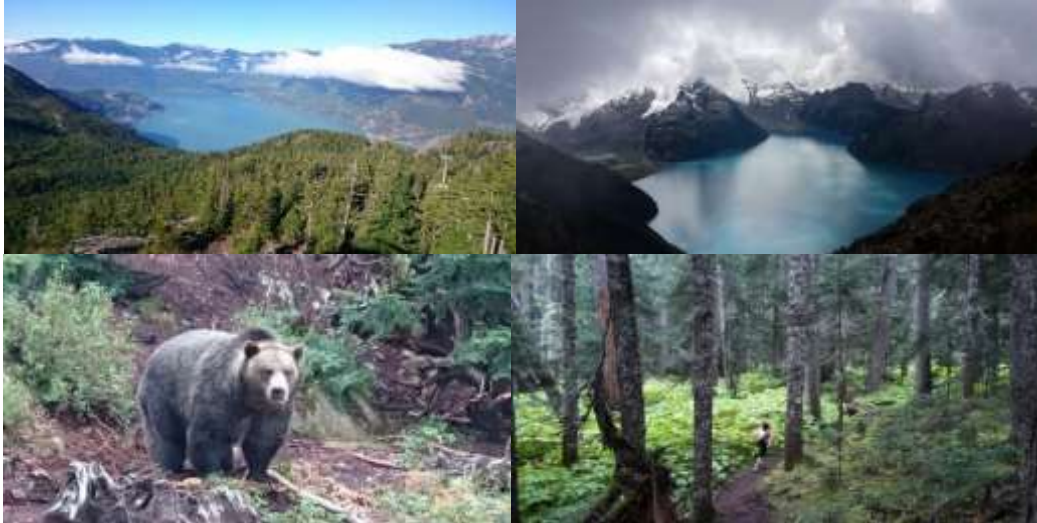


CANADA SEA TO SKY TRAILS + Whistler Alpine Meadows Race

15-24 September 2017

British Columbia Coast Mountains. Thick forests, ocean views, birds to bears, glaciers & alpine meadows. A week of trail running in the Sea to Sky corridor including Vancouver North Shore, Squamish, and Whistler – with a coveted space in the WAM race.



The Tour

Starting from Vancouver you are quickly into the unique green and blue of the Pacific Northwest. A 40km fjord extends north from Vancouver leading us to Squamish and its huge granite wall The Chief. As the 'Outdoor Recreation Capital of Canada' it is famous for rock climbing, mountain bike / foot trails, and kitesurfing. From there we go inland towards Whistler, a world class destination ranked #1 ski resort in North America, with equally good summer trails. It's an area with First Nations history and local respect for nature.

The trip covers **175km / 10,500 meters of gain** across timed stages.

Don't let the low mileage days fool you. These trails are challenging - tree roots, scrambling, and damp climate known to the BC Coast Mountains. The schedule has been made so you can push on the bigger days while still hitting the trail in between with plenty to see (but for those who want even more there are additional trails to do).

Whistler Alpine Meadows Race – 50km / 3,300m

This terrain only opened two years ago. WAM sells out and has limited entries due to trail preservation. It is directed by the same team as Squamish50 & Coast Mountain Trail Series.

Non-Runners Welcome

This trip is suitable for those who don't run. If you like nature there is a lot to see. Grouse Mountain and Squamish have gondolas to upload and the WAM has a helicopter option.

Wildlife: There is an array of animals on and off land: eagles, bears, coyotes, cougars, deer, seals....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 legend 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 (there's a reason why the trees are so green).

- A kit list will be provided.

Unless you get lost in the woods, this tour is hotel based (i.e. not tents).

Program



Day 1: Friday 15 September 2017

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

Day 2: Saturday 16 Sept – Acclimatisation Day

- Granville Island (short visit of market), Aquabus to run start.
- Run West End-Stanley Park seawall: (15km) – picnic lunch
- Time for aquarium or return to hotel for optional run/hike on Capilano trails &/ or visit Cap Suspension Bridge
- Evening: Briefing + Group Dinner



Day3: Sun.17 Sept

- Deep Cove: Canoe / Stand-Up Paddle
- Baden Powell trail part1: Deep Cove -Grouse (~21km/1050m). Picnic
- Evening open (dinner not included in tour)



Day4: Mon. 8 Sept

- Grouse Grind (3km/850m+ one way)
+ Additional summit (~8km/300m RTN). Picnic provided.
- Time to visit at Grouse Mountain – grizzly refuge, lumberjack show
- Open evening (Dinner not included in tour)



Day5: Tues.19 Sept

- (Hotel check-out North Van)
- Baden-Powell part2, Grouse to Horeshoe Bay (~24km/1450m)
- Transfer by car to Squamish Adventure Inn

Day6: Wed. 20 Sept

- Squamish: Sea to Summit trail (7.5km/920m+)
- Additional trails / time for visit at top of gondola
- Download on Sea to Sky gondola. Lunch provided.
- Hike the Chief: 7.5km/900m+
- Evening open (dinner not included)



- 7) Thursday 21 Sept - (Hotel check-out Squamish)
- Garibaldi Provincial Park (30km/1520m). Picnic lunch provided.
 - Transfer by car to Whistler Athlete's Centre



- 8) Friday 22 Sept
- Whistler – open day for participants
 - Race pack pick up (Whistler village) - Shuttle will be provided
 - Athlete's training facilities available at the hotel
 - Evening open (dinner not included)



- 9) Saturday 23 Sept
- Whistler Alpine Meadows race. Options: 55km / 29km /12km
 - Transfer provided to and from race event
 - Barbeque at race finish area.



- 10) Sunday 24 Sept
- Closing Brunch and awards.
 - Open day: sample activities include Scandinav Spa, hiking trails at the peak of Whistler, Lil'wat aboriginal museum/art gallery.
 - Transfer back to airport or Vancouver

Lodging



15-19 Sep – North Vancouver Hotel
19-21 Sep – Squamish Adventure Inn
21-24 Sep – Whistler Athlete's Centre

Rooms are on a shared basis. If you want a private room it may be possible with a supplement, please specify when booking.



The **Whistler Athlete's Centre** is a high performance training and accommodation facility, built for the athletes of the Vancouver 2010 Olympic Winter Games. It has a gym for your use.

Squamish and Whistler have kitchen facilities for us to use.

Price

15+ people 1,350euros / \$2,000 CAD per person

10-14 people 1,550 euros / \$2,300 CAD per person

5-9 people 1,750 euros / \$2,600 CAD per person

* Team Globetrailers Active Members get a 50euro discount.

** People not doing the WAM race get a reduction of \$100 / 75euros

Package includes:

Transportation

- Day1 pickup from North Vancouver Seabus station and transfer to hotel
- Transfers to and from locations in the programme. There are options to go by foot for additional trails and local attractions.
- Transfer back to Vancouver or airport on last day

Hotels

- Hotel nights Sept.15-24 (on shared basis).

Meals

- Meals included except where specified in the programme. The open evenings allow people to explore locally according to their taste and budget.
- Squamish and Whistler accommodations have fully equipped kitchens for our use if you prefer to prepare those meals yourself.

Team

- The tour will be led by trail running and event management professionals
- 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 preparation
- Potential for group seminar (TBC depending on final tour schedule)

Goodies & Celebrations

- Welcome Dinner and Closing Brunch.
- Finish line BBQ (+ finisher medals)
- A gift item and prizes + WAM branded race shirt (25km & 50km only)

REGISTER YOUR INTEREST on

www.lifewithoutacar.com or www.teamglobetrailers.com

