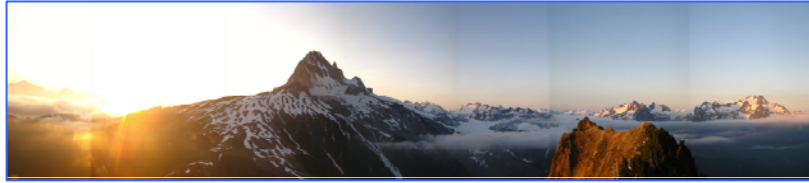




Whistler, BC Yoga Retreat with Mary Bruce

For more information or to book your trip, contact Brian Jump 480-945-2881 or 866-455-1601 – brian@aoa-adventures.com



During this yoga retreat we will explore the natural beauty of Whistler and the Coast Mountain Range in Southwestern British Columbia. The region is home to a verdant coastal rainforest and a towering mountain range that is dominated by some of the largest glaciers in North America. Here, we will practice yoga and explore this incredible landscape, hiking the alpine ridgelines, cycling through the flourishing forest past spring fed lakes and reaching aquamarine colored lakes resting at the bottom of looming glaciers above. Relax in the comforts of the Legends Lodge set at the base of Whistler Mountain with world-class scenery just outside our doorstep.

Custom Itinerary: July 3-9, 2010

Day 1: Arrive in Vancouver, BC

Arrive in Vancouver. Spend the day enjoying the beauty of this harbor city.



Day 2: Four Lakes Hike - Squamish

9:00 am - Meet your guides in the lobby of your Vancouver accommodations. After a trip briefing we will drive through scenic Stanley Park, over the Lion's Gate Bridge and through posh West Vancouver. The scenery will astound you, as we snake north along the majestically rugged coastline of Howe Sound past gorgeous ocean views and even a 1200-foot waterfall that pounds down just a few meters from the sea. Our hike will take us past giant trees with moss hanging from every limb, the perfect setting for an afternoon yoga session in the lush forest surroundings. Today's yoga practice and adventures will introduce the group to the terrain in the Coastal Rainforest. Upon returning to the valley floor we have a short transfer north to the town of Whistler. Arriving in the home of the 2010 Winter Olympic Games we will settle into our comfortable accommodations at the Legends Lodge nestled at the base of Whistler Mountain.

Elevation Gain: 300 feet

Length of Hike: 3.5 miles

Day 3: Whistler Alpine Hike

Start the morning off with an early yoga session on the outdoor patio of the lodge as you look up the mountainside of Whistler's south side. After breakfast and a short drive to Whistler Village, we will board a gondola and be whisked into the high alpine meadows atop Whistler Mountain. As we ascend, make sure you keep your camera ready, as it is common to spot black bears in the forest below. From the summit we head into the backcountry, bursting with wildflowers, some growing right next to lingering snow drifts. We will trek across Piccolo Mountain en route to Flute and Oboe Summit - it reminds nearly everyone of the Sound of Music. The alpine wildflowers that paint the side of this trail include Indian Paintbrush, Arctic Lupine and Mountain Arnica. As the resident Hoary Marmots and Ptarmigan scamper for cover among the rocks, sit back and absorb the picturesque mountain setting atop Oboe Peak where your guides will create the ultimate alpine picnic.



Day 4: Valley Trail Biking

Now that we have seen the high alpine view of the Whistler Valley it is time to get fitted to our bikes for a ride on the Valley Trail. This beautifully crafted trail system links the entire valley together as it winds past the mountain side lakes and parks. A mix of both paved and gravel trails will lead us past the shores of Alta Lake, through the vibrant coastal rainforest, along the clear waters of the River of Golden Dreams, and over the glacial waters of Green Lake on a wooden boardwalk. This ride is sure to leave you with an overpowering desire to pack up and move to the Whistler Valley.

The late afternoon can be enjoyed relaxing at the lake, group stretch and yoga session or you can ride into the Village with one of the guides to take advantage of the abundance of activities available in Whistler. You may choose to continue your day exploring on bike, shopping along the village stroll, laying down to enjoy a massage or spa treatment, or participate in one of the adrenaline adventures (zipline, ATV, Bungee jumping, etc) that has made Whistler Village a world famous destination. **Total Biking distance: 10-20 miles**

Day 5: Loggers Lake and Cheakamus Valley

Our wilderness hike today takes us along the raging glacial river, flowing out of Cheakamus Lake (Salish for fishbone). The Riverside trail winds closely along the edge of the Cheakamus River, bringing us up to the gateway of Loggers Lake-the Suspension Bridge. Crossing the suspension bridge we may even spot some whitewater kayakers navigating the class 4 waters of the river below.

Continuing along the east side of the river we will begin our ascent up to the quiet waters of Logger's Lake. Loggers Lake rests in the Crater of some of the volcanic activity dating back 10,000 years ago. The Crater Rim trail continues along the edge of the lake with views of the iconic peaks Black Tusk, Mount Fee and Mount Cailey. Our return to the Whistler Valley will bring us down the Ridge Trail and back along the Cheakamus River completing the ultimate hiking loop of the Cheakamus River Valley. Tonight's dinner is in the heart of Whistler Village.

Elevation Gain: 600 feet

Length of Hike: 5-7 miles



Day 6: Joffre Lakes

Today's alpine hike will bring us into the pristine Joffre Lakes. Driving north past Whistler, we will venture through the Pemberton Valley before climbing the steep Duffey Lake road to the trailhead for Joffre Lakes. Just ten minutes up the trail, we arrive at a stunning view: the lower Joffre Lake mirroring saw-tooth peaks, towering spruce, and the shining white Matier Glacier literally looming above. This is pristine mountain wilderness! As we follow a cascading glacial stream, the sun reflects off the glacier ahead...while the aquamarine lower lake shimmers below. Soon, we arrive at a sandy beach on the middle lake, just below the glacier; here we will break for lunch. After lunch it is another thirty minutes to the top lake situated directly under the glacier. Upon reaching the Upper Lake we can set up at the edge of the Matier Glacier for the ultimate spot for a mountain yoga session. The flat-topped glacial erratics serve as the perfect stage for your favorite yoga pose. This is the ultimate Coast Mountain experience!

Elevation Gain: 1,200 feet

Total hiking distance: 6-9 miles



Day 7: Return to Vancouver

Enjoy a final group yoga session on the 'Sun Deck' of our Lodge before packing up and checking out Whistler Village one last time. We will be departing Whistler for Vancouver mid-morning. Our drive south will bring us through the Cheakamus Canyon where you can look across at the Tantalus Ice Field, home to sheets of ice that are over 100 feet thick!

Please don't book any flights out of Vancouver until 3:00pm. The trip will end in Vancouver for an estimated 12:00pm drop off. Rapid train access direct to the airport is available every 10 minutes on the new Olympic Canada Line.

Trip Details:

Fitness Level Rating:	Beginner - Advanced
Accommodations:	Legends Lodge in Whistler, BC
# of Guests:	4-24
2010 Dates:	July 3 – 9 (Saturday-Friday)
Pricing per Person:	4-5 participants= \$1,999* 6-7 participants= \$1,949* 8-10 participants= \$1,899* 11-24 participants= \$1,799*

***Prices do not include 5% GST British Columbia Provincial tax**

Single Room Supplement: \$399

INCLUDED IN TOUR COST:

STAFF:

- ↳ Professional, knowledgeable, safety-certified & yoga friendly guide(s) for the duration of the trip
- ↳ Guidance and yoga classes led by Mary Bruce
- ↳ Round trip transportation from Vancouver to Whistler

PERMITS, LODGING & AMENITIES:

- ↳ 5 nights lodging in Whistler at the Legends Lodge (double occupancy)
 - Lodging based on double occupancy. Single rooms available at additional fee (\$399)
- ↳ Rooms equipped with kitchens, laundry and internet access

MEALS:

- ↳ All meals & snacks - Lunch Day 2 thru Breakfast on Day 7
 - We will prepare a special menu to compliment the yoga retreat atmosphere including fresh fruit and vegetables, salads and organic products whenever possible

NOT INCLUDED IN COST:

- ↳ Transportation on Day 1 to lodging in Vancouver
- ↳ Lodging on Day 1 – preferred pricing available at our host hotel in Vancouver (details included in your confirmation document)
- ↳ Alcoholic beverages at meals
- ↳ Airfare to and from Vancouver airport
- ↳ Gratuities to WOA Guides at your discretion – usually between 10% & 20% of the trip price

TRIP STARTS

9:00 am on Day 2 in Vancouver. Pick up at hotel of choice.

TRIP ENDS

12:00 pm on Day 7 in Vancouver at desired drop off location.

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