



## CANADA

**BIKE AND HIKE NAPA OF THE NORTH  
BY BIKE & FOOT  
5-DAYS**

Adventure across British Columbia's spectacular landscapes from Vancouver to the Okanagan, experiencing the fruit basket of British Columbia. Cycle through mixed forests, meadows, wetlands, and vast valleys as we experience the region's spectacular vineyards and locally grown produce along the way.

## Day 1

### VANCOUVER TO HARRISON HOT SPRINGS

#### HIKING AND BIKING

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After you are picked up from downtown Vancouver in the morning, the tour will begin as we make our way to Lynn Canyon Park, one of Greater Vancouver's best kept hiking secrets. We will hike through the breathtaking temperate rainforest, crossing Lynn Valley's suspension bridge where we'll take in extraordinary views across Lynn Creek and the park. Next, we will transfer to Pitt Meadows in the Fraser Valley where we will begin the tour's first ride. Against a backdrop of magnificent mountains (Golden Ears and Garibaldi Provincial Park), we will bike the Trans Canada Trail through colourful farmland and meandering rivers. At Pitt Lake, one of the largest fresh water tidal lakes in the world, we will break for a scenic outdoor lunch. After lunch, we'll make our way to Harrison Hot Springs Resort, where you'll have free time to soak in the warm restorative waters of the hot springs after the first day's activities. Dinner, as well as the remainder of the evening, is at leisure to enjoy the resort.

**Meals:** Lunch

**Accommodation:** Hotel

**Biking:** 38 km / 23 mi

**Hiking:** 5 km / 3 mi



## Day 2

### HARRISON HOT SPRINGS TO PENTICTON

#### BIKING

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After breakfast, we will begin our transfer to the Okanagan Valley, driving along the Coquihalla Pass. As we approach the Okanagan, a region renowned worldwide for its vineyards and produce, you'll quickly realize why it is nicknamed "the fruit basket of British Columbia." At Brookmere, we will get on our bikes and ride along the Kettle Valley Trail over some fun trestles and through tunnels on our way to Penticton. The original Kettle Valley Railway opened in 1915 and now the decommissioned tracks provide almost 650 km (400 mi) of connected pathways. We will descend into Penticton while passing through some smaller towns. Following the bike ride, we can unwind on the beach at Bromley rock or go for a refreshing swim in the Similkameen River. If time permits, we might be able to enjoy a short visit to a local winery or cidery before arriving at our accommodation in Penticton. The remainder of the evening is at leisure. We'll have the same hotel as our base for the next few nights in the Okanagan.

**Meals:** Breakfast, Lunch

**Accommodation:** Hotel

**Biking:** 59 km / 36 mi

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For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email [info@bikehike.com](mailto:info@bikehike.com) or surf us at [www.bikehike.com](http://www.bikehike.com)



### Day 3

## PENTICTON

### BIKING

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After enjoying breakfast at the hotel, we will transfer to St. Andrews by The Lake to begin our day's cycle. The first portion of the day's ride will be along the scenic Willowbrook Road, passing through White Lakes Grasslands Protected area. Keep an eye out for bears, deer, rattlesnakes or one of at least fifteen bird species that can be found in the rolling hills. We will make a stop at the Covert Farm Family Estate, a 4th generation vineyard. You'll have a chance to sit back and relax, wander around the property, learn about their wine or join the guide on a 7 km / 4 mi hike up to enjoy the panoramic views atop McIntyre Bluff. From Covert Farm, we will take the trail to Oliver, passing more vineyards and farmland along the Okanagan River. Before returning to Penticton for the night, we will take another winery tour, enjoying some of South Okanagan's best wines. After returning to the hotel, the remainder of the evening is at leisure.

**Meals:** Breakfast, Lunch

**Accommodation:** Hotel

**Biking:** 43 km / 26 mi

### Day 4

## PENTICTON TO MYRA CANYON TO PENTICTON

### BIKING

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After a short transfer, we begin cycling through Myra-Bellevue Provincial Park, one of North America's most famous riding routes that includes 18 trestle bridges and two tunnels. We will weave our way down the mountain, tiding along the Kettle Valley Railway Trail, set against a steep-walled canyon. We will stop for lunch at Chute Lake Resort on the grounds of an old station house, where the characterful restaurant and bar is like a living museum, full of interesting artifacts and antiques. After lunch, we will continue cycling and descend over 3,000 feet / 914 metres into the picturesque town of Naramatta, soaking in more views of wineries and fruit farms as we go. In Naramatta, we will have the opportunity to enjoy another wine tasting before transferring back to Penticton for our final dinner in town.

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Hotel

**Biking:** 67 km / 41 mi

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## Day 5

### OKANAGAN - VANCOUVER

#### DEPARTURE

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After a short transfer, our last day's adventure begins in Peachland. Those brave enough can try zip-lining over stunning Deep Creek Gorge. Following this optional adventure, we will head to West Kelowna for lunch at a local golf course, overlooking Lake Okanagan. After lunch, we'll begin our journey back to Vancouver, stopping in Hope to visit the Othello Tunnels. These tunnels are an engineering marvel, with tunnels and bridges over rapid flowing water, all set against the dramatic cliffs of Coquihalla Canyon Provincial Park. We will then cycle one last section of the Kettle Valley Railway through some picturesque tunnels next to the raging Coquihalla River. Then we will continue our return drive to Vancouver where you'll be dropped off either at the airport or a hotel downtown.

**Meals:** Breakfast, Lunch

**Accommodation:** Hotel

**Biking:** 24 km / 15 mi



## TRIP INCLUSIONS

### Trip Includes

All accommodation (twin-shared), meals as indicated, land transportation, equipment, and English-speaking guides.

### Not Included

International flights, gratuities, meals not indicated and items of a personal nature.

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