



# *Howling Wolf Adventures Ltd*

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## **2006 Canadian Rockies Adventurer Camp**

Dates: AC# #1 July 2-19, #2 July 30-Aug 16

Ages: 14-18 years

Number of Days: 18

Costs: \$ 3249.00 CAN

Begin and End in Cranbrook, British Columbia (airfare not included in the cost of any adventure)

This adventure camp explores the breathtaking Southern Canadian Rockies. Explore the wildness of the Kootenay Region of South Eastern BC. This program is a fun and exhilarating way to spend part of your summer. You will experience hiking, backpack trips, beach camping, horseback riding, mountain biking, water skiing and tubing, exciting whitewater rafting trips, natural hot springs and more. You will stay in a combination of camping sites, hostels and Inns within our area and meals will be provided through a combination of group camp cooking, restaurants, and at the places we stay.

Day 1: We will meet you at the Cranbrook Regional Airport. You will travel our base camp area settle in, gear sign-out and play some group games. We always end the day with a campfire.

5 Days – Day Hikes: These day hikes will be spread out throughout your trip. You will visit crystal clear alpine lakes, rocky ridges, and snow covered basins for some boot skiing. Keep your ears open for the pica in the rocks and watch for the mighty Rocky Mountain elk. One day trip will include a soak in the natural hot springs at the end of the trip.

2 Days – Whitewater Rafting: You will spend 2 separate days rafting the amazing whitewater that can only come from the mountains! One day will be spent rafting the Elk River Canyon, huge crashing waves, technical rapids and beautiful rock wall canyons. Our second day of rafting will take place on the legendary Kicking Horse River, awesome waves will crash over the bow and this river has some of the longest sustained rapids in the country!

3 Days – Backpacking: You will hike into the wilderness of the Purcell Mountain Range and spend 2 nights camped along side beautiful Paradise Lake. You will hike to the top of the gravel ridge above the lake on day 2, seeking out those elusive Mountain Goats and Mountain Sheep that live here.

3 Days – Mountain Biking: You will travel along backcountry roads learning the tricks and sport of Mountain Biking, in the mountains! Gear will be transported to our campsite location, allowing you to really travel on the bikes.

2 Days – Watersports!: We will travel to the sandy beaches of Lake Koochanusa and set up our beach camp. You will have the opportunity over the 2 days to play in the warm waters and try out a variety of watersports.

1 Day – Canoeing: We will spend the day paddling one of the quiet lakes of the Rocky Mountains. You will learn flat water paddling techniques, canoe over canoe rescues, self rescues and have a whole lot of fun during the day.

Final Day: Group wrap up, local shopping etc. Depart from the Cranbrook Regional Airport. The hardest part of the whole trip!