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The Canadian Rockies: Trail Of The Grizzly

By Steven Cronin

Over and over the huge grizzly bear stabs her powerful paw into the mountain river, fishing for her breakfast in the chilly, shallow water. A cool, crisp mountain breeze drifts through the valley; moist morning dew blankets the ground. The soothing sound of running water plays continuously as the sun scales the mountain peaks and illuminates the dawn sky.

There can be few places on earth with the raw, natural beauty displayed throughout the Rocky Mountains. Vast forests race up the huge grey, granite faces until the grade becomes too steep to support the great myriad of roots. Songs of birds emanate through the deep valley as they sing and dance amongst the tall trees. The still waters of the broad lake mirror the gathering, grey clouds forming in the sky. Rainfall looks likely.

Upstream from the lake, the grizzly perseveres in her attempts to catch salmon. Her young cub watches inquisitively; her only chance of survival is to learn the predatory skills of her mother.

A clap of thunder echoes around the valley; angry clouds combine to mask the sun. The light darkens and shadows disappear. Birds scatter from their perches in the lofty trees and circle overhead, assessing what the weather will do next.

The bright morning sunshine gives way to afternoon showers. Rain splashes upon the flowing stream, earning sanctuary for the swimming fish as the grizzly and her cub head for the shelter of the thick forest green.

Observing grizzly bears is one of the most exciting adventure holidays to be had. Vancouver Island Destinations offer spectacular springtime grizzly bear viewing holidays at Glendale Cove, Knight Inlet in British Columbia. Timed to coincide with the end of the grizzly's hibernation period, watch the bears emerge from their winter slumber and tread wearily through the melting snow to feed amongst the river lowlands.

You can observe the bears begin to fatten themselves up, from the complete safety of a river boat. Binoculars are a must for those great close-ups, and an opportunity to witness the bear in predatory

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mode as they retune their fishing skills. Obviously binoculars help to keep a safe distance, but also allow you to watch the bears act completely naturally, undisturbed by human presence.

Both boat and land viewing tours are available up to the beginning of October. For more information visit the Vancouver Island Destinations web site.

Steven Cronin owns the Sargas Travel online magazine featuring travel reviews, news, inspiration, advice and special offers. For further reading please visit

<http://www.sargas.co.uk>

Experience Nature At Its Most Majestic With A Canadian Rockies Tour

By Christophehr M Luck

Its time to get away. Life in the cubicle just isn't cutting it, is it? No, you need space, adventure, air, real air, fresh, rarefied, crisp sweet air filling your lungs with the endless blue of the sky. A Canadian Rockies tour will help you breathe that blue. Oh, and the scenery ain't bad either. Rich farmlands, scenic forests and sparkling lakes, hot springs, and some of the most beautiful cities of Western Canada all laid out at your feet from the peaks of the Canadian Rocky Mountains. It's time to take a tour and experience the wonder and boundless freedom of the North Country.

So how do you set up your Canadian Rockies tour? What do you want to see? What should you see? How should you best see it? First, a quick introduction to the Canadian Rockies: These mountains Tower over the plains of Alberta and British Columbia. This is a land still wild and unspoiled, still home to abundant wildlife, a land of majestic snowy peaks, glittering glacial lakes, thundering waterfalls and cyclopean trees.

The Rocky Mountains themselves offer an extensive variety of year round activities including rock climbing and heli-hiking in the summer and of course the skiing, snowboarding and other winter sports that the region is so famous for. Every type of hiking from short and easy to long overnight challenges is available. Horseback riding and virtually every conceivable land sport are present. With the variety and prevalence of lakes and rivers every type of inland water sport can also be enjoyed – white-water rafting, fly-fishing, golf and incredible kayaking to name but a few. Overall there are so many activities available in the Canadian Rockies that it would not be possible to name them all here.

One of the most frustrating things about planning a tour like this is how to get to everything. The answer is very simple: you don't. Your vacation is after all, a vacation, and should be tailored to your tastes, with no pressure to get everything done. There are considerable resources available to aid in planning your perfect Canadian Rockies Tour, and the only mistake you can truly make is to not avail yourself of these services, which can help you plan the perfect vacation, allowing you to experience a bit of everything, focusing on your interests and needs, but never making you feel rushed or sad that you missed out on anything.

Also, you will need to research the more practical aspects of your tour, namely travel accommodations

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(many tour packages do not include air fare so keep this in mind when preparing your budget), hotel reservations, the length of the tour, etc. In addition, you will want to figure out what kind of a tour you are interested in

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. A couples' tour can be a

very different endeavor than a family tour, where a group tour with strangers is different from a group tour with friends. A Canadian Rockies Tour arranged by a tour planning company offers the perfect solution; they have the expertise to arrange a truly exceptional tour that will take in the very best an area has to offer, and yet they offer total independence and freedom for the individual, couple, family, or small group.

The Canadian Rockies brings serenity and excitement together in one magnificent package. You deserve an adventure, and the Great White North awaits you. Let the Canadian Rockies Tour provide the space, the sights, and the journey to bring you closer to nature and those you love.

If you are interested in additional

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mine, please feel free to visit my

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