



The Mountain Legends, Vineyards & Hot Springs

DURATION 8 Nights / 9 Days

DATES May to October, Daily

ROUTE Calgary | Kootenay National Park | Cranbrook | Osoyoos | Harrison Hot Springs / Agassiz | Vancouver

Begin this memorable trip at a beautiful wilderness lodge in Kootenay National Park that offers superb hiking, rafting and wilderness tours, as well as Aboriginal culture workshops. Then travel past historic mining towns, through vast stands of towering evergreen

forests, alongside pristine lakes and into the semi-arid desert and wine region of British Columbia and the lush Fraser Valley. Your exploration of Aboriginal legends and history ends in the beautiful city of Vancouver. On the way, explore Aboriginal adventures at a wilderness centre and discover First Nations hospitality at luxury hotels and B&Bs. Enjoy wildlife-viewing, hiking and bird-watching, golfing or try your luck at a First Nations-owned casino. Of course, no trip on this particular route would be complete without a stop at the natural hot springs for a bit of rejuvenation.



SUGGESTED ITINERARY

DAY 1 Calgary |

Kootenay National Park

A spectacular Canadian Rockies adventure awaits. Upon arrival in Calgary travel by car west on the Trans-Canada Highway towards Banff and then south-west to Radium Hot Springs. From here, travel along the Settler's Road into 100 acres of secluded pine trees nestled in the heart of the Rocky Mountains on the edge of Kootenay National Park. Here you will find the

CrossRiver Wilderness Centre's cozy log cabins and your home for the next three nights. Guests may also stay in a traditional teepee, built on a raised wood platform with a central fire pit.

DAY 2-3 Kootenay National Park Exploring

There's much to see and do! This region offers some of the most scenic hikes and bike rides in the Canadian Rockies. Experience culturally sensitive wilderness adventures with **CrossRiver Wilderness Centre**; from rafting to interpretive

day trips or unique cultural teaching packages offered by experienced and knowledgeable guides.

DAY 4 Kootenay National Park | Cranbrook

Today you will travel south-west to the beautiful town of Cranbrook. Enroute, you will pass the resort towns of Fairmont Hot Springs and Invermere. Stay at the **St. Eugene Golf Resort Casino**, a 4.5-star hotel with elegant rooms, gourmet dining, world-class golf, a cultural interpretive centre and western-themed casino.

The Mountain Legends, Vineyards & Hot Springs

The resort is owned and operated by the SEM Resort Limited Partnership, comprised of the Ktunaxa Nation, Samson Cree Nation and Mnjikaning First Nations. Nearby activities include hiking, fishing, biking, river rafting, sightseeing and more.

DAY 5 Cranbrook | Osoyoos

The drive west takes you through the scenic Kootenay region into the fertile Okanagan Valley. Stop at Christina Lake, a clear, beautiful tree-lined lake and one of British Columbia's warmest. By the time you arrive in Osoyoos you are in Canada's only true desert, located in the South Okanagan region. This region is home to the Osoyoos First Nation as well as being one of BC's premier wine-producing regions.

DAY 6-7 Osoyoos Region Exploring

Explore Aboriginal culture and a wide range of unique services and activities in and around Osoyoos. Discover the legends of **Nk'Mip Desert Cultural Centre**, dine at the **Spirit Ridge Resort** or sip on a glass of chilled Chardonnay wine served on the patio of **Nk'Mip Cellars**.

DAY 8 Osoyoos | Harrison Hot Springs / Agassiz

Today's travel will take you through the fertile Similkameen Valley and along the Crowsnest Highway through Manning Park. From Hope, travel south-west

via Highway #7 to Agassiz. Your home for tonight is the beautiful **Sasquatch Crossing Eco Lodge**. Originally built in 1903, the B&B features nine unique guest rooms, a library, living room with a fireplace, dining room and more. Relax at the B&B or visit the nearby town of Harrison Hot Springs.



DAY 9 Harrison Hot Springs region / Agassiz | Vancouver

Drive to Vancouver along the northern or southern bank of the Fraser River.

TRIP OVERVIEW

Day	City	Optional Activities	Hotel Suggestions	km / day
1	Calgary to Kootenay National Park	Orientation at the CrossRiver Wilderness Centre	CrossRiver Wilderness Centre	280 km
2-3	Kootenay National Park Exploring	Hiking, biking, rafting, cultural workshops and more with CrossRiver Wilderness Centre	CrossRiver Wilderness Centre	N/A
4	Kootenay National Park to Cranbrook	Mineral Hot Springs - enroute Golfing - Cranbrook Ktunaxa Interpretive Centre - St. Eugene, Cranbrook	St. Eugene Golf Resort Casino	143 km
5	Cranbrook to Osoyoos		Spirit Ridge Vineyard Resort and Spa	445 km
6-7	Osoyoos Exploring	Nk'Mip Cellar Nk'Mip Desert Cultural Centre	Spirit Ridge Vineyard Resort and Spa	N/A
8	Osoyoos to Harrison Hot Springs region / Agassiz		Sasquatch Crossing Eco Lodge in Agassiz	289 km
9	Harrison Hot Springs region / Agassiz to Vancouver			120 km
	Tour ends in Vancouver			