



BC FAMILY ADVENTURE VACATION

Itinerary



MEETING PLACE: The Smith House, Nelson, British Columbia
MEETING TIME: 2:00 PM
RIVER RATING: Class II-IV
AGE LIMIT: Minimum age is 7 years old
TRIP LENGTH: 5 days
ACTIVITIES: Rafting or inflatable kayaking, sea kayaking, hiking

On the western slopes of the Canadian Rockies amidst a sea of snow-capped peaks and nestled deep in the valley between the Selkirk and Purcell mountain ranges, lies Kootenay Lake. It stretches over one hundred and twenty kilometers (90 miles). Kootenay country is renowned for its wildlands, natural hot springs, rich cultural history and heritage towns such as Nelson—voted the best little art town in British Columbia. From the seat of your sea kayak, raft and mountain bike this off-the-beaten-path region will present you with dramatic mountain scenery, glacial-fed creeks, lush forests, abundant wildlife, rugged shorelines and secluded beaches. On this program we utilize beautiful heritage homes and country inns, serving up delicious meals and gourmet treats. In less than a week we'll touch on as many disciplines of adventure as possible.

AWARD-WINNING NATURE-BASED ADVENTURES SINCE 1969

O.A.R.S. has been in business for over 40 years and that is no accident. Great trips on some of the world's best rivers and coastlines are the recipe for this success. In 2002, R.O.A.M. joined the O.A.R.S. Family of Companies to offer trips in Canada and Alaska. Always focused on our clients and their vacations, it is our genuine belief that river trips and nature-based adventures are extremely valuable life experiences. With that as our foundation, we have committed ourselves over the years to providing the best trips available, always with an eye on improvement.

MULTI-SPORT

- Something for everyone! Increasingly popular with our repeat travelers, our multi-sport adventures are an easygoing way to explore; combining rafting and hiking with other fun-filled activities that take advantage of the best this region has to offer. Activities on the BC Family Adventure Vacation include: rafting or inflatable kayaking, sea kayaking, hiking, optional mountain biking and fishing and plenty of time for relaxing on your own agenda.

Sample Itinerary

We pride ourselves in running a relaxed and flexible schedule. Every trip is different depending upon the group, other trips on the water and sometimes the weather. The following is a sample of what your trip might be like.

Day One (Sunday Arrival)

- Meet in Nelson in the afternoon and shuttle to the Smith House. (Please note: once the Smith House is full, or depending upon group size, we utilize Wedgwood Manor, Retallack Lodge or Willow Point Lodge.) Upon arrival, we will check into our rooms, go over last minute trip details and enjoy some social time before dinner.

Day Two—Hiking

- Today we can choose from a plethora of hikes available for every fitness level. The Valhallas, Stag Leap or Kokanee—the options are many. We may hike the Joker Mill site to Slocan Chief Cabin Trail for outstanding glacier views and a look at a historic cabin. Some trails may be closed during berry season (mid-August to early October) to allow grizzly bears to feed. If the group prefers, a half day hiking and half day biking can be arranged instead. No matter what outing we choose, we will return at the end of the day to our deluxe accommodations. Tonight, soak your tired muscles in the hot tub before another gourmet evening meal and reflect on the day's adventure.

Day Three—Sea Kayaking

- A lesson introduces us to kayaking gear, paddling techniques and safety procedures. Proper sea kayaking techniques are learned quickly and the boats are easily maneuvered. Each participant is outfitted with a kayak spray skirt to keep the boat dry and separate cargo holds to allow you to store camera, binoculars or whatever you might want to take with you on the day's outing. After becoming comfortable with our kayaks, we head out across spectacular Kootenay Lake toward the expansive slopes of the Purcell Mountains. We may see an osprey or eagle circling above us looking for kokanee salmon. Irvine Creek or Fry Creek offer us a great kayak outing with opportunities to hike as well.

Day Four—River Rafting and/or Inflatable Kayaking

- Today we raft or paddle inflatable kayaks on the Salmo, Slocan or Duncan rivers. The Salmo is an early season run featuring exhilarating whitewater and towering canyons. The upper section of the trip provides a scenic and relaxing float that allows you to become accustomed to your craft, while the lower 12 miles will treat you to a roller coaster ride of waves, crashing holes and breathtaking scenery. The Duncan is harder to access but offers emerald green forests and abundant wildlife amidst a backdrop of snow-capped peaks, and is suitable for beginners or experts alike. The volume of these undammed rivers can fluctuate considerably, depending on snow melt, temperature and the time of year. Inflatable kayaking on the Slocan is a more leisurely affair, perfect for families. The warm and friendly waters make for a great day, complete with your beach lunch beside an inviting swimming hole. Don't be fooled though—even the gentler sections of river will present an entirely new level of adventure when paddling your own craft!

Day Five (Thursday Departure)

- After a delightful breakfast and morning lakeside walk or paddle, we'll be ready to head home with wonderful memories of the spectacular Kootenays and surrounding area.

Additional Activities:

For those who like to start early and fit just a little bit more in and wind into vacation days, additional activities are available during the trip— just speak with your trip leader as to your interests.

Mountain Biking

- The Kootenays are a mountain biking mecca with everything from cruisy single track to world-class downhill to gentle fire roads. No matter where we bike, the scenery and wildflowers will be dramatic.

Fishing

- 90-mile long Kootenay Lake and the 21-mile West Arm allow ample opportunities to cast a line for kokanee salmon or rainbow trout.

Hot springs

- We may be able to plan a stop for a relaxing soak at Ainsworth Hot Springs.

For more information, call 1-800-346-6277 in the USA and Canada or 1-209-736-4677 outside the USA and Canada, or e-mail info@oars.com

In addition, the town of Nelson has much to offer, The bustling downtown on historic Baker Street offers interesting shops and artisans. Art Walk is a program where one can travel from location to location to look at local artists' works. Lakeside Park along Nelson's waterfront features a long beautiful beach, wide promenade and large open green space. Known as a "wellness center", there are a myriad of choices for yoga, massage and spa treatments. Therapists and technicians will come to the house or you can visit a selection of day spas, yoga studios or Chinese medicine clinics.

What's Included?

- Skilled professional guide service
- 4 nights deluxe lodging
- All meals from dinner day 1 through breakfast day 5
- All necessary expedition equipment for kayaking, rafting, mountain biking, hiking
- All park fees and necessary permits

What's Not Included?

- Transportation to and from Nelson
- Pre- and post-trip accommodations and meals
- Alcoholic beverages
- Fishing gear and license
- Items of a personal nature (a packing list will be provided)
- Gratuities

Something Voluntary

- In reviewing your statement, you'll note a \$1/person/day donation to the BC Creek Protection Society, a member of the BC Rivers Alliance, a non-profit conservation organization dedicated to the protection of free-flowing natural watercourses in Canada, and particularly in British Columbia. One-hundred percent of these funds go directly to river stewardship and your contribution is tax-deductible. This donation is voluntary and may be removed from your invoice if you choose not to participate. Please notify our office if you would prefer to delete the donation from your balance.
- The O.A.R.S. Foundation is a not-for-profit 501 (c) 3 organization with the express goal of providing opportunities for young people to experience the magic of a river trip. Visit www.oarsfoundation.org to learn more about how your tax deductible donation can change young lives for the better.

A Few Important Details

Reservations and Deposits

- An \$800/person non-refundable deposit is required at the time of reservation. The balance is due 90 days prior to departure.

Cancellations and Refunds

- If you find it necessary to cancel your trip, please notify us as soon as possible. All payments are non-refundable and we regret we cannot make exceptions for personal emergencies. For this reason, we strongly urge our participants to investigate trip insurance (see Insurance).
- If you transfer from one trip to another within the same season, there is a \$50/person charge up until 90 days before the trip. Transfers made after this time will be treated as cancellations.

Medical

- Under most circumstances, if you are of an adventurous spirit and in reasonably good health, you should have no problem enjoying this trip. People with medical conditions, including pregnancy, should have a physician's approval before taking an adventure travel trip.

Insurance

- Although every effort is made to insure a safe trip for all, we require that you purchase medical evacuation insurance to participate in this expedition. Call Travel Insurance Services at 800-937-1387 or visit their website at www.travelinsure.com/what/imedhigh.htm?32635 for inexpensive options that cover this requirement. We also strongly recommend that you protect yourself, your belongings, and your vacation through the purchase of a short-term traveler's policy. A trip cancellation policy covers your non-refundable payments in most cases, should you have

to cancel your trip at the last minute due to illness or injury, as well as including the coverage required above. Trip participants should realize that in the event of illness or injury on a river trip, evacuation could be prolonged, difficult, and expensive. Personal belongings and cameras are carried entirely at the owner's risk, and we accept no responsibility for lost, damaged, delayed, or stolen property.

Acknowledgement of Risk

- Everyone is required to sign an Acknowledgement of Risk form before the trip, acknowledging awareness that some risks are associated with the trip. Safety is of the utmost concern on our trips. However, due to the nature of the activities, a condition of your participation is that you will sign this form and return it to our office before the trip begins. Anyone who refuses to sign the form will not be allowed to participate, and consistent with R.O.A.M. cancellation policy, there will be no refund of the trip fees at that time.

Responsibility – An Important Notice

- R.O.A.M., Inc./R.O.A.M. Adventures, Inc. and cooperating agencies act only in the capacity of agent for the participants in all matters relating to transportation and/or all other related travel services, and assume no responsibility however caused for injury, loss or damage to person or property in connection with any service, including but not limited to that resulting directly or indirectly from acts of God, detention, annoyance, delays and expenses arising from quarantine, strikes, theft, pilferage, force majeure, failure of any means of conveyance to arrive or depart as scheduled, civil disturbances, government restrictions or regulations, and discrepancies or change in transit over which it has no control. Reasonable changes in itinerary may be made where deemed advisable for the comfort and well being of the participants, including cancellation due to water fluctuation, insufficient bookings, (this trip requires a minimum of 4 guests), and other factors. There is risk in whitewater rafting, particularly during high-water conditions. Rafts, dories and kayaks do capsize. You could be swept overboard. Your guide will make every attempt to assist, but you must be strong and agile enough to "self-help" and "float-it-out" without further endangering yourself or others. We reserve the right not to accept passengers weighing more than 260 pounds or with a waist/chest size exceeding 56 inches. We may decide, at any time, to exclude any person or group for any reason we feel is related to the safety of our trips. We are experienced at accommodating people with various disabilities. Please give us an opportunity to make you feel welcome. We need to discuss any special requirements ahead of time. On advancement of deposit the depositor agrees to be bound by the above recited terms and conditions. Prices subject to change without notice.

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