



Great Canadian Mountain Traverse

This trip is for those daring enough to challenge the two big mountain ranges of Western Canada in 1 week. Rocky Mountain Cycle Tours owner and former adventure racer Peter Weiland dreamed up this challenge during some bike-less cold winter days.

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 and you do not mind back to back century rides and you are looking for **THE CHALLENGE OF A LIFETIME** with a maximum satisfaction factor, this trip is for you. You will ride a total of 1000k / 621 miles and you will climb approximately 11,000m or 35,000ft.

Itinerary

Arrival Day. Arrive at least 1 day before the tour in Lake Louise to acclimatize. Calgary is your nearest airport and shuttle busses take you to Lake Louise. Try to be in Lake Louise so you have the afternoon to do an acclimatization ride to Lake Louise and Moraine Lake and / or along Bow Valley Parkway to make sure your bike and legs are working perfectly. Bikes can be shipped to Lake Louise and assembled at Wilson bike shop. **There is a mandatory pre-ride briefing at 6.00pm the night before the tour.**

Day 1: From Lake Louise to Sunwapta Falls 178k / 111 mi. From the Bow Valley on the world famous and stunningly beautiful Icefields Parkway across Bow Pass into the heart of the Canadian Rockies. The second climb of the day up Sunwapta Pass takes us to the Columbia Icefield, from here we enjoy a long descent to Sunwapta Falls.



Day 2: From Sunwapta to Mt Robson 150k / 95mi. 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.



Day 3: Mt Robson to Blue River 132k / 84 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 it's big mountain scenery. At the end of the day you will be rewarded with luxury lodging at Mike Wiegele's famous Heli-Ski resort.



Day 4: Blue River to Little Fort 80 mi/ 135k. 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.



Day 5: Little Fort to Clinton 160k / 100mi. A long, steep morning climb of 12k with grades between 8-10% takes us onto the Caribou Plateau. Then we enjoy a roller coaster ride through the Cariboo wilderness and it's many lakes. Keep your eyes open for bears, moose and deer.



Day 6: Clinton to Lilloet 108k/ 65 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.



Day 7: Lilloet to Whistler 134k/81 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.



After a coffee break in Pemberton we regroup to tackle the final climb to Whistler, where we will celebrate the end of this epic bike challenge.



In Whistler you can choose from a wide array of accommodations to suit your needs. Most riders choose to stay at least a night in Whistler but you could catch an evening shuttle to the airport or Vancouver.

Trip includes:

- 6 nights of accommodation in hotels and lodges
- Meals (6 breakfasts, 3 dinners, snacks, variety of fruit, energy bars, gatorade)
- Luggage transport from Lake Louise, AB to Whistler, BC
- Support vehicle
- Mechanical support
- Ride sheets with directions and GPS files
- Guiding
- Minimum 6 riders, maximum 18 riders

Trip Prices

Trip prices are as per our website. Please inquire for group or family rates.

Departure Dates (Trip starts in Lake Louise, AB and finishes in Whistler, BC)

Scheduled departure dates are as per our website. Customized trip departures can be arranged for groups of 8 or more participants outside of these dates.

Please note: This trip is not a race but a very serious cycling challenge. Please make sure you and your bike are in the shape and condition to do this trip. A support van is available, but to get the most out of this tour, you should be able to ride the daily distances.

If distances of this trip seem to daunting please have a look at our other more moderate cycle tours in the Canadian Rockies.

Arrival and departure:

If you fly in for this trip you should make flight arrangements to Calgary, AB and back from Vancouver, BC. You can then travel via Brewster airport shuttle from Calgary International to Lake Louise and with the Perimeter Airporter or other providers from Whistler to Vancouver International.

It is necessary to arrive in Lake Louise the day prior to the first day of riding to acclimatize and to be present in the mandatory pre-ride meeting.