



Tourism BC/Andrea Johnson photo

## TRIP IDEAS

# BC WATER ACTIVITIES

British Columbia is a canoeing, kayaking and whitewater rafting paradise. Some ideas? Peacefully glide atop the smooth waters of Vancouver's English Bay. Take a thrilling rafting tour down the Kicking Horse River. Paddle along energetic, glacier-fed rivers and never see another soul. After paddling, rest at a remote lakeside camp, sample sizzling pan-fried trout and watch a billion stars light up the sky.

For more great Trip Ideas visit [HelloBC.com](http://HelloBC.com)

## Deep Cove Kayak and Canoe

Deep Cove, just half an hour from downtown Vancouver, is a gateway to Indian Arm, a gorgeous 18-km/11-mi, mountain-encased fjord offering kayaking excursions ranging from a few hours to multi-day. Stretch out on a remote beach, explore an island or just take in magnificent views and paddle until dusk. While in North Vancouver, stay at the Holiday Inn Hotel & Suites – it's conveniently located approximately 10 minutes from the Deep Cove Canoe & Kayak Centre, which has rentals and everything required for an adventure.

## English Bay Kayaking Tours

On a guided two-hour paddle of English Bay or False Creek, paddle alongside Stanley Park or Granville Island, learn about Vancouver's history, and enjoy the sights and sounds of one of North America's most dynamic port cities. A guided trip on English Bay is great for beginners and can include instruction. Ecomarine Ocean Kayak offers rentals, lessons and tours, and has three locations: Granville Island, Jericho Beach and English Bay. There are many hotels near Ecomarine; try the Granville Island Hotel – it's right on the water, close to shops and has a roof-top hot tub.

## Canoe Trips in Wells Gray Park

Wells Gray Provincial Park has beautiful lakes and rivers and incredible waterfalls, such as Helmcken Falls, which is more than twice the height of Niagara Falls. Located in the Thompson Okanagan region, Wells Gray is home to Murtle Lake, North America's largest paddle-only lake. Go canoeing along pristine, wildlife-dotted shores that are miles from civilization. In the evening, set up camp, make a crackling fire and pan-fry fresh trout. Guided canoe trips are readily available in the park. Try Backcountry Adventures, which has more than 25 years of professional guiding experience in Wells Gray.

## Gourmet Kayaking Tour

Enjoy the finer things in life – like gourmet food, great wine and camping under the stars – on a weekend paddling adventure with Sealegs Kayaking Tours and Edible Canada. Explore the scenic, sheltered Gulf Islands and enjoy gourmet meals as part of the kayak tour, which includes locally sourced gourmet food paired with BC wines.

## Bowron Lake Canoe Circuit

Outside Magazine calls the Bowron Lake Canoe Circuit "One of the Top Ten Canoe Trips in the World." The circuit, which includes 108km/65mi of paddling and 8km/5mi of portaging, travels through

unspoiled wilderness in the northeast corner of the Cariboo Chilcotin Coast region. Camp on sandy spits that jut into the lake and marvel at numerous wildlife sightings – such as bear, moose, deer, otters, beavers and more – throughout the 6- to 10-day adventure.

The circuit is often completed by beginners, but it's recommended that paddlers be in good health and have some paddling experience. The number of canoes on the circuit is limited and reservations with a reputable guiding company are highly recommended. Pathways Canada Tour Co. is one such company, and has been doing trips on Bowron Lakes for 35 years.

## River Rafting in Whistler

Looking for an adrenaline rush? Try a whitewater rafting trip down Green River in Whistler. Start the journey on placid Green Lake to learn safety and paddling procedures, then hit the 7-km/4.5-mi river, where fun-filled rapids and mountain scenery awaits.

After rafting, stroll through Whistler Village, have dinner on Longhorn's sunny patio and unwind at a great hotel such as the Fairmont Chateau Whistler.

## Rafting the Fraser River

Skuzzy, Hell's Gate, Jaws of Death, Devil's Kitchen and Simpson's Falls are just some of the big-time rapids to negotiate on a whitewater rafting tour of the mighty Fraser and Thompson rivers. Trips also include gorgeous scenery and glimpses of the Cariboo Wagon Road, a narrow horse-and-wagon trail built during the 1860s gold rush. Kumsheen Rafting Resort is a great option; they offer comfortable teepees, canvas tents or campsites. Kumsheen is located 3.5 hours northeast of Vancouver near Lytton.

## Kicking Horse River Rafting

Located in the heart of the Canadian Rockies, the Kicking Horse River offers one of North America's most exciting whitewater rafting experiences. Enjoy Class II to Class IV rapids in the scenic Kicking Horse Canyon, and hold on tight through legendary rapids like Rollercoaster, Twin Towers and Eye of the Needle. Full-day and half-day excursions, family trips, leisurely floats and riverside BBQs are available. Wet N' Wild Adventures, a 20-year-old, family-run company based in Golden, is one of a number of rafting tour companies that run the river.