

OVERVIEW

The majestic Canadian Rockies is the perfect backdrop for an outdoor adventure. Summer is the perfect time to escape the crowds and see this pristine region by water and on mountain high. Designed for beginners, this trip is perfect for anyone who loves the outdoors and craves a bit of adrenaline. Our expert guides will teach you how to maneuver a kayak on whitewater, raft class III and IV rapids and bike downhill with full armor on the rugged, but groomed runs of the Panorama Mountain Resort. This is the ultimate Canadian Rockies multisport adventure.

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IS IT FOR ME?

Our Canadian Rockies Multisport Adventure is ideal for people who love active sports amongst nature and wildlife. If you want to improve your kayaking, rafting, and mountain biking skills or want to try either of these sports for the first time with support from our expert instructors, while exploring the magnificent Canadian Rockies, this is the trip for you.

HIGHLIGHTS

- * Excellent downhill trails for beginner & intermediate riders
- * Exciting whitewater kayaking and rafting on class I-III rapids
- * Expert instruction & knowledgeable local guides
- * Experience the full spectrum of the Canadian Rockies magnificent scenery; mountains, rivers, towns
- * Hot Springs

INSTRUCTOR TO GUEST RATIO

1:5

MAX GROUP SIZE

10

ITINERARY

Day 1: Arrive in Calgary; evening kayak session

You will be met at the Calgary International Airport by your Access Sports Travel Guide, from here you will be transferred to your accommodation just within the city limits of Calgary for the next couple of days. After having a few hours to settle in we will head for a kayak session. Here you will learn how to exit an upside down kayak, and some rescues that will help you out on the river in the days to come.

Day 2: Introduction to River Kayaking

After breakfast we will get you geared up and head out to the river. The morning will be spent building the basic flatwater strokes and rescues required to progress into moving water in the afternoon session. After lunch we will start working on moving water skills, including eddy turns, ferry glides, surfing, t-rescues, rolling and more. Tonight we'll head back to our Calgary hotel to relax. Tomorrow is another big day on the river.

Drive time: 5 minutes

Day 3: River Kayaking

Now we start to get into the really fun stuff. After breakfast, we will head west towards the Rockies and take on some more challenging rapids and continue to develop our paddling skills. This will be another full day on the river in the foothills of the Alberta Rockies. After paddling we will head out to a local pub in the resort town of Canmore for dinner before returning to Calgary.

Drive time: 40 minutes

Day 4: Introduction to Mountain Biking and Overnight in Banff

After breakfast, we'll pack up all our gear and head up to Canada Olympic Park for a morning introduction to Downhill Mountain Biking. Your guide/instructor will take you through the basics of getting down the mountain safely, whilst having a blast at the same time. Downhill biking is known as a true adrenaline rush, but our expert instructors will help you feel confident and comfortable as you go down at your own pace. After biking we will head west into the heart of the Rockies where we will stay overnight in Banff, one of Western Canada's most beautiful mountain towns. In the evening

we will head to the Banff Hotsprings, for a well earned soak in the hot pools.

Drive time: 1 hour

Day 5: Whitewater Rafting on the Kicking Horse

An early start to the day will have us drive a little further west through Lake Louise to Golden in British Columbia. This will deliver us to the next adventure for the trip, a full day of rafting on the world Famous Kicking Horse River. The day will serve up class IV/IV+ rapids on one of the best rafting runs in the world. After rafting we will take the 1.5 hour drive to Panorama ski resort where we will be staying the next couple of days. The evening we'll enjoy a BBQ dinner and kick back in our mountainside accommodation complete with panoramic views and a hot tube to soak our tired muscles.

Drive time: 1.5 hours morning, 1.5 hours evening

Day 6: Downhill Mountain Biking â€“ Panorama Mountain Resort

We will roll on out of our accommodations after a big breakfast for a day at the ski hill mountain biking. Using the Panorama ski resort chair lifts we will access 2000 feet of bike riding which includes everything from mellow green runs to full on double black diamond bike descents. The terrain is wide and varied with runs for every ability. Your Access Trips instructor will put you through drills to improve your riding and you will notice your confidence improve through the day. Tonight we'll kick back mountainside, go out to dinner or prepare dinner together. A perfect end to a very active day.

Drive time: none

Day 7: Downhill Mountain Biking â€“ Panorama Mountain Resort

Today we will head back up the mountain and shred the trails on Panorama. Polish your downhill riding and if you are up for it, try some of the man made wooden trails and jumps for the ultimate downhill excitement. Today you'll have the option of visiting the Panorama Wolf Sanctuary for an interpretive tour to learn about wolves and their habitat. By the end of today you will be totally spent and the Hot Pool at the lodge will feel mighty good.

Drive time: none

Day 8: Our Canadian Rockies Adventure Ends

After breakfast at the hotel we will drive back to Calgary International Airport where you will catch your ride home.

Drive time: 3 hours

Please note: This itinerary is designed to give you an idea of what to expect during our trip but it is not set in stone. What we actually do on a given day is flexible and can be tailored to weather conditions and the interests of the group.

INSTRUCTION

Our Canadian Rockies adventure is perfect for those who are experienced in one or all of our target sports of whitewater kayaking, whitewater rafting and downhill mountain biking. It will enable you to develop your performance in these sports and will provide you with the knowledge and skills you need to continue improving upon returning home. Our instructors are experts in kayaking, rafting, and mountain biking, and have extensive experience instructing these sports. They will provide you with personalized, hands-on and non-intimidating instruction so you can maximize your progress and enjoyment.

The Canadian Rockies are ideal for kayaking, rafting, and mountain biking. We allow time for you to get you comfortable with the gear and teach you the techniques to get started and progress through the trip.

If you are an advanced kayaker or mountain biker, please contact our office at info@accesstrips.com to discuss trip alternatives that might be more challenging for you.

BEGINNERS

Our Canadian Rockies multisport trip is perfect for beginners. It will introduce you to three of the most exciting adventure sports and will provide you with the knowledge and skills you need to practice these sports on your own upon returning home. Whitewater kayaking, rafting, and downhill mountain biking are sports that require specific knowledge and techniques to get started, so it's important that you receive the right instruction from the beginning. Our instructors

are experts and have taught scores of beginners in these sports. They will provide you with personalized, hands-on and encouraging instruction so you can maximize your progress and enjoyment.

The Bow River is excellent for beginners as it offers different classes of rapids. We begin our instruction with a review of kayak equipment and river safety, and learn self rescue, Eskimo roll, brace paddle techniques in gentle Class I & II rapids. You'll learn how to use some of our paddling maneuvers in a 6-person raft, and experience the adrenaline rush of class III & IV rapids in this larger boat. Downhill mountain biking instruction will take place at the Canada Olympic Park in Calgary, perfectly suited for learning downhill riding technique. We'll progress to Panorama Resort where the trails are a bit more challenging and we can really experience the thrill of downhill riding.

TERRAIN

RIVER You will be kayaking and rafting on various locations along the beautiful Bow River that runs just outside of Calgary, Lake Louise, Banff and Canmore. Our kayaking will be primarily Class I & II rapids and whitewater rafting will be class III and even a few class IV's!

TRAILS The terrain you'll experience on the downhill mountain biking portions of our tour is spectacular. All trails are accessed by gondola and take you down well groomed hillsides typically used for downhill skiing. We'll begin at the Canada Olympic Park which has some gentle slopes and then move on to Panorama Mountain Resort, a mecca for downhill mountain biking with some man made jumps and wooden trails.

ACCOMMODATION

Days 1-3: We'll spend our first night in Canada just outside of Calgary in an executive style hotel located just minutes from the put-in spot for our kayaking tours.

Day 4: Our next stop will be in the picturesque mountain village of Banff, A UNESCO World Heritage Site set in the heart of the Canadian Rockies. Here we will stay in a deluxe hotel overlooking the mountain resort and in close proximity to the hot springs we'll enjoy after a day on the river.

Day 5-7: The final nights of the trip will be spend at the mountain resort of Panorama. We'll share a luxury condominium with spacious living room, full kitchen, and deck perfect for relaxing after a full day of downhill riding.

FOOD

Although our Canada multisport vacation takes us to some of the most remote parts of the Rockies, we won't be missing out when it come to quality food and nightlife. All the resort towns we stay in offer a great selection of restaurants (some award-winning) as well as a variety of bars and clubs. Banff in particular is home to great cafes, restaurants, and bars.

Breakfasts are included in the vacation price. Some days we'll have breakfast in our hotel and on others we'll have a continental breakfast in our apartments. You will be in charge of your own lunches (we'll provide lunch on the river one afternoon) and we'll find great spots to pick-up picnic lunches. Most of our accommodations have their own refrigerators, and some nights we'll relax and kick back with a barbeque at our mountainside apartments. For other nights, we'll book one of our favorite local restaurants so that the group can eat together. You are of course welcome to do your own thing, but group dinners often turn out to be a pretty memorable part of our trips. Restaurant options are varied, from Italian and Indian to American and Asian. The highlight of the cuisine during our vacation will probably be the Alberta beef steaks, which are some of the finest in the world. Meals vary in price depending on what you order; you can expect to pay anything from CND \$8 for a simple burger or sandwich meal, to between CND \$10 to \$15 for more substantial meals and CND \$20+ for up-market restaurants.

DATES & PRICES

For detailed dates and pricing information, please see our website at <http://www.accesstrips.com>

TRAVEL INFO

1) ARRIVAL & DEPARTURE INFORMATION

Arrival and Departure Airport: You should fly into and depart from Calgary International Airport (airport code: YYC) in Calgary, BC, Canada.

Pickup & Drop-off Information: We provide complimentary airport pick-ups and drop-offs. We will be waiting for you in the baggage claim area (if you arrive on a domestic flight) or after you pass immigration (if you arrive on an international flight) with a sign saying `Access Trips`. If you would like to be picked up from or dropped off to somewhere other than the airport, please contact us.

Airlines and Checking Equipment: If you intend to bring your own equipment, please check with your airline regarding policies for checking and transporting sports gear and equipment before you book your flight. This includes inquiring as to weight, charges and liability.

Flights: We do not book flights or insurance for our clients. For recommendations, [click here](#)

2) TRAVEL REQUIREMENTS

Travel Insurance: Travel insurance, including emergency evacuation coverage, is compulsory for all our trips. Please do not attend any of our trips without purchasing appropriate insurance coverage. We recommend that you purchase travel insurance that includes cancellation protection so that you will be covered in the event that you are unable to attend our trip (due to injury, illness or other unforeseen circumstances) or in the unlikely event that our trip must be canceled. We do not provide travel insurance for our clients. Please contact your local travel agent to purchase travel insurance.

Passports & Visas: All countries require a valid passport (with a minimum of 6 months validity). Citizens of some countries will also require a visa. To learn more about visa and entry requirements for Canada, please select the appropriate Canadian Embassy website from the following list: <http://www.cic.gc.ca/english/offices/missions.html>. or consult your local travel agent. Please note that it is your responsibility to ensure that you have the correct travel documentation.

Age: We do not have any age restrictions on our trips. The majority of our clients are between the ages of 25 and 45, but we also have many clients who are older and younger than this. This trip may not be suitable for children under age 10.

3) HEALTH AND SAFETY

Emergency Contact: If you need to contact Access Travel in an emergency, you can reach us during office hours at the following numbers:

Dialing within North America: 1 (650) 492-4778

Dialing outside of North America: +1 (650) 492-4778

If you feel that you need to contact us outside of office hours, one of our staff members will be available on the following mobile lines:

Mobile-phone: +1 415 298 7353 or +1 650 387 4249

If you do not receive an immediate answer when calling the above numbers, please leave us a detailed message and we will get back to you as soon as possible.

Health requirements: Please carefully review the health information section of the following webpage for up-to-date health information, including information on the quality of medical care, the availability of medications and the necessity for vaccinations in the destination country:

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1093.html. You are responsible for ensuring that you receive any necessary vaccinations before embarking on your trip with us.

Fitness requirements: Our Canadian Rockies trip is classed as an introductory trip so you do not need any prior mountain biking, kayaking, or rafting experience to participate in this trip. Nevertheless, you should have a reasonable

level of fitness and be able to bike and paddle for up to 6 hours each day.

Safety & Security: To maximize your safety during our tours you should exercise common sense and caution at all times. We recommend that you always stick to set travel arrangements, and avoid unknown areas. We also recommend that you wear minimal jewelry and that you keep valuable items safely stored. Always keep a copy of your passport, airline tickets, travelers checks and credit card numbers separate from where you keep the originals. For information on safety and security in Canada, please review the safety and security section of the following webpage:

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1082.html

4) WHAT TO TAKE

Equipment: To maximize your enjoyment and performance during our trip, we recommend you bring your own bike as well as bike helmet and gloves. If you are unable to bring your own equipment, however, we have high quality bikes available for rent. Please email us at info@accesstrips.com for information about our rental equipment.

What to bring: Many of our trips require us to move our base several times, so we recommend that you pack as lightly as possible. There will not always be someone available to help you carry your bags so you should only bring as much as you can carry on your own.

We suggest that you bring the following items:

Clothing & Equipment

- * your bike (if you decide to bring your own)
- * helmet (if you don't have one, you may rent one at the mountain)
- * Bike gloves
- * water bottle or camelback (we will supply water bottles but you may like to bring your own)
- * T-shirts
- * Swimsuit
- * Thermal Layers
- * Padded shorts for biking
- * Rain coat (just in case!)
- * Comfortable flat soled shoes for biking (hiking boots are OK)
- * Walking shoes
- * Sandals
- * a sweater for evenings
- * toiletries
- * money belt
- * sunscreen
- * sunglasses
- * beach towel
- * first-aid kit (should contain lip balm, aspirin, band aids, a cream for sore muscles (e.g. deep heat), extra prescription drugs you may be taking)

Documents & Money

- * passport (with photocopies)
- * travel insurance (with photocopies)
- * airline tickets (with photocopies)
- * Credit and/or debit card and/or travelers cheques and/or cash
- * Any entry visas or vaccination certificates required

Spending Money

- * **Meals** - for meals not included in the trip price, you should budget around CND5 - 15 for lunches (depending on whether you make your own lunch or buy it on the mountain) and CND8 - 20+ for dinners, depending on whether you want to eat in very simple restaurants or in more expensive ones.
- * **Other expenses** - aside from meals, there are no required additional expenses for this trip, but you might like to take spending money for such things as souvenir shopping, nightlife and internet cafes.
- * **Tipping** - a 15-20% tip for meals is standard in Canada

5) USEFUL LINKS

Country Information: For additional information about traveling in Canada check out http://travel.state.gov/travel/cis_pa_tw/cis/cis_1082.html OR http://www.travelcanada.ca/tc_redesign/app/

Currency Exchange: For the latest currency exchange information check out <http://finance.yahoo.com/currency>

6) ABOUT ACCESS TRIPS

Who we are: Access Trips is dedicated to offering a wide range of instructional adventure trips. If you're looking for a vacation that provides a huge sense of personal achievement while still being fun, exciting and rewarding, our trips are right for you. We coined the term `instructional adventure trip` to describe our unique style of travel because as far as we know, we are the only company in the world to specialize in offering a variety of such trips! Instructional adventure trips offer the best of both worlds - expert instruction to help you develop and improve in your favorite pastime (or, if you're a beginner, to help you learn a new pastime correctly from the start), and varied and exciting itineraries to give you a unique and memorable travel experience. Our trips are the perfect mix of a high quality instructional course and an exciting adventure vacation and you'll find there's nothing more satisfying than challenging yourself and reaching new heights in your favorite pastime, while also enjoying a unique and authentic travel experience. Our instructional trips encourage you to develop your potential in a relaxed and non-intimidating setting, regardless of your ability level, and reward you with carefully selected accommodation, delicious food, incredible scenery and unique cultural experiences.

We offer trips in all continents except Antarctica and we currently specialize in snowboarding, skiing, surfing, mountain biking and multisport tours. Our team is made up of instructors who are among the best in the world; we select them not only for their talent and experience (many are professional and competitive athletes) but also for their great personalities and their passion for coaching. Our tours attract men and women of all abilities and ages and, thanks to the fact that all clients have a common interest, our trips tend to be fantastic social experiences in addition to great instructional trips.

Our commitment to our clients: Like many travel companies, we are dedicated to offering the highest quality, safest and best value trips that we can. But our client mission is much more than this: on top of offering an excellent product, we are committed to making a positive change in the lives of our clients. We at Access Trips have all benefited in meaningful ways from the remarkable power of having a passion in life - of having a pastime that brings you pleasure, friendships, a sense of achievement and a total escape from the pressures of everyday life. Some of us have found self-confidence, others friendships, and others motivation and drive as a result of our involvement in sports. We want our clients to also experience the pleasure of finding and pursuing a passion. It is our goal that clients return from our trips having found a new passion or solidified an existing one, having made lasting friendships, having experienced a deep sense of achievement as a result of reaching new heights in their favorite sport, and having acquired a new perspective on life as a result of the unique experiences that our trips provide. We have had more than a few clients who have returned from our trips and decided to make major life changes such as changing careers to pursue more meaningful work, moving countries to be closer to the outdoors, and changing universities to be around more like-minded people. We do not expect our trips to have such a dramatic impact on all our clients, but we do hope that all our clients can be inspired in some small way from the experience of sharing their passion with us.

Our commitment to others: Although we are ultimately a for-profit business, Access Trips is about so much more than just turning profits. We operate Access Trips because we are passionate about travel, sports and the outdoors and because we love to share this passion with our clients, our employees and the local people we encounter during our travels. It is deeply important to us that our business contributes to the world in a favorable way and that we use our resources to affect as much positive change in the world as we can. We believe that we have three major responsibilities: to our clients, to our employees and to the world at large (which includes the environment and local communities) and we are doing everything we can to serve these three groups to the best of our ability. Please see the company section of our website (<http://www.accesstrips.com/company/mission-overview/>) to read more about the actions we are taking to fulfill our mission and to effect positive change in the world.

7) FINAL NOTE

The information contained in this document is provided in good faith. Due to the nature of travel, details in this document may change. You should thus use the above information as an indication only and not as a contractual obligation on the part of Access Travel, Ltd.



TERMS & CONDITIONS

Please have a look at our Terms & Conditions at <http://www.accesstrips.com/company/termsandconditions/> before you make your booking. Thanks!