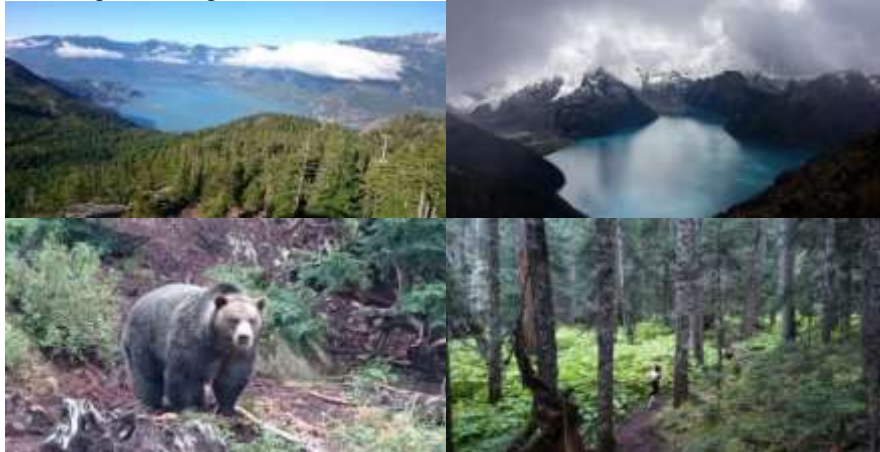


SEA TO SKY TRAILS + Whistler Alpine Meadows Race Canada, 14-23 September 2018

A week of trail running (or hiking) along the British Columbia Coast Mountains. Timed stages through traverses and verticals with nature and cultural discovery.



Location

From Vancouver you are soon into the unique blues and greens of the Pacific Northwest. A 40km fjord extends north to Squamish and granite wall of The Chief. The 'Outdoor Recreation Capital of Canada' is famous for rock climbing, mountain bike /foot trails, and kitesurfing. We then go inland to Whistler, top rated mountain resort in North America. First Nations history and local respect for nature feature throughout the region.

Terrain

The trip covers **150-300km with 10,000+ meters gain** (depending on your choices). Don't let some low mileage days fool you. These trails are challenging with tree roots, scrambling, and damp climate known to the BC coast. The schedule was made so you can push on bigger days while still hitting the trail in between.

Whistler Alpine Meadows (WAM) Race – 12/ 25/ 55/ 115km courses

This is the last leg of our trip. The 55/115 go up to the glacier.

PLACES are LIMITED. Only those registered by Feb.1st get a secured spot.

Hikers/Non-Runners Welcome

This trip is suitable for those who don't run (on modified program). If you like nature there is a lot to see. There are some gondolas to upload. Runners can still go at their own speed.

Wildlife: an array of animals on and off land - raccoons, bears, coyotes, cougars, deer, skunk, otters... This time of year is also salmon spawning season.

The Team:

Tiffany Saibil - trail runner and event organiser originally from North Vancouver

Christophe Le Saux - trail running adventurer and organiser of international running trips

Weather: September has brought beautiful weather in the past years but this is one of the wettest areas of Canada. A kit list will be provided.

Accommodation:

Unless you get lost in the woods this tour is hotel based (i.e. no tents / sleeping bags).

Program 2018



Day 1: Friday 14 September

- Participant arrival
- Hotel check-in North Vancouver (for 4 nights)
- Briefing & Group Welcome Dinner

Day 2: Saturday 15 Sept – Acclimatisation Day /Vancouver Day

- Granville Island (short visit)
- A.M: Run Seawall / **Stanley Park**: (12km). Picnic lunch
- P.M: Time for visit park / aquarium / or Cap Suspension Bridge /option for more running
- Evening: Briefing + Group Dinner



Day 3: Sunday 16th September

- Deep Cove: Canoe TBC & weather dependent
- Baden Powell trail: Deep Cove - Grouse (25km/1300m+/1100m-). Picnic lunch.
- Option: visit Fish Hatchery. Optional additional run: Capilano Pacific Trail (15km)
- Evening – Briefing + Aperitif
- Dinner open (dinner not included in tour).



Day 4: Monday 17th September

- Grouse Grind (3km/850m+ one way). Additional summit (8km/300m RTN) -weather dependent
- Packed lunch. Time to visit at Grouse Mountain: grizzly refuge, lumberjack show
- Option for run down (not a timed stage)
- Briefing + Aperitif. Open evening (Dinner not included in tour)



Day 5: Tuesday 18th September

- (Hotel check-out North Van)
- Baden-Powell: Cleveland Dam to Horeshoe Bay (~24km/1600m+/1450m-)
- Transfer by car to Squamish Adventure Inn (check in for 2 nights)
- Evening Briefing + Aperitif. Group dinner at hostel



Day 6: Wednesday 19th September (Squamish)

- A.M: **Hike the Chief** (7.5km/900m+/900m-). Return to hostel for lunch.
- P.M: **Sea to Summit trail** (7.5km/920m+). Options: additional trails &/or visit at top of gondola
- Download on Sea to Sky gondola.
- Evening Briefing + Aperitif. Evening open (dinner not included).



Day 7: Thursday 20th September

- (Hotel check-out Squamish)
- **Garibaldi Provincial Park** (30km/1520m+). Packed lunch.
- Transfer to Whistler Athlete's Centre (check-in for 3 nights)
- Briefing + Apero. Group dinner provided.



Day 8: Friday 21st September (Whistler)

- Open day. Sample activities: Scandinav Spa, hiking at Peak of Whistler, Lil'wat aboriginal museum / art gallery / glacier tour by plane / local brewery & restaurants
- Race pack pick up (Whistler village)
- Evening briefing & group dinner provided.



Day 9: Saturday 22nd September

- **Whistler Alpine Meadows RACE** day: 12/25/55/115km– You **Must be Pre-Registered**
- Transfer provided to race start. (BBQ at race finish area for those registered w/WAM).
- Group awards /apero. Dinner open (not included).



Day 10: Sunday 23rd September

- Breakfast
- Hotel checkout Whistler
- Transfer back to airport or Vancouver

Lodging

14-18 Sep – North Vancouver Hotel (motel)

18-20 Sep – Squamish Adventure Inn (hostel)

20-23 Sep – Whistler Athlete's Centre (accommodation for 2010 Olympics)

***Rooms are on shared basis.** If you want a private room it may be possible with a supplement, you need to specify when registering for the trip.

Price

\$2,350CAD /1,550EU per person – Registration **BEFORE 30 January 2018**

\$2,400CAD /1,600EU pp – Registration **After 30 January 2018**

\$2,450CAD /1,650EU pp – Registration **after 30 May 2018**

* Team **Globetrailers Active Members** get a **50.00 Euro discount.**

**\$100 supplement if you are doing the Whistler Alpine Meadows 115km category.

Package includes:

Transportation

- Sept. 14th pickup from North Vancouver Seabus station and transfer to hotel
- Transfers to and from the run locations.
- Transfer from Whistler back to Vancouver or airport on last day

Hotels

- Lodging September 14-23rd (as listed above)

Meals

- Meals included except where specified in the program. The open evenings allow people to explore locally according to taste, budget, and energy levels. 2 lunches not included (race day and on the Whistler 'open' day as people may be out on different activities).
- Squamish and Whistler accommodations have fully equipped kitchens for our use
- Drinks at meals are not included. It is customary on our trips to do a shared 'aperitivo' where people contribute for alcohol &/or non-alcoholic beverages & snacks.

Staff

- experienced event management /trail runners, and we work with local partners onsite
- WAM race is organised by Ridgeline Events, known for great trail races in B.C.

Coaching

- Advice during the trip on trail running and race / or general trip preparation is possible

Prizes, Gift Bags, Celebrations

- Welcome dinner and Closing brunch
- WAM: Finish line BBQ & medals + branded race Tshirt (25/50/100km)
- Gift bag & prizes

Insurance – travel and medical insurance is obligatory and is the responsibility of each participant, and not included in the package price.

REGISTER (English or French)

www.lifewithoutacar.com or www.teamglobetrailers.com

