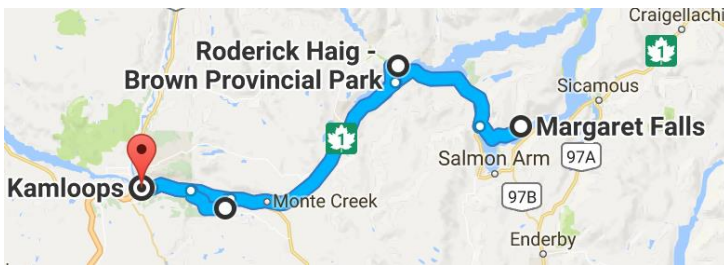


A 7 Day Itinerary for British Columbia

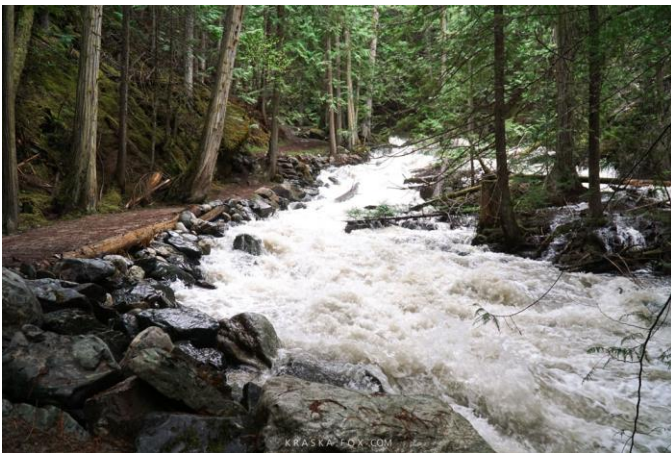
Canada

Day 1 - Kamloops & Surroundings

228 km – 2 hr 51 min (driving total)



Margaret Falls | Schuswap : About a 1.5 hour drive east from *Kamloops*. It's a very quick walk just off of the road taking you to some beautiful waterfall sightseeing. Scenic huge pines tower crookedly over the stream. During a high rain season the path can become flooded, making this short scenic hike inaccessible.



Upper Flume Trail | Roderick Haig-Brown Provincial Park: On your way returning from *Margaret Falls*, off of the Trans Canada Highway turn into salmon arm, and a short drive will take you to *Roderick-Haig Provincial Park*. There are multiple trails and multiple parking spots. Doing all the trails in the park could take all day. If you are short on time I recommend 'trail 6',

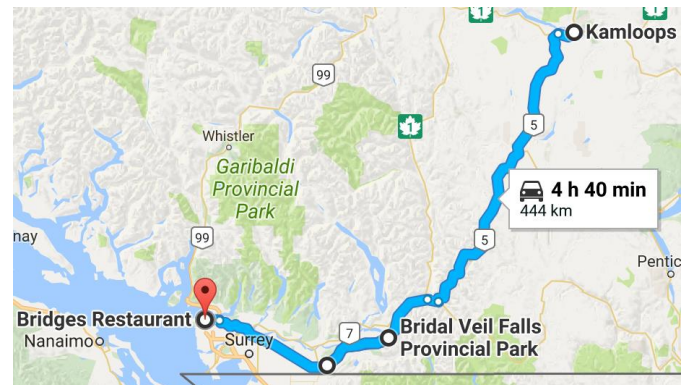
otherwise known as the Flume Trail and 'trail 5' if you have a little extra time. Doing the entire double loop of ONLY the Upper Flume Trail will take you about 2 hours. It is an absolutely epic walk, with crazy raging white waters that will make your feet tremble [I HIGHLY recommended this one, it was hands down my favorite trails on this trip]

Erin Valley Riding Stables | Kamloops: Step into *Erin Valley Riding Stables* for a late afternoon lazy guided ride through the rolling mountains of *Kamloops*. Its an amazing and beautiful contrast in landscape, bushy and dry desert-like conditions compared to the early morning pines. There are multi-hour tours and as short as 1-hour tours available. Just give them a call in advance to book a time.

Return to Kamloops

Day 2- Highway 5 Stopovers & Vancouver Night Out

444 km – 4 hr 40 min



Abbotsford Tulip Festival (seasonal) | Abbotsford I love flowers, so I just got giddy when I saw all the colours from the highway. Tons and tons of beautiful blooms everywhere, but make sure to bring your wellies as it could get pretty muddy.

Bridal Veil Falls | Chilliwack: A Short 10-minute walk from the parking lot will take you to the base of the beautiful falls. There are lots of pretty mossy trees on the walk up towards the falls, as well as a few viewing areas beside the walking path.

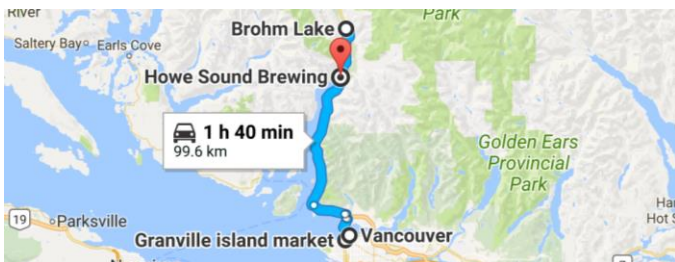


Improv Centre | Vancouver: The *Improv Centre* is just as the title describes, an improvising comedy club. We had booked this show ahead of time on recommendation of a friend and it was super neat, and hilarious.

Bridges Restaurant | Granville Island
Just a short walk from the comedy club was the *Bridges Pub*. You enter the pub through a massive door, into a really relaxed atmosphere onlooking the marina and the bridge. We topped of our night with some drinks and delicious pub munchies.

Day 3 - Vancouver- Granville Island & Squamish Trails

100 km – 1 hr 40 min



Granville Island Market | Vancouver
After a quick breakfast at a local restaurant, we walked our way down to the amazing *Granville Island Market*. It's an indoor market full of anything from fresh fruits/veggies, pastries, flowers, local crafts, porcelain and more. This market has so much to offer, you can snag some amazing fresh eats and many local made items. After purchasing some yummy snacks, we headed onto the sea-to-sky highway into *Squamish* to do a bit of hiking.

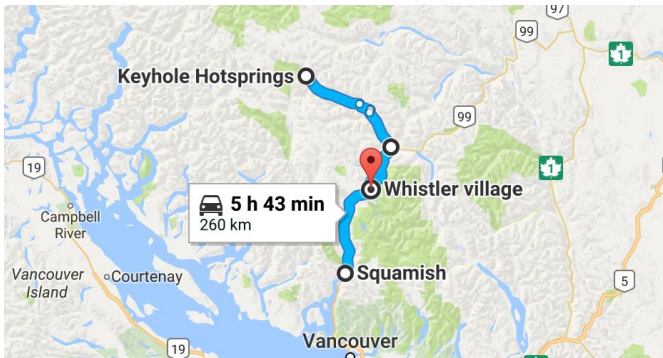
Brohm Lake Interpretive Trail | Squamish: *The Brohm Lake Trail* was a recommendation from a friend of a friend (word of mouth recommendations have always been a winner in my books). We originally wanted to do the classic peak-to-peak *Squamish Gondola* but there were super low lying clouds all around the mountains, which made for poor viewing (if travel has taught me anything, it's to be flexible). It was a great alternate and definitely gave us a great workout. The trail takes a few hours depending on which loop you take. It's a bit of a steep hike up the hill, but there are some absolutely beautiful lookouts.

Howe Sound Brewery | Squamish: After some good hiking it was time for a great meal and an even greater beer. This micro brewery has a large selection of take away 2 L beer jugs. Our group enjoyed an assortment of fish & chips and some ribs. I tried the local blueberry beer (which was delicious) and we got ready to enjoy a bit of live music (they have different featured bands playing here often). I also snagged a take away jug of blueberry beer to take home.

Sandman Hotel Squamish | Squamish:
Very nice, new clean hotel. Why'd this make it on the list you ask? One Answer: Water Slide. Yes it has an indoor pool/hot-tub, with a two story swirled water slide. And just like adult children, after a sweaty day of good hiking, we went to have some fun on this waterslide (the pool didn't close till 11pm). We were the only ones there taking turns. (this may not be too surprising for everyone, but i usually don't pick hotels for extra features, so we had a blast before turning in for the night).

Day 4 - Keyhole Hot Spring to Whistler

260 km – 2 hr 12 min



Keyhole Hot Springs (Currently CLOSED PERMANENTLY - As of May 15- 2017):

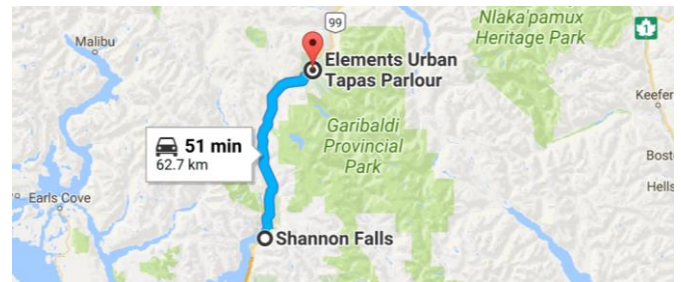
This was a long day full of adventure. It was about 2.5-hour drive from *Squamish*, on mixed roads (the last hour of driving is a gravel logging road). The scenery was beautiful, but there were tons of aggressive bears in the area. We got stalked by a grizzly bear in a place that has no cell reception (scary as heck). Poor judgement on our ends as we had tons of warnings of the dangers that were ahead.



The Pony Restaurant | Pemberton: This was a spur of the moment drop in as we returned from *Keyhole Hot springs* and it ended up being a really awesome meal. We reminisced about almost dying, as we sipped on a crisp cold beer in relief (I don't think I ever appreciated food so much until this incident). Try the amazing beef and back pork stacked fully loaded burger and a pretty little Caesar salad with a twist of proscutto to top, Yum!

Day 5 - Whistler Village & Shannon Waterfall

63 km – 51 min



Shannon Falls | Squamish: We started from *Squamish* (the night before we had to drive back to *Squamish* from the hot springs). From the parking lot, its a quick 15-minute walk to the waterfall. There's a nice platform close to the base where you can take some pictures. If you want a little more adventure, longer hikes are available in the area.



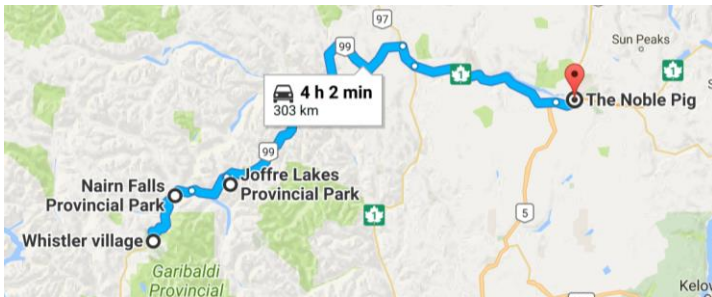
Elements Urban Tapas | Whistler: In the heart of *Whistler* village, a cute little corner restaurant with AMAZING breakfast food. It was a recommendation from a local friend that I will 100% stand behind. You have to try the frittatas, it comes with a shot of guava juice, and a smashed potato bake. My mouth was in blissful breakfast

heaven; go early for a peaceful morning before the crowds, you won't regret it!

Whistler Village Shopping: We spent some time shopping around and eating ice cream at the village. We purchased some specialty chocolates along with some funny souvenirs (I have to add to my magnet collection at home). It was mid/late may during our trip and you could still do some skiing or snowboarding at Whistler Mountain during this time (the upper half of the mountain was still open). We enjoyed a relaxing day around town.

Day 6 - Sea to Sky Highway Stops & Return to Kamloops.

303 km – 4 hr 2 min



Nairn Falls Provincial Park | Whistler: A beautiful hike along with a camping park. *Nairn Falls* is an interesting and unique set of waterfalls, part of the first falls flows through an underground cavern before it resurfaces. Plenty of natural fauna and flora, home of the western pacific dogwood (BC's provincial flower).

Sea to Sky Highway | Vancouver to Whistler: It starts in *Vancouver* and continues on for many kilometers. Most of the stops we made along the route were random and I really have no idea where most of these lookouts are. It's such a beautiful drive that you can stop anywhere and snap an awesome picture.



Joffre Lake: It's crazy that in late spring you could still find such an icy lake, and snow covered walk. It's has an increased elevation in the mountains making the air much colder. With 2 feet of snow that has yet to melt, we had a fun time falling and navigating over this packed snow. In the summer time the water in *Joffre Lakes* has a beautiful aqua colour.

The Noble Pig Restaurant | Kamloops After a long scenic drive, we had finally made it to *Kamloops*. We dropped off our things and immediately went out for some food. I enjoyed a pulled pork poutine mountain of glory. Portions were too huge to handle, and I could not finish my meal. The pulled pork mac and cheese also tasted phenomenal (I tried a bite from my husband's dish).

Day 7- Relaxing in Kamloops

Kenna Cartwright Park | Kamloops: This was our wind down day before our flight in the evening. We took a easy stroll through a local park, relaxed with friends, enjoyed some local brews and had a great day of relaxing and reminiscing. There are many trails in this park and you can choose your complexity.

Fly Home - The End!