

# Peak to Sea Discovery

## Calgary to Banff

Beginning your journey from Calgary, drive through rolling foothills toward the Canadian Rocky Mountains. Keep an eye out for Mount Yamnuska on your right-hand side as you approach Kananaskis land. The mountain was given the name Yamnuska by the Stoney Nakoda First Nation, which comes from the Stoney word "yamnathka," which means "steep cliffs" or "the flat faced mountain." When you arrive in Canmore, the iconic Three Sisters greet you on your left as you enter the town. Big Sister (Faith), Middle Sister (Charity), and Little Sister (Hope) are their names.

Mount Rundle, which stretches for 12 kilometres (7.5 miles) and overlooks both Banff and Canmore, can be seen as you continue west on Highway 1 towards Banff. The Sundance Range, Sulphur Peak, and Goat Range are among the mountain's neighbours. Make sure you've scouted and reserved a place for your evening stay in Banff before you arrive. If you stay at Tunnel Mountain or Two Jack campgrounds overnight, you can take public transportation to downtown Banff and avoid having to park in the town centre.

**Driving Distance – 127 KM**

## Banff to Lake Louise

Although the distance between Banff and Lake Louise is short, there is plenty to see along this scenic path through the Canadian Rockies. We recommend taking a quick detour to Peyto Lake before settling into Lake Louise for the night, depending on how much time you have in Banff. Peyto Lake is a glacier-fed lake about a 30-minute drive up the Icefields Parkway that delights onlookers with various shades of turquoise due to glacial rock flour. Spend the night at the Lake Louise trailer campground (reservations required) before spending the next day exploring Lake Louise.

**Driving Distance – 57 KM**

## Lake Louise to Yoho National Park

Sunrise at Moraine Lake is a must-see. Early rising is a must if you want to soak up the stillness and magic of the majestic Valley of the Ten Peaks, and it's also the ideal send-off before heading into British Columbia. Fun fact – the image of Moraine Lake is world-famous and appears on the reverse side of the 1969 and 1979 issues of the Canadian twenty-dollar bill. It takes less than an hour to travel from Lake Louise to Yoho National Park. Yoho National Park offers three different overnight camping options as well as stunning trails and passes. Guided hikes to the Burgess Shale fossils are available, providing an opportunity to learn about the remnants of an ancient sea in the sky.

**Driving Distance – 29 KM**

## Yoho National Park to Revelstoke

Stop in Golden to restock your cooler or grab a cup of coffee before moving on to Revelstoke. Try spending a day or two at Kicking Horse Mountain Resort, where you can walk, downhill mountain bike, or take an interpretive tour of their Grizzly Bear Refuge. West of Golden, you'll pass through Glacier National Park on your way to Rogers Pass in the Selkirk Mountains. The Canadian Pacific Railway also uses the pass, which is a popular destination for ski mountaineering, camping, hiking, and mountain climbing. In the mountain town of Revelstoke, thrill seekers are beckoned by adventure. There are plenty of activities in this mountain area, from paragliding and helicopter tours to dirt biking, hiking, and golfing. And don't worry, there are plenty of places to sit back, relax, and drink in the cool mountain vibes while sipping a nice cup of coffee or a craft brew.

**Driving Distance – 172 KM**

#### **Revelstoke to Kelowna**

Today you'll leave the beautiful mountains behind and travel to the Okanagan Valley, which is renowned for its parks, vineyards, and orchards. You'll travel along Eagle River's winding tracks, passing through the towns of Sicamous, Enderby, Armstrong, and Vernon. Take in the view of Kalamalka Lake or venture down to the lake for a swim! When you arrive in Kelowna, you'll note that the downtown area hugs Lake Okanagan and is close to over 20 local vineyards that offer wine tours and tastings. There are a variety of campgrounds and RV parks in this area where you can spend the night. Reservations are strongly advised as there are stops along the rest of the journey.

**Driving Distance – 198 KM**

#### **Kelowna to Vancouver**

On the final leg of your journey, you'll leave the desert heat of the Okanagan and drive along the Trans-Canada Highway to the coast. Merritt is the first town you'll pass through, and it's a nice place to stop if you need to refuel. The Coquihalla Highway will be your path. Before arriving in the riverside town of Hope, be sure to pause and enjoy the breathtaking views from the summit, the highway's highest point. Pop into Baker's Books in this small town if you're a book lover; many of their second-hand books are just \$2. You're about 150 kilometres from your final destination, Vancouver, from Hope.

**Driving Distance – 390 KM**