



CANADA

BIKING VANCOUVER ISLAND BY BIKE & FOOT 3-DAYS

Adventure across British Columbia's spectacular landscapes on Southern Vancouver Island and experience the region's rich natural beauty. We cycle through old-growth forests, lakes, rainforest, and vast valleys on the Trans Canada Trail. We hike at Sooke Potholes Provincial Park and refresh with a swim in the aquamarine rock pools. Lastly, we explore the city of Victoria on foot with its Victorian architecture, restaurants, city parks and museums.

Day 1

VANCOUVER - SOOKE

BIKING

This morning we'll have a set pickup location in Vancouver. From here we drive to Horseshoe Bay Ferry terminal and catch a ferry to Duke Point on Vancouver Island. The ferry journey allows for a relaxed start to the morning and offers spectacular views of the Salish Sea & Gulf Islands, and there is always the possibility for a sighting of our resident orca whale pod. From Duke Point we drive to the colourful, seaside community of Chemainus for a coffee or light snack. This small town is world renowned for the many outdoor murals that tell the story of "the little town that did." Next, we continue driving along the east coast of Vancouver Island to Lake Cowichan. Here is where we break out the bikes for our first ride along the spectacular Cowichan Valley Trail. This vehicle-free, hard packed gravel trail is a joy to ride for cyclists of all abilities. It's a peaceful route through towering old-growth forest trails and past meandering rivers. We'll ride across the renowned Kinsol Trestle, the largest wooden trestle in the Common Wealth. The restored trestle provides magnificent panoramic views over the valley and the Koksilah River. We finish today's ride at Shawnigan Lake where we can relax by the water's edge or take a refreshing swim to cool down. The final destination of the day is the small west-coast town of Sooke, nestled between the rugged coastline of Vancouver Island and a temperate rain forest. We overnight in Sooke in a cozy 4 star hotel and hopefully enjoy a beautiful sunset over the Strait of Juan de Fuca.

Meals: Lunch, Dinner

Accommodation: Hotel

Biking: 44 km / 27 mi



Day 2

SOOKE - VICTORIA

BIKING AND HIKING

Following a fresh and healthy breakfast, we drive to Sooke Potholes Provincial Park, a popular spot with locals because of the natural rock pools and towering old-growth Douglas Fir trees. Here we'll enjoy a scenic, leisurely hike through the park and take in the beautiful surroundings. If you're brave enough, why not jump into the refreshing aquamarine rock pools! After our morning at the potholes, we'll get back on our bikes and cycle the Galloping Goose Trail to Victoria, the capital city of British Columbia. This vehicle free trail is named after the clunky, old rail-car, which carried passengers between Sooke and Victoria in the 1920's. The scenery along the trail is spectacular, ranging from quiet coves and lakes to lush rainforest. The final portion of the trail travels through the suburbs of Victoria leading us into the heart of the city. Here, we will enjoy our second evening's accommodation. Victoria, also known as the "Garden City," is one of the oldest cities in the Pacific Northwest. The city is famous for its Victorian architecture and has retained a large number of its historic buildings. Late afternoon there will be time to explore the vibrant city before meeting up for dinner.

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel

Biking: 46 km / 28 mi

BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email info@bikehike.com or surf us at www.bikehike.com

Day 3

VICTORIA - VANCOUVER

BIKING

After breakfast we are back on our bikes cycling along the winding coastal road that surrounds the city of Victoria. Breathe in the fresh coastal air as we pedal along this beautiful coastline. We'll make our way to the Saanich Peninsula for lunch at a local café that serves fresh ingredients from the surrounding farms. After lunch we will explore Elk & Beaver Lake Regional Parks where we can take in the pristine nature and tranquil setting. We'll bike along a trail that winds around the lake. We end with a final push up a hill to our final destination, De Vine Vineyard for a well deserved wine tasting of the crisp and opulent wines this region offers. Sit back, relax and take in the magnificent views of the Saanich Peninsula, San Juan Islands and Mt. Baker while reminiscing about your past few days. Following the vineyard it's a short drive to Swartz Bay Ferry Terminal for the 1 hour and 40 minute journey through the Georgia Straight to Tsawwassen. From here we drive 45 minutes back to Central Vancouver, arriving around 730pm. End of Services.

Meals: Breakfast, Lunch

Biking: 38 km / 24 mi



TRIP INCLUSIONS

Trip Includes

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

Not Included

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

BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email info@bikehike.com or surf us at www.bikehike.com