Crowfoot Glacier, Peyto Lake (our favourite) and Mistaya Canyon before arriving at our rustic wilderness hostel alongside Rampart Creek. We invite you to really take in your surroundings with a dip and a sauna, and perhaps a campfire under the stars.

Moose Accommodation: HI Rampart Creek. Please note: there are no alternative accommodation options at this location, but we know you'll love having a true taste of Canada at Rampart Creek's rustic wilderness hostel.

### **Day 4: Rampart Creek to Jasper**

Jasper National Park today! But first we'll stop at Big Bend lookout for a great view of the U-shaped North Saskatchewan River Valley. Get your legs ready because next up is the Columbia Icefield, the largest ice field in the Rocky Mountains at 325 square kilometres, where we'll hike to the toe of the Athabasca Glacier (conditions permitting.) Then on to Maligne Canyon, the deepest canyon in Jasper National Park, for a hike that crosses several bridges over the canyon with jaw-dropping views. Jasper townsite is our destination, and if

you're seeking an adrenaline rush, there is an option to take a guided mountain bike tour on arrival.

Moose Accommodation: HI Jasper

### **Day 5: Jasper to Banff**

Our first stop: Athabasca Falls, one of the most powerful and picturesque in the Rockies! This is followed by a bit of mountain goat spotting (we're still amazed at how they hold on) at the Goats and Glaciers viewpoint. Then on to Waterfowl Lakes to soak in the backdrop of Mount Chephren, which was named after the 4th Dynasty Egyptian Pharaoh. After this, we'll return to Banff for a group dinner, and once our bellies are full, the night is yours! See what Banff nightlife has to offer or take a relaxing dip in the Banff Upper Hot Springs. Who doesn't love a giant bathtub?

Meal inclusions: Dinner at Samesun Banff

Moose Accommodation: Samesun Banff

### **Day 6: Banff Free Day**

Today is yours to do as you please! And where better to have a free day than in the heart of the Rocky Mountains! Go hiking, enjoy the sites of Banff or for an optional extra cost, go whitewater rafting, canoeing or mountain biking. Enjoy!

Meal inclusions: Breakfast at Samesun Banff

Moose Accommodation: Samesun Banff

### **Day 7: Banff to Kelowna**

Sadly, we leave the Rockies today, but we'll go out with a bang, stopping at some of the most breathtaking scenic points in Western Canada. We will visit the Takakkaw Falls (seasonal), the pristine Emerald Lake and the Natural Bridge, as well as stopping for a photo at the stunning Kalamalka Lake viewpoint once we reach the Okanagan Valley. Here you will find beautiful sandy beaches on crystal clear lakes and plenty of sun-filled activities! Night time it's downtown Kelowna for a plethora of bars and nightclubs in this university city!

Note: during April/May and from mid-September onwards, we will visit Kootenay National Park instead of seeing Takakkaw Falls, Emerald Lake and the Natural Bridge.

Meal Inclusions: Breakfast at Samesun Banff

Moose Accommodation: Samesun Kelowna

### **Day 8: Kelowna to Vancouver**

On our final day, we'll climb over a high mountain pass, travel along the Nicola Valley and enter the Fraser Canyon. Our main destination of the day is Tuckkwiowhum Village, an Indigenous heritage site, where we'll enjoy a guided tour and interact with a Traditional Knowledge Keeper. We'll then continue down the canyon to Hope, where we'll explore the Othello Tunnels on a magical walk across bridges and through old train tunnels that cut

through solid granite walls! The finale is near – we'll finish in Vancouver where it's all hugs and Insta handle swapping as you say goodbye to your Moose mates and head home – but armed with a whole bunch of amazing adventures to talk about!

Activity Inclusions: Guided tour of Tuckkwiowhum Village

Meal Inclusions: Breakfast at Samesun Kelowna

Moose Accommodation: There is no accommodation included tonight. You will need to make your own arrangements.

## Joining Your Trip

### Vancouver

We pick up from the following hostel locations in Vancouver on Day 1 of this tour. Please be ready and waiting in the hostel lobby 15 minutes prior to your scheduled pick up time.

Hostel Name	Pick Up Time	Hostel Address
HI Vancouver - Jericho Beach	07:30	1515 Discovery St, Vancouver
HI Vancouver - Downtown	07:50	1114 Burnaby St, Vancouver
Cambie Hostel on Seymour	08:00	515 Seymour St, Vancouver
Samesun Vancouver	08:10	1018 Granville St, Vancouver

**NOTE:** if you are staying anywhere else in Vancouver, you will need to make your own way to one of these locations. We recommend joining the tour at the Samesun where the Moose office is located.

## Finishing Your Trip

### Vancouver

On the final day of the tour, we drop off at all of the hostel locations in Vancouver listed in the Pick Up section above. If you are staying elsewhere, you will need to make your own way there from one of the above locations. Under normal circumstances, expect to be dropped off in Vancouver around 6:30pm.

**NOTE:** we strongly recommend that you DO NOT book onward travel on the final day of the tour, since traffic or other unexpected circumstances may cause delays.

## Accommodation

We know that a good night's sleep is important, especially after a busy day of travelling with lots of fun activities. We choose hostels and backpacker properties that offer budget value, as well as great facilities, and a welcoming atmosphere.

On an accommodated tour all your accommodation is included for the standard nights of the trip, at a Moose discounted rate. You'll be staying in mixed gender hostel dorm rooms. By staying in shared rooms you get a chance to meet more people, hang out with other Moose travellers, and have paid less than you would booking a private room or hotel.

**NOTE:** if you wish to stay in gender-specific dorm rooms, you can request this at the time of booking. Our hostel partners will try to accommodate your request, but we cannot guarantee it will be possible.

### Accommodation Locations

Day & Location	Hostel Name	Address	Phone Number
Day 1: Kelowna	Samesun Kelowna	245 Harvey Ave, Kelowna	+1 250 763 9814
Day 2: Banff	HI Banff Alpine Centre	801 Hidden Ridge Way, Banff	+1 403 762 4123
Day 3: Rampart Creek	HI Rampart Creek <sup>1</sup>	Highway 93 N, Banff National Park	+1 778 328 2220
Day 4: Jasper	HI Jasper	708 Sleepy Hollow Rd, Jasper	+1 778 328 2220
Days 5 & 6: Banff	Samesun Banff	433 Banff Ave, Banff	+1 403 762 4499
Day 7: Kelowna	Samesun Kelowna	245 Harvey Ave, Kelowna	+1 250 763 9814
Day 8: Vancouver	none <sup>2</sup>		

**Notes:**

1. Rampart Creek is a rustic, wilderness hostel with no running water, and solar & propane generated power. It features a cozy fireplace, outdoor fire pit, and a wood-burning sauna! Please note there are no alternative accommodation options nearby, but we think you're going to love this truly Canadian experience!
2. You will need to make your own reservation for the final night of the tour.

### Do I Ever Need To Book My Own Accommodation?

You ONLY need to make your own reservation for your pre & post tour nights in Vancouver.

### Daily Departure Times

We depart from the included accommodation at the following times on each day of the tour:

Day & Location	Hostel Name	Departure Time
Day 1: Vancouver	See Joining Your Trip section above	
Day 2: Kelowna	Samesun Kelowna	08:00
Day 3: Banff	HI Banff Alpine Centre	08:00
Day 4: Rampart Creek	HI Rampart Creek	08:30
Day 5: Jasper	HI Jasper	08:30
Day 6: Banff	N/A - Free Day	
Day 7: Banff	Samesun Banff	08:15
Day 8: Kelowna	Samesun Kelowna	08:00

## Meals

Your included meals are listed in the **What's Included** section above. Included meals do not include beverages, except for free tap water, and as such, you will need to purchase your own drinks.

Speaking of tap water, it's clean and safe to drink almost everywhere in Canada, unless specifically noted at the water facility. We strongly encourage you to bring a reusable water bottle that you can refill from a tap, rather than purchasing disposable plastic water bottles that contribute to pollution. A reusable coffee or tea mug is also a great idea!

To help you save money, we make grocery stops almost every day so you can self-cater, and all of the hostels we stay at have kitchens that are available for Moose use (that rhymes!) As such, you can prepare your own breakfast or dinner at the hostel if it's not already included. On occasion, your Moose guide may organize an optional group dinner, where you can choose to pitch in a few dollars, and then help with cooking or clean up. It's fun and inexpensive! Or they may suggest an optional group dinner at a good value local restaurant. On travel days, lunch will typically occur en route. Your Moose guide will either stop in a town where you'll have several options for lunch, or you will stop in the morning to pick up lunch supplies for a picnic in the wilderness later in the day. Remember, don't feed the wildlife!

We recommend budgeting approximately CAD\$20 to \$40 per day for non-included meals. Restaurants will be more expensive, and remember to account for Canadian tax (5%) and tip (15-20%). Note that alcohol in the Province of BC is also subject to an additional 10% tax.

## Transportation

Our buses are safe and comfortable mini-coaches, seating anywhere from 11 to 24 people. They have extra large windows for catching all the great views, air-conditioning and heating to keep cool or warm, and a sound system to keep the tunes rolling!

## Optional Activities

Why not enhance your trip by participating in one of the below adventure activities during your tour? No need to book ahead. Your Moose guide will give you more information during the tour. But please budget for them if you are interested!

The optional activities listed below are not operated by Moose, except for the free hiking, swimming and wildlife spotting activities. Moose arranges the activity as an agent of the local supplier. If you choose to participate in an optional activity, your contract will be with the activity provider and their conditions will apply. Some activities are seasonal, weather dependent, or require minimum numbers to participate.

**NOTE: the prices and activities listed below are approximate and subject to change.**

<b>ACTIVITY</b>	<b>APPROX. COST (CAD)</b>	<b>LOCATION</b>
Hiking, swimming, wildlife spotting	<b>Free</b>	Various locations
Stand Up Paddleboarding	<b>Included</b>	Penticton (en route to Kelowna)
Lake kayaking (2 hrs)	\$60	Revelstoke (en route to Banff)
Guided mountain biking (1.5 hrs)	\$89	Jasper
White water rafting (4 hrs, includes BBQ lunch)	\$135	Banff
Horseback riding (from 1 - 3 hrs)	from \$61	Banff
Banff Gondola	from \$64	Banff
Banff Upper Hot Springs Pool	\$8	Banff
Bike rentals	from \$28	Banff
Helicopter flight - Rockies (from 12 - 30 min)	from \$143	Banff
Big Canoe tour (1.5 hrs)	\$46	Banff
Via Ferrata (from 2.5 - 6 hrs)	from \$161	Banff