



# Canadian Rockies by Train: Banff, Lake Louise & Vancouver

9 days | 11 days with Vancouver extension

Explore Canada's Rocky Mountains as you take in the jewel-colored lakes and snowy summits in Banff National Park. Just when you think the scenery can't get any more spectacular, climb aboard the Rocky Mountaineer to ride the rails through the soaring peaks and twisting valleys of the Coastal Range to Vancouver. With endless dazzling landscapes, this tour will open your eyes to western Canada's gems.



## Your tour package includes

- 8 nights in handpicked hotels
- 8 breakfasts
- 3 lunches
- 3 dinners with beer or wine
- 7 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach & ride on Rocky Mountaineer train

## Included highlights

- Calgary Tower
- Banff National Park
- Icefields Parkway
- Athabasca Glacier
- Lake Louise
- Moraine Lake
- a ride on the Rocky Mountaineer
- Vancouver

## Tour pace

On this guided tour, you'll walk for about 1.5 hours daily across moderately uneven terrain, including paved roads and dirt paths, with some hills and stairs.

## Group size

15-38

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## Calgary, Alberta → 1 night

### Day 1: Arrival in Calgary

Welcome to Canada! Transfer to your hotel and get settled in.

## Banff Region, Alberta → 4 nights

### Day 2: Sightseeing tour of Calgary & travel to the Banff Region

*Included meals: breakfast, welcome dinner*

With your Tour Director leading the way, head out on a guided sightseeing tour of Calgary, site of the 1988 Winter Olympics.

- Drive by City Hall, the Olympic Park, and the winding Bow River
- Pass by Fort Calgary and make a photo stop at the vast Calgary Stampede grounds, where an annual festival and tournament-style rodeo are hosted

Then, travel to Banff, a glamorous resort town known for its mix of outdoor activities, art galleries, and vibrant culture.

- Enjoy views of the Rocky Mountains as you head west through Alberta
- Stop in the charming mountain town of Canmore and enjoy free time to explore and eat lunch downtown

Get to know your Tour Director and fellow travelers during tonight's welcome dinner.

### Day 3: Sightseeing tour of Banff

*Included meals: breakfast*

With your Tour Director as your guide, set out into Banff National Park.

- Pass by Bow Falls, the Banff Springs Hotel, and Lake Minnewanka
- Enter the Cave and Basin National Historic Site, the birthplace of Canada's first national park
- Admire Banff's beautiful landscapes, which are rich in history and home to a wide variety of wildlife

Enjoy a free afternoon in Banff or add an excursion.

+ Banff River Float

### Day 4: Icefields Parkway & glacier experience

*Included meals: breakfast*

Soak in the beauty of one of the most scenic drives in North America as you journey along the Icefields Parkway to see the Athabasca Glacier.

- Keep your eyes open for a variety of wildlife such as bears, elk, and moose as you drive past stunning lakes, soaring mountains, and picturesque valleys
- Stop to admire Peyto Lake before arriving at the Columbia Icefield Centre, where you'll learn more about Yoho National Park
- Board a snow coach to travel up to the Athabasca Glacier and take a short walk on the ice

*Please note: Mountain weather changes fast, and the stop at Peyto Lake is weather-dependent. We recommend wearing extra layers and walking shoes or sneakers, as walking may involve steep inclines.*

### Day 5: Lake Louise via Moraine Lake

*Included meals: breakfast, lunch, dinner*

Make your way to Lake Louise this morning.

- Pass through the Valley of the Ten Peaks in Banff National Park to stop at Moraine Lake and take in its beautiful turquoise water (seasonal, June–September)
- Soak in panoramic mountain views and enjoy an included lunch while you ride the Lake Louise Gondola
- View Château Lake Louise and then spend your free time canoeing or walking around the lake

Later tonight, gather together with your group for an included dinner.

## Kamloops → 1 night

### Day 6: Travel to Kamloops

*Included meals: breakfast, lunch*

Board a vintage Rocky Mountaineer train in Banff for a ride through the untamed beauty of the Rockies to the city of Kamloops.

- Admire glacial lakes, towering mountain peaks, and raging rivers on your day-long journey
- Enjoy an included lunch aboard the train

## Vancouver → 2 nights

### Day 7: Travel to Vancouver

*Included meals: breakfast, lunch*

Continue your scenic journey on the Rocky Mountaineer.

- Make your way south to Vancouver, crossing through the coastal range of British Columbia
- Enjoy an included lunch aboard the train

### Day 8: Sightseeing tour of Vancouver

*Included meals: breakfast, farewell dinner*

Today, tour the multicultural, cosmopolitan city of Vancouver with your guide before enjoying a free afternoon for exploration of your own.

- Drive through downtown Vancouver, passing the Roman-inspired Public Library
- Head to the waterfront to see Canada Place, a sail-inspired building, which houses the Vancouver Convention Center and World Trade Center
- Visit Stanley Park, a 1,000-acre public space featuring First Nations art including totem poles and gateways
- See the historic Gastown district, filled with historic charm, delicious restaurants and unique shops
- Stroll through Queen Elizabeth Park to take in views of the city
- Enjoy free time to explore Granville Island, located directly across the water from downtown Vancouver

Tonight, celebrate your trip at a farewell dinner with your group.

## Flight Home

### Day 9: Departure

*Included meals: breakfast (excluding early morning departures)*

Transfer to the airport for your flight home or continue exploring Vancouver.

## + Vancouver extension

Delve deeper into the diversity and vibrancy of British Columbia, the westernmost province of Canada. Many cultures meet in the seaport of Vancouver, which boasts thriving Chinese and Indian neighborhoods. Spend your days wandering around the original settlement in

Gastown or enjoying the great outdoors. Then, spend your evenings feasting on Chinese food and checking out the lively music scene. Opt to spend a day taking in the beauty and refinement of Victoria or the fresh air and adventurous spirit at Whistler.

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## **Vancouver → 2 nights**

### **Day 9: Free day in Vancouver**

*Included meals: breakfast*

Enjoy a free day to explore Vancouver on your own or add an excursion.

+ Victoria Sightseeing

### **Day 10: Free day in Vancouver**

*Included meals: breakfast*

Spend another day in Vancouver at your leisure or add an excursion.

This evening, enjoy a farewell drink as you celebrate your trip with your fellow group members.

+ Vancouver: Whistler & Shannon Falls

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## **Flight Home**

### **Day 11: Departure**

*Included meals: breakfast (excluding early morning departures)*

Transfer to the airport for your flight home.

# Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.\* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: [goaheadtours.com/CNR](https://goaheadtours.com/CNR) | 1-800-597-0350

## Day 3: Banff River Float

\$75 (3 hours, departure time varies)

Go off the beaten path and get a whole new perspective on the Canadian Rockies as you float down the Bow River on today's excursion. You'll start just outside of Banff, where you'll join a local guide and hop aboard a river raft. As you drift through Banff National Park, admire staggering mountain scenery and a variety of local wildlife, including water birds, from your boat. Then, pass by the hoodoo rock spires that dot the northern face of Mount Rundle, before disembarking at the base of the mountain. Please note: This excursion is seasonal and runs from mid-June to late-August. It requires mild physical activity. Shoes will stay dry in the raft, but warm clothing including a sweater or jacket is recommended. This excursion requires advance reservation and must be booked at least 20 days prior to departure.

## Extension excursion options

### Day 9: Victoria Sightseeing

\$229 (10 hours, departs in the morning)

Board a ferry for a scenic ride to Victoria, where a local guide will introduce you to the city's downtown area. Next, take in a passing view of the Parliament Buildings, the Inner Harbour, and the iconic Fairmont Empress Hotel, a grand, waterfront retreat known for its Château-style design. Travel through the countryside for a guided tour of the famed Butchart Gardens, home to 55 acres of stunning floral displays. End your evening with a ferry ride back to Vancouver. This excursion requires advance reservation and must be booked at least 20 days prior to departure.

### Day 10: Vancouver: Whistler & Shannon Falls

\$195 (10.5 hours, departs in the morning)

Travel to Whistler, a town that's home to one of Canada's premier ski resorts on today's full day excursion. Begin with a ride on the Sea-to-Sky gondola and admire surrounding emerald forests, and serene Howe Sound. Upon arrival, you'll have a chance to walk across Sky Pilot Suspension Bridge and take in sweeping views of Sky Pilot mountain. Set off on a short nature walk to the impressive Shannon Falls, British Columbia's third-highest waterfall. Spend the rest of your day exploring charming Whistler Village, where you'll have free time to peruse local shops and world-class restaurants. This excursion requires advance reservation and must be booked at least 20 days prior to departure.

\*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at [goaheadtours.com/terms](https://goaheadtours.com/terms)