



TRAVEL BRIEF

As a wilderness expedition race, Raid the North Extreme is usually based in small remote communities. This year is no exception.

The host region for the 2011 Raid the North Extreme is the West Kootenays, and Pre-Race HQ will be based in the community of **Castlegar, BC**. For a wild, mountainous part of Canada, Castlegar is relatively accessible, with an airport that will be the destination for most competitors and volunteers.

Greyhound Bus lines offers service to downtown Castlegar from most locations in Canada. For more information on bus routes please visit www.greyhound.ca.

Land access Castlegar is located on a major junction of highways through the Kootenays from all four directions.

Air Travel Between Castlegar and Trail a short drive south, the area is served by two airports and two airlines - **Air Canada** and **Pacific Coastal**. Almost all flights connect via Vancouver, with one daily flight to Castlegar connecting via Calgary.

Participants coming from the US will find it easier and more cost-effective to fly into Spokane, and either drive or take our shuttle for the 3 hour drive across the border to Castlegar.

Airport Shuttles We will be providing free shuttles from the Castlegar airport to your accommodations and/or Race HQ. Based on demand, we will also coordinate shuttles from the Trail, Kelowna, Cranbrook and Spokane airports on a cost-recovery basis.

West's Travel in Castlegar is the Official Travel Agent for the race. We have and will be working closely with them to ensure your team gets the right flights at the right price, and your gear arrives safely and in a timely fashion. They know how to find competitive pricing, and know the options in the area better than anyone. Contact Karen at West's for any of your team's travel planning – flights, trains, buses, adventure tours before or after the race, additional accommodations or more.

West's Travel
1.877.365.7782
weststravel@telus.net

Be sure to send your travel itinerary to us at least three weeks before the race to adventure@raidthenorth.com so we can ensure a shuttle is there to meet you wherever you arrive, and we get you to your flight post-race. If you've booked through our Official Travel Agent, we'll already have your information.

Most services will be within walking distance once you are in Castlegar, and shuttles will be available for event activities that are not in walking distance. Alternatively, \$10 CDN will take you just about anywhere in a taxi. A map of Castlegar and region, a list of services available and a schedule of race activities and locations will be provided when you arrive.