

LANGFORD & COMPANY

VANCOUVER ISLAND ADVENTURE FOR TWO

The waterfalls, large evergreens and small mountain lakes of Vancouver Island make for the ultimate eco-adventure. Hike mountain trails and photograph the flowers and snowfields for which Strathcona Provincial Park is famous. Canoe, kayak or sail along freshwater alpine lakes. Or just relax and enjoy the comfortable confines of your alpine Lodge with wholesome food, fresh air, phenomenal setting and friendly atmosphere in the heart of Vancouver Island.

The Vancouver Island adventure for two includes comfortable lakeside cottage accommodation with views of snow capped peaks.

Gateway – Vancouver, British Columbia

Day 1

Pick up your car at Vancouver International airport. Ferry over to Vancouver Island and drive to Alpine of Strathcona Provincial Park. Check into your lakeside chalet. West coast dinner at the Canoe Club.

Accommodation: Lakeside chalet

Day 2

Breakfast followed by a guided hike to the alpine of Strathcona Provincial Park. Explore the oldest Provincial Park in British Columbia; pristine alpine lakes, giant old-growth trees, flower-filled alpine meadows, and snow capped peaks. Follow the Bedwell Trail up to remote Cream Lake for breathtaking views of Nine Peaks and Della Falls. Return to the lodge for dinner.

Accommodation: Lakeside chalet

Day 3

Your choice of paddling adventure. Canoe or kayak an alpine lake or head to experience kayaking the whitewater. Rest tired bones in a wood-fired sauna on the beach. Return to the lodge for dinner.

Accommodation: Lakeside chalet

Day 4

Breakfast and checkout

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Dates: June through September, 2010

The cost is: \$1250 per person plus HST

The cost includes: rental car from Vancouver, three nights accommodation (one bedroom cottage), meals at the chef's table, guided day trip to Strathcona Alpine, guided lake or river paddle

The cost does not include: HST, personal clothing, beer/ wine alcohol

HOW MUCH EXPERIENCE DO YOU NEED? WHAT KIND OF SHAPE DO YOU NEED TO BE IN?

None! The "Vancouver Island Adventure for Two" is for couples with any level of outdoor experience. In terms of fitness, couples should be in moderate shape. You should be comfortable being active for up to 4 hours at a time (at a walking pace).

RELEASE OF LIABILITY

Each participant will be required to sign and return to Langford & Company a release of liability before being allowed to participate in any trip we offer. This document releases Langford & Company from liability in the case of accident or injury for any reason.

TO BOOK YOUR SPOT

A 25% deposit confirms your spot. VISA, MasterCard, AMEX or cheque can make payment. Please fill out a "to book" form and e-mail, fax or mail it to our office or you can simply call us at (416) 486-3605.

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