



Trip Summary

Hiking Hut to Hut in British Columbia

8/6 – 8/13, 2017

TRIP AT-A-GLANCE

Dates: August 6 – 13, 2017

Location: Wells Gray Park, British Columbia, Canada

Cost: \$ 2195

*Deduct 3% of the entire trip fee when the balance is paid by check.

Rating: 4

Activities: Hiking

Meeting

Place: Kamloops Airport (YKA), BC or Wells Gray Inn, Clearwater, BC

Arrive: 2pm at YKA or 5pm at Wells Gray Inn.

Depart: anytime the last morning from Clearwater, BC or flights after 12 noon from Kamloops Airport.

WHAT'S INCLUDED

- Experienced guides including a local guide and an AGC guide
- Three nights motel lodging and four nights in huts
- All meals from dinner Sunday through Sunday breakfast
- Transportation from Kamloops to Clearwater
- Round trip transportation from Clearwater to the trailhead

WHAT'S NOT INCLUDED

- Transportation to Kamloops
- Guide gratuities
- Alcoholic beverages
- Items of a personal nature

Trip Highlights

- Being surrounded by the beauty of mountains, lakes, and wildflowers
- Hiking in the BC mountains at the height of wildflower season
- Paddling canoes for a day on a pristine wild lake
- Not seeing anyone else for 5 days and sleeping in cozy rustic huts in the middle of nowhere
- Gazing at incredibly bright stars untouched by city light pollution
- Swimming in crystal clear mountain lakes and drinking water that doesn't need to be filtered

Trip Overview

Rarely is it possible to combine hiking a wilderness that is so remote we are unlikely to see other people for the entire time, yet enjoy a warm and comfortable hut at the end of the day. But on this trip, you can have it all! If you want days full of hiking in beautiful wild Canadian mountains, experiencing all the joy of true wilderness and solitude, and love the idea of a warm place with a soft mattress to sleep at night, please join us as we spend six days roaming this remote area of lush meadows full of wildflowers, beautiful peaks, pristine lakes, and streams that are so clean you can drink directly from them. Maximum group size: 10.

Our Itinerary

Below is our proposed itinerary. We may follow it exactly or we may modify it based on weather, natural conditions etc

Sunday, August 6: Our trip begins at the Kamloops airport at 2 p.m. on Sunday or at 5 p.m. at our lodging in Clearwater, British Columbia. After introducing ourselves and starting (or continuing) to get to know each other, we'll go out for a welcome dinner.

Last Revised: 12/19/2015

CANCELLATION POLICY

In the unfortunate event that you must cancel your trip, your refund will be determined by the following formula:

Days Prior to Trip	Refund
90 + days	All but \$50
90 – 61 days	50% of deposit
60 – 30 days	50% of trip fee
29 days or less	No refund

Adventures in Good Company reserves the right to cancel or alter a trip due to unforeseen weather, unsafe conditions, low registrations or other circumstances.

On the rare occasion when Adventures in Good Company must cancel a trip, all payments received to date will be refunded, including the non-refundable portion of your deposit.

Adventures in Good Company is not responsible for expenses incurred in preparation for any canceled trips, including airplane tickets.

TRAVEL INSURANCE

- We highly recommend travel insurance for your trip.
- If you decide to purchase insurance, you can secure a policy through your own insurance company or enroll with the company we use, Travelex Insurance.
- Call 1-800-228-9792 or visit www.travelexinsurance.com.
- The location code is 20-0016.

Our Itinerary Continued

Monday, August 7: Today we'll go for a paddle on Clearwater Lake, one of the most pristine bodies of water in the world. We'll visit Dawson Waterfall on our way to the Lake, one of the many waterfalls that the park is known for. At the lake we'll start with some instructions in paddling and then set off for a paddle. We'll stop for lunch and if you're so inclined, you can dip your drinking water directly from the lake. Wildlife is abundant and we may see deer and moose as we paddle. This is a huge lake and our paddle will give you a taste of what wilderness paddling is all about. On the way back to our lodging, we'll visit Helmcken Falls, the largest and probably the most photographed waterfall in the park. That night after dinner we'll review the plans for the trip and make a final clothing check, tossing everything that might be nice to have but that you will be happy you left behind after the first two hours of hiking.

Tuesday, August 8: After breakfast we'll have some time to check out the small visitor center across the street before loading up the van for the hour or so drive to the trailhead. Along the way we'll learn about the ecology of the area. Stepping off the road and onto the track, we leave civilization behind as we hike through mature forests and lush meadows while gaining 1700 feet elevation. Our hike is fairly continuous, at times steep, uphill hiking. But we take our time, stopping to gaze at the view, pick blueberries and huckleberries, or relax in the sun. Our destination today is Trophy Mountain Chalet at 7000 ft, and it will take 2.5 to 3.5 hours to get there. After settling-in to the hut we may have time for another shorter (and optional) hike to see more of the area. About 7pm we'll enjoy the first of many delicious and hearty dinners, such as curry chicken, rice, steamed broccoli and salad. That night we can go outside and see a sky more filled with stars than many of us have ever seen. The stillness of the night is broken only by occasional night sounds and the peacefulness of the mountain night gradually soaks in.

Wednesday, August 9: Today is a layover day, meaning no packing up and carrying only what we need for the day in our packs. After a hearty breakfast we will set out on a longer day hike, possibly climbing two or three peaks, walking along open ridges, and, for the brave and the foolish, maybe even taking a refreshing dip in the numerous alpine lakes. We return to our hut for another relaxing evening of laughing, talking, eating, and hot drinks and popcorn.

Thursday, August 10: Leaving the hut after breakfast, we hike about 7 miles through alpine meadows, dropping down to the Valley of the Lakes for a lunch break and perhaps another a refreshing dip in a crystal clear lake, before crossing Eagle Pass at 6700 ft. The 6 to 8 hour hike includes crossing a field of boulders and some steep up and downhill trail. While 7 miles doesn't sound far, the terrain is guaranteed to make it seem further. But our destination, Discovery Cabin, makes all the effort worth it. Set in a remote and wild valley surrounded by mountains, there is even a greater feeling of being in the middle of nowhere.

Our Itinerary Continued

Friday, August 11: We are delighted to have our second layover day, a leisurely breakfast being much appreciated after the length of yesterday's hike. Our option today is hiking into remote lakes and to the top of Table Mountain. Or you might choose just to stay at the cabin and relax, it is such a beautiful setting and a lovely place to hang out. And after all, this is your vacation! More exercise, more rest- whichever you need more, you can choose it.

Saturday, August 12: Our final hiking day includes travel off-trail down a ridge of Table Mountain, with spectacular views of Moul Lake and the Phillip Lakes. We descend into the forest and follow a steep downhill trail for our final 3-hour hike back to the van. The entire hike will take anywhere from 6 to 8 hours and although largely downhill, will leave everyone feeling accomplished. In late afternoon we return to our lodging in Clearwater and revel in the feeling of hot showers. With clean bodies and clothes, we rejoin the group for our farewell dinner.

Sunday, August 13: It's hard to leave this quiet place and return to the land of cell phones and noise, but at least we are relaxed, refreshed, and, hopefully, recharged. If you drove on your own you are welcome to leave anytime this morning. If you flew into Kamloops, we'll have you back to the airport by 11 a.m.

Packing List

FOOTWEAR

- 1 pair midweight/midheight hiking boots. Please read specific suggestions on page 5, Notes on Packing List/Footwear)
- 2 pair hiking socks: wool or synthetic equivalent (Thorlo, Teko, Smartwool, etc)
- 2 pair thin liner socks: silk or synthetic equivalent (optional, bring only if you usually wear liner socks)

CLOTHING

- 1 pair comfortable, lightweight, synthetic hiking pants (Supplex, or nylon/polyester/spandex blend) Zip offs work well.
- 1 pair comfortable shirt and pants to wear around the hut at night (can be cotton, or your long underwear)
- 1 long-sleeved, lightweight shirt for protection from sun while hiking
- 1 pair midweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Thermastat, MTS, Polartec, or polypropylene)
- 1 medium-weight fleece jacket or pullover
- 2 synthetic or wool T-shirts (Light colors are suggested.)
- 1 wide-brimmed hat or baseball cap for protection from sun or rain
- 1 rain parka and rain pants: a **waterproof**/breathable fabric like Gore-tex is preferable. Partial or full-length leg zippers are great for easily putting your pants on over your shoes or boots.
- 1 warm hat and gloves
- Underwear and nightwear (long underwear can double as your nightwear)
- Swimsuit (optional)

EQUIPMENT

- 1 day pack 1800 – 2400 cubic inches (See Notes on Packing list (pg. 5) for specific details)
- 1 pack cover to waterproof your pack or plan on bringing 1 large, heavyweight garbage to line your pack with. Either works well.
- 1 sleep sack (silk/cotton), sleeping bag liner or sheet (optional pillowcase/use a t-shirt for pillowcase)
- The capacity to carry 1 liters of water, either 1 water bottles or a hydration system that holds 1 L.
- Trekking poles (Highly recommended)

ESSENTIALS

- Passport and Xeroxed copy
- Sunglasses (100% UV blocking) with retention strap
- Earplugs (for a good night's sleep)
- Sunscreen and lip block with SPF of at least 15
- 2 bandannas
- Insect repellent
- Headlamp and extra batteries

TOILETRIES (small everything)

- Towel, toothbrush, small toothpaste, trial-size biodegradable soap and shampoo, moist towelettes, sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia, glasses
- Personal "patch kit": bandaids, Compeed (blister bandaids) and moleskin, foot powder, ibuprofen, personal medications, if any. **Individuals allergic to insect stings must bring an epi-pen.**

OPTIONAL

- 1 pair gaiters
- Deck of cards
- 1 pair shorts or ¾ pants (for canoeing day and/or warmer days of hiking, not needed if you have zip offs)
- your favorite snacks
- camera and film/memory card
- compact binoculars
- water shoes for canoeing day

AT THE HUT: The huts are well stocked with games, books and things to do, so bringing your own reading material isn't essential. There are also slippers in every hut for group use.

Notes on the Packing List

NOTE:

Since you will be carrying all of your clothing on your back, you will want to keep the weight in your pack as light as possible. For this reason you should consider the following packing list as bare minimum, to be added to at your discretion. You can plan on leaving your suitcase/duffel bag with your traveling clothes at our hotel.

If you are not familiar with any of the terms used as explanation regarding the equipment or clothing required for this trip or would like help with any item listed please let us know. We are available to answer your questions and/or send more information to assist in determining appropriate equipment and clothing for your trip.

Footwear: Well-fitting, sturdy boots are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes a couple months *before* your trip. For general trekking/hiking there are many choices in both materials and styles of boots. Your choice will depend on the environment you will be hiking as well as your personal preferences and physical condition of your feet and ankles. Boots can be made of leather, nubuck leather, synthetic materials or a combination and come in low, mid or ankle cut styles. For general trekking/hiking we recommend low/mid-height height, lightweight/midweight

hiking boots/shoes with Vibram or Vibram type soles. Please note: If you have weaker ankles or are recovering from an ankle injury consider either the mid-height or the ankle height boots. More information regarding choosing a hiking boot is available upon request. **Remember to waterproof your boots before the trip.** (Even boots billed as 'waterproof' still need to be treated with a waterproofing product – it's the interior lining that is actually the 'waterproof' part of the boot, not the exterior.)

Sleeping covers: Bring a sleep sack, sleeping bag liner, or sheet. Each bunk comes with a pillow (you can use a t-shirt as pillow case or bring a pillow case) and three blankets.

Backpack/Daypack: Your backpack/daypack needs to be large enough to hold the following items: 1 – 2 liters of water, rain gear, all your clothing for the trek, lunch/snacks (for the day), sun screen, personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc We recommend a daypack with a capacity of between 2400 and 3600 cubic inches and preferably with a hip belt, padded shoulder straps and 'lifters'.. Line your daypack with a durable plastic bag to keep your belongings dry, or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for this trip.

Clothing: All clothing for active wear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. NO COTTON for your active wear. The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Please Note:

The Adventures in Good Company's packing list covers what we have found to be essential for your safety and comfort for this particular trip.

It is essential that you have all the warm clothing and rain gear listed on the packing list.

You may not use everything you bring; however, you need to come prepared for all possible weather conditions.

Temperatures in August can range anywhere from low's in the upper 40's at night to highs in the mid to upper 70's during the day. Average temperature during August historically ranges in the mid 60's. Your daily weather during the trip will depend on your location and altitude.

Notes on the Packing List Continued

Hydration: It is very important to your safety and enjoyment to have an *independent* ability for accessing your water. As you are hiking you will need water to be accessible in order to drink frequently. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and Gregory bladder bags which are simply a collapsible water bag with a hose attachment that you drink from. These fit inside your pack with the hose positioned over your shoulder where you can access your water without the use of your hands. Some models are designed to attach to the outside of your pack.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

Trekking Poles: Trekking poles are a highly recommended for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. In addition they help conserve your energy by transferring some of the work to your arms and chest. If you are not familiar with trekking poles we have written a blog spot that addresses the most commonly asked questions about trekking poles. You can find that at: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions>

If you will be purchasing trekking poles for your trip please make sure they meet the following guidelines:

1. Height of the poles can be adjusted
2. They have an upright (as opposed to cane-like) handle
3. Have wrist straps that can be adjusted.
 - For a detailed description of considerations when purchasing a pair of trekking poles please see: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/153280/Choosing-Trekking-Poles-for-your-Next-Hiking-Trip>

Please note: Trekking poles can be an expensive equipment purchase. If this is new to you we suggest purchasing an inexpensive pair (EBay, or some of the big box stores can be a good source) or borrow a pair from a friend. During your trip you will have the opportunity to learn the correct technique to use them, practice with them and also see what others may have chosen. Once you've gained a bit of experience and you know that hiking is going to be a regular part of your life, you can make a more informed decision about whether you want to invest in the 'perfect' pair of poles.

Your trekking poles will need to be collapsed and placed in your checked luggage for your airline flights. Trekking poles are on the TSA list of items that cannot part of your carry on luggage.

Notes on the Packing List Continued

Personal First Aid Kit: We recommend bringing a small first aid kit with the following items: blister and/or foot remedies for blisters, hot spots, etc. (band aids/compeed/moleskin/personal choice), personal prescription medications, over the counter medications for common ailments (respiratory/colds, stomach issues, sore muscles/joints). Your AGC guide will have a first aid kit as well but if you already know what works for you it's best to have that with you rather than experiment on a trip

- **Please note: If you have severe reactions to insect bites/stings or other severe allergic reactions and have been advised to carry an Epi-Pen please do not forget to bring that with you and let your guides know.**

Notes specific to your trip:

- **Regarding water:** Good, clean water is abundantly available during the day which means, you will only need to carry 1 Liter of water – which is a good thing!
- **Regarding shorts on the optional list:** Many women find shorts to be preferable for the canoeing day. Swimsuits (listed on the packing list) can also be your preferred canoeing outfit if desired. Just keep in mind what you prefer to wear when canoeing as you pack for your trip.
- **Regarding optional pillowcases:** Pillows are provided in the huts with pillow cases but these are not routinely laundered. If this could be a problem for you, consider bringing a pillowcase or using one of your t-shirts as a pillow covering while staying in the huts.

Travel: Getting to Clearwater:

- The closest airport to Clearwater is Kamloops (YAK).
 - AGC will organize a group transfer from the Kamloops airport on the first day of the trip (8/7) to Clearwater.
 - More detailed information will be sent with the Pre-Departure document that you can expect the first of April, 2016 and will depend on flight schedules at that time into Kamloops.
- You can fly into Vancouver, Seattle, Edmonton or Calgary, rent a car and drive to Clearwater. Driving distances are below:
 - Vancouver via the Coquihalla Highway (#5) is approximately 5 ½ hours.
 - From Seattle, Edmonton or Calgary it's approximately 8 hours.
- Busing: Greyhound Bus Lines provides service to Clearwater, with two departures daily from Vancouver.
 - The trip is about 7 hours, and costs about \$190 round-trip.
 - For schedule information, contact Greyhound at 1-800-661-8747 or check the web site www.greyhound.ca.