



RIVERS OCEANS & MOUNTAINS

## **CHILKO-TASEKO HELI-ADVENTURE**

### **PLANNING YOUR TRIP....**

Thank you for choosing a R.O.A.M. wilderness rafting and hiking trip. We are very excited that you will be joining us as we raft through the pristine mountains and valleys of the Chilcotin and Cariboo region of British Columbia. Richard Hobson, a pioneer Chilcotin rancher and author, once said that the Cariboo was “a land that drew me like a magnet into its soul.”

We have prepared this trip planner to help you get ready for the adventures ahead in this truly unspoiled part of the world. We have tried to anticipate questions you might have concerning travel arrangements, what to bring, and getting in shape. If any of your questions remain unanswered, please don't hesitate to call.

### **The Terrain We Cover**

The wilds of British Columbia offer a varied terrain for rafters, from massive glaciers of the upper Chilko to the incredible canyons of the Taseko. There is truly no other place like it. We'll be rafting through a variety of eco-climatic zones and hiking in beautiful meadows, along tributary creeks and on top of lava-cap plateaus. Green-ribboned valleys and sharp-edged peaks make up this region's mountain land. The variety of scenery on this expedition unfolds in delightful, constantly changing vistas.

### **Getting in Shape**

Our trips are designed for people who enjoy the out-of-doors, rather than for fitness fanatics. Still, they are active holidays. Age is unimportant when it comes to your ability to do the rafting, walking and/or hiking; the more important consideration is your physical condition. If you haven't attempted the kind of exercise levels required by our trips within the last couple of years, please be aware of the sort of trip you're taking. It's an active one and you'll enjoy it more if you've been doing some exercise before you go.

Your guides will give you an orientation to rafting and expedition practices on the first day and teach you all the basic skills that you'll require to enjoy the trip. Our prime consideration is to provide you with a trip that is as safe and comfortable as possible while still maintaining the integrity of a wilderness experience. Activities that involve aerobic conditioning, such as swimming, walking, jogging, squash, and tennis, are great for overall physical conditioning. Keep in mind the relative topography of where you live compared to the region you will be visiting. If you live in flat country, for example, consider supplementing your training with artificial hill training on a treadmill or stair-master.

### **A Thumbnail Training Program**

- Two-three months before the trips starts, try to do exercises that involve aerobic conditioning three times each week—swimming, walking, jogging, squash, cross-country skiing, tennis, biking.
- One month before the trip, go for a couple of longer walks each week.
- The week before your trip: try to go for three long walks.
- Be sure to stretch before exercising—it reduces the chances of injury, muscle pain, stiffness, and fatigue.

### **Accommodations**

To ensure your comfort we will be spending our nights at Chilko lake Resort located in BC’s historic ranch country overlooking the lake and the headwaters of the river. The main lodge is a formidable log structure manufactured from local spruce trees. The many cabins surrounding the lodge can comfortably accommodate our guests. The main lodge has a restaurant, lounge, swimming pool, games room, and sauna. It is perched adjacent to Ts’y-l-os Provincial Park, the prize jewel of the British Columbia park system. Delicious meals are carefully prepared utilizing fresh vegetables, meats, and local seafood. Special dietary considerations may be accommodated with advance notice. Throughout your stay, you will have the thoughtful attention and service that you deserve.

### **Expedition Equipment**

We use state-of-the-art self-bailing rafts. These four to six-person rafts have been designed with center-mount oar rigs giving participants the option of paddling or just soaking up the views. For those unfamiliar with self-bailing boats, the benefits are revolutionary. As water enters the boat, it collects on the inflated floor and then drains out through grommet holes along each side. Self-bailing boats offer invaluable advantages, such as greater portability, stability, capacity and maneuverability.

### **Fishing**

The Chilko is a truly world-class rainbow and bull trout fishing river. It also has the third largest sockeye salmon run in the province and is a spawning ground for spring and coho salmon as well as steelhead. There are fishing rods at the lodge or you can bring a rod with case and the smallest of tackle boxes with the appropriate lures or flies. People wishing to fish will need to purchase a fishing license at Chilko Lake.

### **The Weather**

The weather is one of the few details we can’t control. However, the likelihood of good weather is tends to be dry in climate and Daytime highs in the interior temperatures will drop quite a drastically. While we don’t in British Columbia. Be sure to

VANCOUVER		
Month	High	Low
	°F/°C	°F/°C
Jul	73/23	54/12
Aug	73/23	54/12

However, we plan our trips for times when the greatest. The Chilko-Chilcotin much warmer than the coast. can reach 90° F and the bit during the evenings, but not too expect rain, it is always a possibility follow our recommended equipment

list, as our experience suggests a multi-layering approach with a range of temperatures and conditions in mind.

### **What To Take**

While we encourage you to travel light, you’ll also want to be sure you pack all the essentials. Although we are returning to the comfort of the lodge each evening, we want to make sure you are prepared for both land and water environs. The personal equipment list will address what you will need to wear in

conjunction with our gear. At the same time, weight and volume restrictions come into play with our air charters, so please follow our recommendations closely.

## **Equipment Notes**

The personal equipment list we provide you has been developed through years of practical experience. It is important that the clothing you bring will withstand the rigors of the trip. Your personal equipment should not weigh more than 40 pounds and all clothing should be quick drying and, ideally, made of synthetics. Warmth and comfort are the main objectives with this outline. In the North, weather conditions vary considerably. It is important to dress in layers so that you can maintain a comfortable body temperature, no matter what Mother Nature may have in store. The inner layer should move perspiration outside, where it can evaporate. The intermediate layer should insulate, while the outside layer should act as a barrier to wind and rain.

## **Rain Gear**

In the summer months you are more likely to have the occasional shower than to have an entire day of rain. Still, you'll be more comfortable if you stay dry and warm, so be sure to pack some rain gear—both tops and bottoms. A jacket is the most important item to keep your torso warm and dry. Good quality nylon raingear is available, but seams should be taped or sealed. Several manufacturers make GORE-TEX® waterproof jackets with closures at the wrists and sometimes neck. Whatever you choose, the jacket and pants should be compact enough to fit easily into your daypack.

## **Pile or Fleece**

The best we've found is 200-weight Polar Plus, which is used by a variety of companies. This fabric is warm, dries quickly, and is not excessively bulky. It can be found in many different styles and colors.

## **Long Underwear**

Synthetic materials like polypropylene, polyester and natural fibers like silk and wool work well. Both are quick drying and bacteria resistant, as well. Do not bring cotton long underwear. When wet, cotton dissipates heat from your body and takes a long time to dry.

## **Hiking Clothes**

Choose lightweight, synthetic fabrics that breathe well for warm weather walking. Whatever you choose, be sure you have a comfortable freedom of movement, especially for uphill and downhill walking.

## **Footwear for Hiking and Walking**

We plan to hike and walk as much as possible. The importance of good footwear cannot be overstated. What may seem like a good shoe at home could leave you with sore feet on your trip. Given that our trails are often gravelly or sometimes muddy, you need a good walking boot with a firm sole, good ankle support and a degree of water resistance. It's now easy to find a "hybrid" walking boot, which combines the lightweight, ventilated features of a shoe with the support and durability of a boot. If you buy new walking shoes or boots for the trip, make sure you break them in well before you go.

## **Socks**

Bring at least one pair for each day of hiking, unless you want to wash them out each night. We recommend 50% synthetic, 50% cotton socks, as these tend to draw the perspiration from the foot. It may be a good idea to bring along some additional items such as foot powder, cushioned pads and/or bandages to place inside your footwear—just in case. Another worthwhile product is something called Spenco® 2nd Skin®, which provides cushioned comfort with an antiseptic for blistered and sore feet. Many people find a product called moleskin gives them great relief from blisters. The guides carry a blister kit as part

of their first-aid supplies. You will need a supply of wool or fleece socks for the river. They will keep your feet warm, even when wet.

### **Day Packs**

Bring a daypack that holds approximately 20-35 liters. You'll want enough room for raingear, camera and water bottle.

### **Water Bottle**

Bring a 1-liter water bottle or some type of hydration pack for hiking with. There is no need for additional or larger bottles since, in most cases, you'll be close to sources of water while en route.

### **Sun Protection**

Since you will be spending a good portion of your day outside, we recommend you bring skin protection cream with an appropriate SPF. Sun visors or baseball caps can also be helpful.

### **Some Extras**

Binoculars: Many people like to have a pair for those great vistas or for bird or animal watching.

Compass: A fun thing to have for the avid map-reader. We carry a full set of topographical maps on the trip.

Pedometer: For the insatiably curious, those who must know exactly how far they've walked each day, though they tend to be fiddly and somewhat inaccurate. Better yet, check out Highgear's new wrist-top computers that give time, temperature, compass, altimeter and barometer.

## **Personal Equipment List**

### **Footwear**

- 1 pair light hiking boots with appropriate numbers of socks
- 1 pair river sandals (Teva's are great) with neoprene socks and/or wetsuit booties
- 3 pairs warm wool socks

### **Upper Body**

- 2 long-sleeved shirts
- 2 quick dry T-shirts
- 2 long underwear tops (synthetic)
- 1 pile or fleece jackets (medium or expedition weight)
- 1 high-quality waterproof rain jacket

### **Lower Body**

- 2 pairs long underwear bottoms (synthetic). On early and later departures, add a pair of fleece pants.
- 1-2 pairs of quick-dry shorts
- 1-2 pairs of quick-dry pants
- 1 pair high-quality waterproof rain pants
- Undergarments
- 1 swimsuit

### **Head & Hands**

- 1 sun hat or visor (fleece hat for early and late season departures)
- 1 pair paddling gloves (optional)

### **Additional Gear**

- 1-liter water bottle with securing strap
- Toiletry kit (biodegradable soap and shampoo, personal medications)
- Sunscreen, lip salve, insect repellent
- Sunglasses with safety strap and/or extra prescription glasses (if necessary)
- Notebook, journal, reading material
- Binoculars and camera (don't forget to bring lots of film and store gear properly)
- Fishing rod, with case and tackle (optional)

### **Equipment Provided for You**

Wetsuit, paddling jacket, personal flotation device, helmet, and waterproof day bags.

### **Luggage**

We are flying to Chilko Lake in small passenger planes, so please use soft duffel bags rather than suitcases. The gear you're taking to Chilko Lake should weigh less than 40 pounds in total. The airline may charge you for excess baggage or refuse your bags. If you're staying in Vancouver before and after the trip, you may want to leave excess baggage and suitcases at your hotel.

### **Getting Insured – Trip Cancellation Insurance**

R.O.A.M. strongly recommends that you purchase trip cancellation insurance. You risk forfeiture of all monies paid, if you cancel your trip. You have the option of purchasing an insurance policy that meets the specific needs of our travellers. Please make sure you understand what the insurance will and will not cover. Please consult the policy for exact coverage, details of other risks insured, and for other benefits and limitations of the insurance.

### **Making Your Travel Plans**

Now that you're packed and ready to go, the following may help you get to the start of your R.O.A.M. trip with a few pleasant adventures along the way. Your trip starts and ends in the city of Vancouver.

#### **Flight Arrangements**

Since most international flights arrive in Vancouver, this will most likely be your point of arrival, unless you have pre-trip plans elsewhere in Canada. Your flight reservations should be made as far ahead of time as possible. Please contact your agent or the airline of your choice as soon as you have decided on travel dates, in order to avoid last-minute inconveniences.

As with all popular destinations, space on Canadian flights can be limited at peak times, and fares tend to increase as you near the departure date. If you are planning to use a frequent flyer program or other discounted fare, please take extra precautions to make your plans in advance, as airlines allocate a limited number of seats for this type of travel, and may impose restrictions or extra costs on changing travel arrangements.

#### **To Downtown Vancouver**

Vancouver is one of the most beautiful cities in North America, and you should plan to spend some time here, either before or after your trip. There are many ways to get downtown from the airport. The easiest way is by taxi, which takes about 20 minutes and costs about \$40. There is also a regularly scheduled airport shuttle that goes to all major hotels and costs about \$20. Should your plans call for a rental car, you'll find all the major agencies represented at the airport.

### **The Night before Your Trip**

We recommend that you arrive in Vancouver the day before your trip begins. We'll depart for the Chilko at **3:00 PM** by plane in the afternoon, and you'll feel more rested if you've arrived the night before. Early reservations are advised, as Vancouver is a very popular destination. You can reserve your night-before hotel by calling or faxing the hotel directly, or by making the necessary arrangements through your travel agent. If you call, you'll need a major credit card to guarantee your reservation. You should receive a confirmation in return by mail or by fax. If you have any difficulties reserving a room or require other suggestions, please give us a call.

### **Rendezvous**

Your Chilko-Taseko trip and flight departs **Wednesday at 3:00 PM sharp** from a private charter plane terminal (TBA) near the Vancouver International Airport.

### **After Your Trip**

After your trip, you will be dropped off at a private charter plane terminal (TBA) near the Vancouver International Airport. Weather permitting, you should arrive in time to make connecting flights that depart after 9:30 PM, but **we highly recommend you overnight in Vancouver**. It is approximately 10-15 minutes by shuttle to the main terminal of the airport.

### **Further Useful Travel Information...**

#### **Car Rentals**

AVIS  
1-800-331-1212  
[www.avis.com](http://www.avis.com)

BUDGET  
1-800-527-0700  
[www.budgetrentacar.com](http://www.budgetrentacar.com)

HERTZ  
1-800-263-0600  
[www.hertz.com](http://www.hertz.com)

If you need a car for part of your travels before or after your trip with R.O.A.M., reservations can be made easily through your travel agent or directly with the major rental companies. Make sure you have your driver's license with you, but there is no need for you to obtain an international driver's license. Be sure to check with your credit card provider before leaving home, to verify whether collision damage insurance for car rentals is included in your credit card benefits. Many companies do offer such coverage—especially for gold and platinum cardholders—and it can represent a considerable savings.

#### **Currency**

The Canadian monetary unit is the Canadian dollar (CDN). Like U.S. currency, coins are the penny, nickel, quarter and the dollar or "Loonie" piece. Most recently, a two-dollar coin has come into circulation to replace two-dollar bills. You are likely now only to see the "Toonie" as it has been coined but there are still some 2-dollar bills in circulation and they will be accepted. The most common bills are 5, 10, and 20-dollar denominations. Avoid carrying large sums of cash at any time during your holiday. Credit cards are widely accepted, especially VISA and MasterCard.

American dollars and traveller's checks are accepted everywhere though at exchange rates that thieves envy. When converting American to Canadian dollars, you'll get the most favorable rates at banks. Most banks are open from 9:00 AM to 4:00 PM Monday to Friday though some branches stay open later and on Saturday mornings. ATMs are everywhere.

#### **Carrying Valuables**

Canada is very safe for travelling, but still there is no point in carrying lots of valuables when travelling. Regrettably, tourists are among the most easily targeted, so please exercise some caution. We also

recommend that you check your personal insurance policy before travelling to ensure that you are covered for theft and loss while travelling. As a safety precaution, do not travel with excessive amounts of cash or jewelry if it is not necessary.

### **Language**

Canada is officially a bilingual nation with English and French being the two recognized languages. However, the chances that you will hear any French spoken out west are slim. Of course, once you are “oot” and “aboot” on your Canadian holiday, you shouldn’t have any language problems, eh? Once a forbidden subject, it is now okay to speak to Canadians about Olympic Hockey.

### **Travel Documents**

**Effective January 1, 2007 a passport will be required for all air travel to or from Canada.** For further information on entry requirements, travelers may contact the Embassy of Canada at 501 Pennsylvania Avenue NW, Washington, D.C. 20001, tel. (202) 682-1740, or the Canadian consulates in Atlanta, Boston, Buffalo, Chicago, Dallas, Detroit, Los Angeles, Miami, Minneapolis, New York, San Juan, or Seattle. The Embassy of Canada maintains a website at: <http://www.canadianembassy.org/>.

### **Electricity**

B.C. has the same voltage requirements as the United States. Those wanting to use video cameras should be reminded to bring extra batteries.

### **Time Zones**

In the summer months, British Columbia is on Pacific Daylight Time, which is the same as California's.

### **Etiquette**

On our Chilko-Taseko trip, we’ll be travelling through some environmentally and historically sensitive areas. Our excursions are designed to promote an understanding of the delicate ecosystems that make our province unique while preserving their fundamental integrity. We ask participants to share our concern for the environment by practising low-impact touring in this sensitive area.

R.O.A.M. operates on a “leave-no-trace” policy, meaning we travel in a self-contained manner, carrying in what we require and carrying out all garbage and human waste. We believe the survival of the natural environment and the wildlife it supports depends on establishing an economy beyond simple resource harvesting. Our goal is to immerse our clients in B.C.’s vast natural beauty, which, in turn, supports eco-tourism as a viable, economic choice.

### **Canada’s Goods & Services Tax (GST)**

Canada has a Goods & Services Tax (GST) of 6% and the province of British Columbia has a 7% Provincial Sales Tax (PST). However, for non-residents of Canada, most of these taxes can be recuperated. Be sure to keep receipts, and ask customs officials on your departure from the country for the necessary forms and information.

### **Telephone and Fax**

Phoning and faxing in Canada is the same as in the United States. Coin-operated public telephones are the norm in Canada, and there are machines. Local phone numbers code (604) followed by the 7 you begin by dialling 1, and Chilko Lodge has wireless

Operator Assistance Local and international: dial 0 Directory Assistance: 411 Emergency Help: 911 MCI Direct: dial 102 2200 AT&T Direct: dial 102 8800
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also phone card-operated in Vancouver require the area digits. For international calls, overseas calls begin with 011. internet available, but no cell

phone coverage

### **Emergency Phone**

While on the river, our guides will be carrying satellite communication. They power up and monitor the phone for 5 minutes twice each day. The sat phones are battery-powered and have limited standby and talk times. The phones are used for medical and evacuation purposes only. For emergency purposes folks at home can get word to our travelers through our reservations office or by calling Chilko Lake Resort directly at 250 481 3333. Should you need a phone at your disposal, you should make arrangements for your own satellite communication. Because of our remote locale, cellular phones are not an option.

### **Tips and Tipping**

Tipping is common in Canada, and fairly similar to U.S. practices. Of course, there are some exceptions, which we have noted.

Taxis—5% is appropriate for good service and 10% is generous.

Porters—\$2 per bag.

Restaurants—It is appropriate to leave 15% before tax. Since Canada's GST and British Columbia's Provincial Sales Tax (PST) added together equal 13%, it is usually appropriate to simply leave as your tip slightly more than the tax total on your bill.

### **R.O.A.M. Guides**

Our guides are as impressive as the scenery; passionate about their work, they are delighted to pass on their knowledge and skills. They have an intimate knowledge of a region's wildlife, natural history, culture and folklore. Trained in wilderness first aid and professionally certified to the highest provincial level in British Columbia, our guides are eager to please and will ensure you have a memorable experience.

The tipping of R.O.A.M. guides is entirely discretionary, and we feel strongly that gratuities should not be offered to them if they lead anything less than a great trip. However, we expect that our guides will do a great job in making your trip memorable and, when they do, it is not uncommon for our travellers to offer a gratuity. The guides very much appreciate it. We are often asked what is appropriate. In general, we have found that when our travellers offer a gratuity, it is in the range of a "thank you" to 10% of the trip cost per person. But again, tipping is entirely at your discretion.

### **Vancouver Hotels**

The Granville Island Hotel\* and Fairmont Vancouver Airport\* offer our travelers "preferred rates." Simply ask them for the "Rivers Oceans And Mountains rate" when you are booking with them.

#### **\*Granville Island Hotel**

1253 Johnston St

Tel 683-7373 Fax: 683-3061, US/Canada 1-800-663-1840

**Rate range:** \$199 and up

Easy to get to and hard to leave, this is my personal favorite. This island retreat in the heart of the city is right on the water, and within walking distance of the Public Market and other attractions. Centrally located, you can even take the water taxi to shopping districts downtown.

#### **\*Fairmont Vancouver Airport**

Airport Road

Tel (604) 684-3131, Fax (604) 662-1929, US/Canada 1-800-441-1414

**Rate range:** \$199 and up

Situated inside the Vancouver Airport this beautiful and surprisingly peaceful hotel offers connecting travelers an easy alternative to other Vancouver properties. The restaurant is exceptional and typical of most Fairmont properties, the hotel has a day spa, pool and terrific workout area. Roll out of bed in the morning and you are right at the international flight gates.

### **English Bay Inn**

1968 Comox St

Tel: (604) 683-8002; 1-800-683-8002; Fax: (604) 683-8089

**Rate range:** \$\$ to \$\$\$

A smaller B&B in the heart of Vancouver's bustling West End, this five-room inn has all the luxurious amenities of a larger hotel. Down comforters, terry bathrobes and a decanter of sherry in each room make this inn a wonderful respite within walking distance to downtown and the beach.

### **Fairmont Hotel Vancouver**

900 West Georgia St

Tel (604) 684-3131, Fax (604) 662-1929, US/Canada 1-800-441-1414

**Rate range:** \$\$ to \$\$\$\$

La grande dame of Vancouver hotels, the château-esque Hotel Vancouver has become a city landmark with its green copper roof and imposing stone structure. Thanks in part to a \$14 million facelift in 1996, the hotel is back in its original majestic form, reflecting its elegant history. Built in 1939 by Canadian Pacific Railways to lure people into travelling out west via their trains, it has an inviting lobby and lounge. The rooms are tastefully done, with many affording a good view of the city. The hotel is currently host to one of Vancouver's hottest new restaurants, 900 West, which offers innovative B.C. cuisine.

### **The Pan Pacific**

300-999 Canadian Place

Tel (604) 662-8111, Fax (604) 685-8690, US 1-800-937-1515 Canada 1-800-663-1515

**Rate range:** \$\$\$\$ to \$\$\$\$\$

Located right on the waterfront overlooking Burrard Inlet, the Pan Pacific is definitely the hotel with the best view in town. The rooms, while on the small side, are all elegantly designed and the service, both in the hotel and the Five Sails restaurant, is excellent. Built for Expo '86 to resemble the sails of the tall ships, the Pan Pacific remains one of Vancouver's finest hotels.

### **Sutton Place**

845 Burrard Street

Tel (604) 682-5511, Fax (604) 682-5513, US/Canada 1-800-810-6888; 1-800-961-7555

**Rate range:** \$\$\$ to \$\$\$\$

Home to Vancouver's burgeoning film industry crowd, the Sutton Place is ideally located in the heart of town. Adjacent to Robson Street, Vancouver's shopping district, and close to the Vancouver Art Gallery and great restaurants, this is an elegant hotel. Its restaurant, Le Club, is not only the best place in town for catching a glimpse of any celebrities in town, but is also home to a decadent chocolate bar. The 400 rooms are large and carefully decorated to make guests feel like they are staying in a much smaller hotel.

### **Wedgewood Hotel**

845 Hornby Street

Tel (604) 689-7777, Fax (604) 608-5348, US/Canada 1-800-663-0666

**Rate range:** \$\$ to \$\$\$\$

If you are looking for a small country inn with downtown elegance, the Wedgewood is for you. Proudly owned and managed by Eleni Skalbania, the Wedgewood has loads of character. Eleni's European heritage is reflected in every detail, from the charming guest rooms to the hotel's fine restaurant, Bacchus.

Well located, the hotel is right across from the Vancouver Art Gallery and close to Robson St. shopping district.

## **Vancouver Restaurants**

Vancouver has a number of great restaurants. Here are a few recommendations:

### **Raincity Grill**

1193 Denman Street, Tel 685-7337

When I have out-of-towners in for a visit, I always bring them to this picturesque restaurant to watch the sun set over English Bay. The view is spectacular and the meals are, too. The wine list is arguably one of the best in Vancouver, with a focus on West Coast labels and a fabulous array of wines by the glass (try a pinot by B.C.'s Blue Mountain). Perfect for a warm evening out on the deck before taking a stroll along the beach.

### **Bishop's**

2183 West Fourth Avenue, Tel 738-2025

Year after year, John Bishop remains the king of Vancouver's continually expanding restaurant scene. His detailed attention to service makes each guest feel special. The meals are superlative, uncomplicated and always flawlessly crafted. Bishop has an open invitation to visit the White House after making Presidents Clinton and Yeltsin a grilled salmon they'll never forget during the Vancouver Summit in 1993.

### **Quattro on Fourth**

2611 West 4th Avenue, Tel 734-4444

Roman Antonio Corsi has created a little bit of Italy in the heart of bustling yuppie Kitsilano. His antipasto platter is exquisite, and often a meal in itself. I highly suggest the pasta combination, which allows you to sample a variety of the delectable pastas. Complete your meal with a fine Barolo from Quattro's extensive Italian wine list and a grappa. Reservations are recommended for this extremely popular spot.

### **Star Anise**

1485 West 12th Avenue, Tel 737-1485

This elegant dining experience was recently highlighted in *Gourmet* magazine as the best restaurant in Vancouver. Since then, gourmards from around the world have been flocking to try its innovative cuisine. Sam Lalji, one of Vancouver's most reputed hosts, creates a warm, focused evening with exceptional attention to detail paid to each course. Try the venison medallions. Reservations are required.

### **Tojo's**

777 West Broadway, Tel 872-8050

Though Vancouver has some of the best sushi this side of Tokyo, Tojo's repeatedly garners the "Best Japanese Restaurant" award by the reader's of *Vancouver Magazine*. And deservedly so. Tojo Hidekazu himself oversees every piece with exacting standards and an infectious smile. You'll need reservations, though, as Tojo's has developed a devoted clientele that is willing to pay his rather expensive prices for their sushi fix. Closed Sundays.

### **Phnom Penh Restaurant**

244 East Georgia Street, Tel 682-5777

For a taste of Asian food, head east to Chinatown (about a five-minute cab ride from downtown). There are plenty of exceptional Southeast Asian restaurants to pick from, but Phnom Penh is a special find for inexpensive and consistently excellent Chinese and Cambodian dishes. The hot and sour soup is excellent.

## Vancouver Sights

There are endless things to do and see here, but the city is quite spread out, and you'll need to do a bit of planning to properly get it all in.

**Stanley Park:** Take a 10-minute walk from the downtown core and you'll find yourself surrounded in a first- and second-growth rainforest. Kilometers of trails weave their way through the park, making it a perfect place for a morning jog or hike. If you can't bear to leave the water's view, you can travel alongside the shore on the 10-kilometer seawall that runs around the park's periphery. As you circle the park, you'll see glorious views of the downtown skyline and the north shore's mountains. There are loads of places near the park's entrance to rent mountain bikes and roller blades for the more adventurous. Be sure to bring some bread to feed the swans on Lost Lagoon.

**Vancouver Art Gallery:** If you are spending a day shopping on Robson, the "VAG" as it's lovingly known to locals, is a perfect place to spend a surprise rainstorm. But don't wait for rain to view some of its permanent exhibits, including B.C.'s own Emily Carr. Carr painted the Pacific Northwest rainforests and totem poles with a dark impressionism akin to her colleagues in Canada's Group of Seven. The building itself is a work of art, designed by Canadian architect Arthur Erickson, who also designed the Canadian Embassy in Washington, D.C.

**Robson St. Shopping District:** Formerly known as Robsonstrasse to reflect its Bavarian heritage, Robson St. is now a melange of ethnicity and high-end luxury stores. Chanel, Romeo Gigli, Salvatore Ferragamo, Versace and other luxe boutiques are located on this humming strip (or nearby).

**Granville Island:** About five minutes due south of downtown, underneath the Granville Bridge, you'll find Granville Island, an old warehouse district that has been turned into a very successful shopping area. At the Public Market in the main building, you can try the very best fresh fruit and veggies available. Wander around the rest of the Island, as there are many lovely Native art stores and funky bookstores. Drop in to the Emily Carr College of Art and Design, which houses its own gallery where it exhibits past and present student works. Alumni from ECCAD include the notorious Attila Richard Lukacs, whose massive homoerotic parodies of the classics have been purchased by Madonna and Elton John, and Douglas Coupland, pop-culture observer and writer of "Generation X."

**Kitsilano Beach:** Just over the Burrard Bridge is Vancouver's yuppie neighborhood, situated right on the beach. Some of the best views of the city framed by the mountains can be found here. But be warned, this is Vancouver's own take on Venice Beach, complete with power tans, teeny bikinis (on both men and women) and lots of posing. A few blocks up the hill from the sand are some great shopping on 4th Avenue and lots of fun lunch spots.

**The Museum of Anthropology:** Continuing west along 4th Ave., you'll enter the University of British Columbia's Endowment Lands, home to 30,000 students. UBC is also home to Vancouver's most renowned Native art collections. The Museum of Anthropology houses a truly inspiring collection of West Coast Indian Artifacts in a majestic setting. The museum was designed by Canadian architect Arthur Erickson, and is a harmonious synthesis of modern and aboriginal influences. The towering totem poles will quiet even the busiest of minds with their awe-inspiring magnitude.

**West Vancouver:** As you exit the Lion's Gate Bridge, head west towards ritzy but relaxed West Vancouver. Stay on Marine Drive, and you'll travel through two charming villages: Ambleside and Dunderave. Have a latte in a bowl at Bean Around the World, a true coffeehouse in the European style, where people spread out the Sunday *New York Times* and stay for hours. You can walk along the shore on

West Van's own seawall which is a scenic, very flat mile walk connecting the two villages. Once in Dundarave, you might want to try a healthy lunch on the patio of Caper's, where organic health food meets trendy cuisine, or go to the Dundarave Beach Concession stand for a Deluxe Cheeseburger. Run forever by the same elderly couple, it's a true mom and pop stand, where the whole family flips patties and keeps the perennial line-up laughing and happy.

**Mount Seymour Provincial Park and Demonstration Forest:** Heading east off the Lion's Gate Bridge, follow directions for Highway One east into North Vancouver. There, 20 minutes from downtown, is Mt. Seymour Provincial Park, a semi-wilderness area. Mount Seymour offers a varied selection of walking trails and great views of the Gulf Islands. Beware of speeding mountain bikers who have been known to take over the more than 40 kilometers of trails, much to the dismay of the park's many hikers.

**Grouse Mountain and Capilano Suspension Bridge:** While these are two of Vancouver's most touristy attractions, I would be remiss not to mention them. Head north up Capilano Road to the very end of the road and you'll find yourself at the base of Grouse Mountain. For those extremely energetic types, try the "Grouse Grind," which is a tough but manageable, one-hour hike that winds you over roots and boulders to the top. It's Vancouver's newest hot spot, however, and you may find yourself fighting for space on the trail up if you go in the late afternoon or on a weekend. However, once at the top, you'll be well rewarded with a cold drink from the beer garden that affords a panoramic view of Vancouver and the Gulf Islands. There is a regularly running gondola for those wishing a more leisurely way up the mountain. Along the way on Capilano Road, you can stop in at the Suspension Bridge and cross over a foot bridge, more than 200 feet above the Capilano River canyon. It's a beautiful, but well-visited place. The nearby Capilano Canyon offers up more scenic trails for walking or jogging.

### **More Information ? ? ?**

When you're planning your trip, it's great to have as much information as possible in advance to help you decide what to do (or not to do) before or after your trip. The tourist offices listed below can be very helpful in providing general information about a region, as well as specific information such as special visa requirements and guides to accommodations and sightseeing.

Tourism British Columbia: Tel 1-800-663-6000

Greater Vancouver Tourism: Tel (604) 683-2000

The Cariboo Tourist Association: Tel 1-800-663-5885

Vancouver, Coast and Mountains Tourism Association: (604) 739-9011

### **Maps**

Topographical Information

We carry a full set of maps, but if you wish to have your own set contact either of the following:

Geographical Survey of Canada

6th Floor, 100 W. Pender Street, Vancouver, B.C. V6B 1R3, Tel (604) 666-0271

Canada Map Office

130 Bently Street, Nepean, Ontario K2E 6T9, Tel (613) 952-7000

Scale 1 to 1,000,000     Map #92, 93

Scale 1 to 250,000     Map #92N, 93B

### **Watch Where You're Going**

With the enormous number of movies and television shows being filmed in Vancouver and the Pacific Northwest, you can get a good visual taste of where you are going. Here are a few, both good and bad:

### **Seven Years in Tibet**

Much of the scenery shots were filmed in the Waddington Ranges. Brad Pitt was apparently quite friendly and amicable to the locals.

### **Alaska**

Cheesy movie, but much of the photography was filmed in the Coast and Tantalus ranges, which we fly over en route to our even more rugged put-in.

### **Cousins**

Starring Ted Danson and Isabella Rossellini. This is Vancouver at its romantic best. It's a lovely movie, with some beautiful shots of the city and Howe Sound. Makes Vancouver's Skytrain Station look like the most romantic spot on earth!

### **Roxanne**

A Steve Martin classic, this hilarious classic is set in Nelson, British Columbia where our ROAM field office is located.

### **Rumble in the Bronx**

Jackie Chan. Vancouverites call this movie "Rumble on Burrard" due to its thinly veiled disguising of Vancouver as the New York barrio. The Bronx never looked so good as it does framed by the Vancouver harbor and North Shore mountains. An over-the-top martial arts movie, complete with poorly dubbed-over English, horrific acting but spectacularly choreographed stunt work, all done by Chan.

### **Canadian Bacon**

John Candy, Rhea Perlman, Dan Aykroyd. Few people like to laugh at themselves as much as Canadians, so it's no surprise that this humorously sarcastic look at Canada and Canadians stars some of our funniest comedians. Directed by American director Michael Moore, it's a far-fetched (we hope!) tale of a US president who declares war on Canada. Moore pokes fun at all of our best and worse traits, including hockey, beer and being too nice, eh?

### **X-Files (reruns) and Millennium**

Certainly not for the faint of heart, these two intensely cryptic programs show off Vancouver's dark side. Producer Chris Carter maximises the eerie hues of a grey rainy Vancouver day, and takes full advantage of the spookiness of the local rainforest.

## **On the Web**

The Internet is fast becoming an invaluable reference tool for a variety of industries, and travel is no exception. The following are sites that we've stumbled across so far.

### **[www.vancouver-bc.com](http://www.vancouver-bc.com)**

While not an especially attractive sight, you'll find a wealth of information about Vancouver, from restaurants to attractions. There are lots of links to other regional web sites.

### **[www.vanmag.com](http://www.vanmag.com)**

This is the web site for *Vancouver Magazine*. It has detailed shopping, restaurant and tourist attraction descriptions.

Please don't hesitate to call your travel agent or any of our Adventure Consultants if you need any more information.

USA and Canada 1-877 271 ROAM (7626)

info@iroamtheworld.com

[www.iroamtheworld.com](http://www.iroamtheworld.com)

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