



Canada's Rocky Mountains Small Group Tour

Get ready for mountains, lakes and glaciers, Canadian style! Explore some of North America's grandest scenery and take advantage of the hiking and adventure activities available on this lodging tour. Walk to stunning waterfalls and aquamarine lakes, spot wildlife in wilderness parks and enjoy the spectacularly scenic Icefields Parkway.



11 days/10 nights

ITINERARY

Day 1: Arrive Vancouver, British Columbia

Start your experience in one of the most beautiful and picturesque cities in the world, Vancouver. There is plenty to fill your time ahead of the welcome meeting this evening, but we highly recommend a stroll around this cosmopolitan city to get a feel for it. Treat yourself to some moreish maple cookies in Stanley Park, a 400-hectare green wonderland where you can see the authentic totem poles erected in the 1920s, or sit in one of the cafes and enjoy a spot of people watching. A welcome meeting will be held at 18:00 hrs, where you'll meet your tour guide and fellow travellers.

Day 2-3: Vancouver - Whistler

Depart the bustling city of Vancouver and travel to the 'adventure capital' of Western Canada! Perhaps better known as a winter resort, Whistler has plenty on offer all year round. Take the opportunity to hit the trails, jump on a bike to explore at a different pace or zip line through the trees! Whether you're an adrenaline junkie, foodie or someone who likes to get close to nature, there's something for everyone in Whistler.

Optional activities:

Extreme zip line course CA\$129-219

Mountain biking from CA\$53

Gondola ride CA\$27

Day 4: Wells Gray Provincial Park

Don't let the fact that Wells Gray is not a national park fool you, this place is stunning! After your drive along the old Gold Rush Trail, stretch your legs with a walk to the edge of Helmcken Falls, Canada's fourth highest waterfall, stopping at various viewpoints to admire the lush valley below. Wells Gray is also home to many smaller but equally



beautiful waterfalls. Embrace the stillness, silence and isolation, and never venture too far without your camera so you can capture the beautiful meadows full of wildflowers or a roaming bear. Tonight you'll stay in a simple log cabin at a guest ranch.

Day 5-6: Jasper National Park

Jasper National Park is the largest national park in Canada, covering an area of 10,878 square km. It's much less developed than other areas of Western Canada and offers a true wilderness feel. There are several options on offer in Jasper, including the SkyTram cable car to Whistler Mountain for a bird's-eye view of this splendid park. There's also ample opportunity for mountain biking or hiking amidst glorious lakeside scenery, and visiting spectacular Maligne Lake.

Optional Activities:

SkyTram cable car CA\$50

Mountain biking CA\$20 per hour

Day 7: Icefields Parkway - Golden

The Icefields Parkway, cutting through the heart of the Rockies, is recognised as being one of the top scenic drives in the world, travelling for 230km (140 miles) past hanging glaciers, sheer rock walls and broad sweeping valleys. You have a chance to traverse a portion of the imposing Athabasca Glacier on an optional guided glacier hike and be amazed by Peyto Lake's turquoise hues. End your day at Golden, close to Yoho National Park.

Optional Activities:

Guided glacier walk CA\$100 (CA\$60 for under 17s)

Day 8: Yoho National Park

Yoho National Park is considered the hidden treasure of the Canadian national park system, and you have a full day to explore. It's a photographer's dream with several hiking opportunities which showcase the stunning mountains, lakes and waterfalls of this pristine alpine landscape. You can experience the Kicking Horse River first hand with an exhilarating half-day optional white water rafting excursion, or choose to hike at the magnificent Emerald Lake. An excellent alternative option is walking the challenging trails overlooking Takakkaw Falls – you're bound to be impressed by its beauty. Make the most out of this spectacular national park before returning to Golden tonight.

Optional Activities:

White water rafting CA\$120-\$173

Day 9: Lake Louise - Banff

Lake Louise has always been a popular tourist destination, and it's no surprise that it is the most photographed destination in the region! With its snow-capped peaks, ancient pine forests and aquamarine waters, Lake Louise is known as the 'Gem of the Rockies'. The vibrant glacial hue of Lake Louise will take your breath away. It almost doesn't look real, but believe us when we say it most certainly is! Your next two nights will be spent in the nearby town of Banff.

Optional Activities:

Canoeing CAD\$125 per hour (CAD\$95 per additional hour)

Day 10: Banff National Park

Located in the heart of the Canadian Rockies, Banff National Park was established in 1885 and is Canada's oldest national park. Its mountainous terrain encompasses coniferous forests, alpine meadows, icefields and glaciers. Take a gondola ride to the top of Sulphur Mountain or opt to view all this scenic grandeur from a helicopter. Outstanding hikes are available and with an abundance of wildlife around, there's always a chance of spotting something special, so keep your camera at the ready. There's nothing better after a hard day's hiking than an included soak in the Sulphur Mountain Hot Springs.

Optional Activities:

Aerial gondola/tramway CAD\$49-64

Scenic glacier flight (20 minutes) CA\$275

Horseback riding (1.5 hour ride) CA\$64-119

Day 11: Calgary

This morning is your last chance to take in the incredible scenery of the Canadian Rockies before driving back to Calgary for the end of your adventure.

You may wish to extend your stay and book post tour accommodation to continue to enjoy the many restaurants and shops of this urban oasis. Sandwiched in between the Rocky Mountains and the winding Bow River, Calgary is at the epicentre of Alberta's oil industry. The high-rise buildings and urban parklands create a balanced modern city. Climb the Calgary Tower if you want impressive 360 degree views and visit the interpretive centre to discover the heritage



of the First Nation People.

This tour ends at our gateway hotel at approximately 17:00 hrs. We can book you post-tour accommodation at our gateway hotel if required. If you are planning to fly tonight, please do not book a flight that departs before 21:00 hrs.

Optional Activities:

Heritage Park Historical Centre CA\$28

Details

Trip Code:

009390- W20

INCLUDED

- Applicable provincial and federal taxes
- Transportation by private minibuss
- 10 nights of accommodation: 5 nights hotel, 4 nights lodge, 1 night cabin
- Variety of day walks
- Listed activities
- Tour leader throughout

NOT INCLUDED

- Flight to Vancouver/from Calgary
- Taxes, fees and surcharges on airfare
- Meals
- Gratuities to Tour Leader and local guides
- Optional activities
- Passport and visa fees, vaccinations as required
- Travel insurance
- Items of a personal nature

TOUR NOTES

Disclaimer: We do our utmost to ensure that information posted on our website is correct at the time of publication, however trip details are subject to change without notice by the suppliers and operators involved. We update the information as soon as possible when changes are advised to us, however, we cannot assume responsibility for such changes made by the suppliers and operators.

ROUTE MAP





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