

**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!

## Coho Non-Accommodated

### 5 days/4 nights

*Our Coho tour really packs a punch! This 5 day one-way trip from Vancouver to Banff takes you from the Coast Mountains, and through the Okanagan desert, before climbing into the glacial valleys of Banff and Jasper National Parks in the Canadian Rocky Mountains. Take in some amazing sights of crashing waterfalls, turquoise lakes, and stunning mountain ranges on this unforgettable Rocky Mountain tour. You'll even get to try Indigenous cuisine. The perfect short trip if you want to get a feel for the real Canada!*



*Note: the Coho is the first 5 days of the 8 day Caribou tour. Some of your fellow travellers will have already travelled together on one of our longer combination tours, and some will be continuing back to Vancouver after you finish.*

### Highlights

- Get married at Bridal Veil Falls (marriage optional)
- Marvel at the aqua blue Moraine Lake (seasonal)
- See the majestic Peyto Lake (our hands down favourite)!
- Enjoy the stunning vistas from Mistaya Canyon
- See the powerful Athabasca Falls!
- Visit the Columbia Icefield, the largest icefield in the Canadian Rockies

### What's Included

- 1 night mixed gender, hostel dormitory style accommodation at Rampart Creek Wilderness Hostel
- Moose Bus transportation
- Services of a professional & fun tour guide/driver
- Paddleboarding on Skaha Lake
- 2 dinners, including an Indigenous cuisine meal
- 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  
Recommended 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.

Recommended 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.

Recommended 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. Our tour ends after a group dinner back in Banff.

Meal inclusions: Dinner at Samesun Banff

Accommodation: None

## 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

### Banff

On the final day of the tour, we drop off at all of the hostel locations in Banff listed below. If you are staying elsewhere, you will need to make your own way there from one of the below locations. Under normal circumstances, expect to arrive in Banff by 5pm. But remember, dinner is included tonight!

Hostel Name	Hostel Address
HI Banff Alpine Centre	801 Hidden Ridge Way, Banff

YWCA - Y Mountain Lodge	102 Spray Ave, Banff
Samesun Banff	433 Banff Ave, Banff

**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

On a non-accommodated tour package, you must book ALL your accommodation yourself (**except at Rampart Creek - see below**). Moose does NOT include nor hold any accommodation reservations on your behalf in the overnight locations on this package. The non-accommodated package is designed for travellers who wish to stay in private rooms or in alternative properties.

**NOTE 1:** The only exception is at Rampart Creek Wilderness Hostel where one (1) night in a mixed gender, hostel dormitory bed is included with this package. There are no alternative accommodation properties nearby and no private rooms available at Rampart Creek, hence why this hostel overnight is included.

### Recommended 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
Day 5: Banff	none		

#### Notes:

1. Accommodation is INCLUDED on this night ONLY. 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!

## Daily Departure Times

We depart from these locations 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
	Y Mountain Lodge	08:10

	Samesun Banff	08:15
Day 4: Rampart Creek	HI Rampart Creek	08:30
Day 5: Jasper	Jasper Train Station	08:15
	HI Jasper	08:30

## 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
<b>ACTIVITIES THAT ARE AVAILABLE AFTER YOUR TOUR FINISHES IN BANFF</b>		
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