From the Midnight Sun in the Yukon to the mountains of Sun Peaks, British Columbia, you’ll find endless adventure as you bike, hike, eat and explore your way through these two unique must-see summer destinations.

Your adventure begins in British Columbia’s interior, in the mountain community of Sun Peaks. In the winter months they’re known as the second largest ski area in Canada and famed for their light powder and vast terrain. However, as the destination evolves, so does its reputation as a top summer destination in Canada. With over 2,000 hours of sun each year, Sun Peaks offers adventure-enthusiasts everything from lift-accessed bike park laps to multiple alpine hikes amidst fields of wildflowers and free outdoor concerts.

Next, you’ll head north to the Yukon, where you’ll experience some of Canada’s most impressive wilderness and understand why Whitehorse is known as the “Wilderness City”. There, you’ll find classic paddling opportunities, amazing single-track mountain biking trails, and hiking paths that will leave you breathless—in a good way. The city is chock-full of restaurants and eclectic coffee shops, and the vibrant music and arts scene has something for everyone’s taste. And, with 24 hours of daylight in the summer season, you won’t have to waste any time sleeping.

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**DAY 1**
Fly Vancouver (YVR) to Kamloops (YKA) and meet your airport shuttle for your scenic 45-minute transfer to Sun Peaks. Upon arrival, you may feel the quaint, alpine village is a European transplant, but soon you’ll realize its true character is 100% Canadian. Friendly, local shop owners and hoteliers welcome you as you check into one of the nine hotels and lodges along the village stroll.

**DAY 2**
Wake up in the mountains and kickstart your day with fresh pastries and a fair-trade cup of coffee at a nearby café. Mid morning, you’ll lace up your boots and hop on the Sunburst chairlift to explore Sun Peaks’ extensive array of colourful alpine blossoms. There are 18 designated alpine hiking trails to explore and you can take your pick depending on duration and level. For a more exclusive experience join a daily Guided Hiking Tour (2hrs) and learn about the history of the area and local flora and fauna. The blossoms are out all summer, but are generally in full bloom mid-July to mid-August.

It’s time to rest your feet and take a break by coasting down North America’s only Mountain Cross Cart (MCC) course. You will compete for the fastest descent, as you race down hairpin turns along the 512-metre course. Following your adventure-packed day, we recommend a stop at one of Sun Peaks’ many outdoor patios. With over 20 restaurants, pubs and cafés to choose from, there’s something for everyone.

**DAY 3**
A myriad of options are available to enjoy the stress-free and welcoming mountain environment. If you’re looking for some pampering, the full-service Sun Peaks Spa and Massage has you covered. If the active outdoors is more your style, choose from one of many unique adventures such as Horseback Trail Rides, Hatchet Throwing or Guided Cross Country Bike Tours!

In the summer months, Sun Peaks boasts an event roster that brings the mountains alive and animates the village. Planning ahead could pay off if you hope to take in a free outdoor concert like Sun Peaks’ free Retro Concert Music Weekend or the Patio Party Weekend, where guests and locals alike get to patio hop while listening to a variety of tunes.
DAY 4  It’s almost time to bid farewell, but not before you hit the links on BC’s highest elevation course. The 18-hole, Graham-Cooke designed course weaves along the valley floor, while the surrounding mountains offer stunning scenery. Following your game of golf, the airport shuttle will pick you up from your accommodation and transfer you back to the Kamloops Airport for your evening flight to Whitehorse (YXY), connecting through Vancouver International Airport (YVR).

DAY 5  Get ready to ride some single-track mountain bike trails! The Yukon is fast becoming a not-so-secret mountain biking hotspot and many of the best trails are just a stone’s throw from the city. Cross a wildflower-strewn alpine meadow, careen down a mountain path and ride high along an aspen ridge—all in a morning. Join a guided tour or create your own adventure.

DAY 6  It’s time to get off the trails and onto the water. Running through the centre of town, the mighty Yukon River is a magnet for paddlers from around the world. Start your day with a visit to the S.S. Klondike to get a feel for the river’s history and then launch your canoe from downtown. Operators can outfit you with gear and provide shuttles, or you can join a guided tour.

DAY 7  Two hours (154km/96mi.) from Whitehorse is the outdoor enthusiast’s nirvana, otherwise known as Kluane National Park—home to Canada’s highest peak, Mount Logan, and the largest non-polar icefields on the planet. In summer, alpine wildflowers bloom in profusion, and wildlife sightings—including grizzly and black bears—are common. For an easy day hike, check out the Dezadeash River or St. Elias Lake trails. For something more challenging, try the King’s Throne trail. You can hike up as far as the cirque or continue all the way to the summit.

DAY 8  Today is your last day in the Yukon. Spend your morning exploring the park or get your adrenalin pumping with a rafting trip on the Tatshenshini River. Nat Geo ranks the “Tat” at #1 on their Top 10 list of Whitewater Rafting trips. Guided trips on these Class III and IV rapids depart south of Haines Junction. Make your way back to the Whitehorse Airport (YXY) for your evening flight to Vancouver International Airport (YVR).

Itinerary subject to change.
Photos: Sun Peaks Resort/Robin Anderson