



adventure
TREKS

BRITISH COLUMBIA ADVENTURE

SUMMER 2022



Surround yourself with the splendor of Super, Natural British Columbia. Backpack (and have a snowball fight!) in E.C. Manning Provincial Park among lush rolling hills and alpine meadows. Head to the dry, warm Okanagan Valley to rock climb at Skaha Bluffs, one of Canada's best climbing destinations, and then learn the meaning of teamwork as you navigate class III and IV rapids on Clearwater River. Spend some bonding time canoeing on the most pristine lake you've ever seen: Clearwater Lake, and then take your backpacks out again for hiking in Wells Gray Provincial Park.



2021-2022
GRADES
8TH - 9TH

LENGTH
21 DAYS

“Adventure Treks was an incredible, challenging, life-changing adventure! What was so valuable was the community and our daughter's realization that she's stronger than she thought. She feels like she made life-long friends and can't wait to travel with them again.”

Keely Wise, parent from Chicago, IL

ACTIVITIES



Backpacking



Canoeing

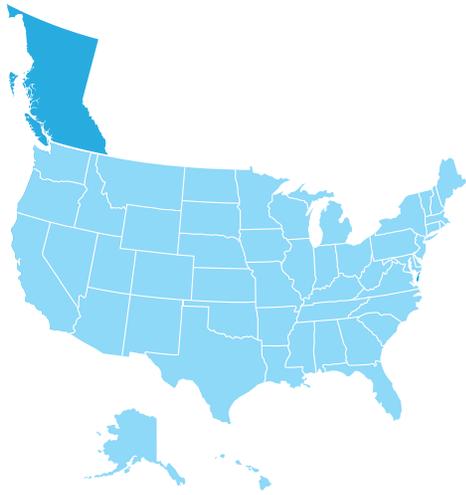


Rock climbing



Whitewater rafting

ITINERARY



DAYS 1–2

ARRIVAL AND DRIVE TO CANADA

Fly or drive into Seattle-Tacoma International Airport (SEA) and meet your group and instructors! Once all students and their luggage have arrived, we'll drive north to Birch Bay State Park, where we'll have our delicious, traditional "Yahoo!" dinner and spend our first night playing games and getting to know each other. The next morning, we'll head across the border to E.C. Manning Provincial Park and prepare for our first backpack.

DAYS 3–5

BACKPACK IN E.C. MANNING PROVINCIAL PARK

Spend three days exploring the diverse landscape of Manning Provincial Park in the heart of the Canadian Cascades. Rocky peaks, high-mountain meadows, and wildflowers dominate this beautiful landscape. Atop Mt. Frosty, the highest mountain in the park at 7,950 feet, marvel at a 360-degree view; you can even see the United States!

DAYS 6–7

ROCK CLIMB AT SKAHA BLUFFS

In British Columbia's Okanagan Valley sits the soaring Skaha Bluffs, whose gneiss cliffs can reach 250 feet! For two days, learn the basics of tying knots, belaying, and climbing, and progress to more difficult routes as you feel ready. As you reach the top of each climb, take in the views of beautiful Skaha Lake, ponderosa pine, and perhaps a bighorn sheep. Climbers come from all over North America to ascend these beautiful walls, and there are an abundance of routes for every level. You may even get to rappel into a cave or try a Tyrolean traverse!

**This is a sample itinerary; each British Columbia trip's actual order of activities will vary.*



DAY 8

LOGISTICS AND TRAVEL

Laundry day! Students and instructors will work together to get laundry done, refresh our food supply, and do a thorough van clean-up. Then we'll head north to get ready for whitewater rafting.

DAYS 9-10

WHITewater RAFT THE CLEARWATER RIVER

Get your feet wet on the big and wild Clearwater River. Fed by glaciers and shaped by lava flows, the Clearwater's class III and IV rapids make for thrilling descents and lots of laughter. Determine the king or queen of your raft with fun splash wars. A side hike to the 115-foot-tall Moul Falls makes for a great photo op!

DAYS 11-13

BACKPACK IN WELLS GRAY PROVINCIAL PARK

For three days, surround yourself with some of the most beautiful and untouched terrain in North America. Sharpen your backpacking skills and take turns being "leader of the day" as you meander through lush wildflower fields and old-growth forests, past some of the park's dozens of waterfalls, and beneath the jagged, snowy peaks of the Cariboo Mountains. Wells Gray is known for its wildlife population, including beaver, wolverine, black bear, bobcats, moose, caribou, and even mountain goats!





DAY 14
LOGISTICS DAY

Our second day to refresh our food, do loads of laundry, and clean out the vans.

DAYS 15–18
CANOE CLEARWATER LAKE

Spend four days exploring the unspoiled waters of Clearwater Lake, surrounded by the Cariboo Mountains. Try to spot the osprey and eagles as you practice your paddling strokes—you may even see a caribou swimming! After relaxing next to an evening fire with your crew, gaze at the brightest stars you've ever seen.

DAY 19
SUMMIT MT. FROSTY

Time to put your hiking skills to the test with 2,423-meter Mt. Frosty, the highest peak in Manning Provincial Park! Not only will this summit experience cap off the trip, but the wildflowers will also be peaking, providing an unforgettable view as you climb above tree line.

DAYS 20–21
**RETURN TO THE STATES
AND DEPARTURE**

We promise you this: You won't want to leave! But it'll be time for our adventure to come to an end. Relive every memory the night before with a celebratory dinner, and exchange contact info with all of your new best friends so you can stay in touch.

TRAVEL INFO

**Arrive and depart
from Seattle, WA**



SEA

*Specific flight information, including arrival and departure windows, are available for enrolled families.

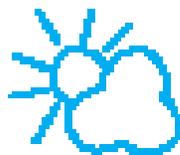
“Adventure Treks is a life-changing experience that will rock your world, for the better! I was surprised at how quickly I made friends, and I learned that going out of your comfort zone comes with a lot of benefits. I would like to thank my instructors for taking good care of me and for providing me with an extremely fun experience!”

*Mac, student from
Brooklyn, NY*



TRANSPORTATION TO AND FROM THE ADVENTURE IS THE RESPONSIBILITY OF THE FAMILY. Our instructors will be eagerly awaiting each of our students' arrivals at the Seattle-Tacoma International Airport. We try our best to meet every student as they walk off the plane, but in the rare event we are unable to, we will call and text your child to guide them to a meeting place. Students call home as soon as they meet with our instructors and gather their baggage.

**A VALID PASSPORT
IS REQUIRED FOR
BRITISH COLUMBIA.**



WEATHER INFO

We may see a few days of rain in June, but British Columbia typically enjoys sunny skies and warm temperatures in the summer. While hiking at higher altitudes, it may be chilly and breezy on some days.

LOGISTICS



DATES

6/24/22 – 7/14/22

7/20/22 – 8/9/22

PRICE

\$5,195

INCLUDED IN TUITION:

- » All food and lodging
- » All group and technical equipment (tent, sleeping bag, sleeping pad, backpacking pack, mess kit, etc.)
- » Guided activities

NOT INCLUDED IN TUITION:

- » Trip insurance
- » Airfare to and from
- » Personal clothing and items

“My instructors were so caring, kind, and smart. They made me laugh when I wasn’t feeling my best, and I appreciated that. At AT, I learned how to make lemonade out of lemons, and how to look on the bright side. (Plus, I learned a lot of outdoor skills.) I made so many new friends while getting closer to the friends I already knew. There are so many fun opportunities at AT—take advantage of them! Everything was AMAZING!”

Stella, student from Chicago, IL



READY TO SIGN UP? THERE ARE THREE WAYS:

- » APPLY ONLINE AT [ADVENTURETREKS.COM/ENROLL](https://adventuretreks.com/enroll)
- » CALL US AT 888-954-5555
- » OR EMAIL US AT [INFO@ADVENTURETREKS.COM](mailto:info@adventuretreks.com)



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