



TRIP ITINERARY

Rockies, Rail and Cruise

Canada



Highlights:

- Excursions in the Rocky Mountain town of Banff: see Bow Lake, and spectacular views from the top of Sulphur Mountain
- Spectacular Scenery of Lake Louise, Peyto Lake, Moraine Lake, on Icefields Parkway excursion
- Rocky Mountaineer train trip from Banff to Vancouver
- Explore Vancouver under your own steam, or take excursions
- 7 day Alaskan Cruise up the Inside Passage, with fabulous scenery and on-shore excursions.



This trip combines the stunning Rocky Mountains, with a tour of the renowned Icefields Parkway, with a journey on the famous Rocky Mountaineer train, and a cruise along the Inside Passage from Vancouver, marked by its spectacular beauty with untouched coastal landscapes, towering glaciers and remote Alaskan settlements. This itinerary makes use of local excursions and transfers, and includes a huge diversity of scenery and opportunities to see the native wildlife in its natural habitat.

Accommodations can be tailored to individual budgets along the way: everything we offer is tailor made, and this itinerary is a sample to provide an idea of what is possible ... we can amend it in terms of routing, duration, and direction ... please contact us so that we can tailor the perfect holiday for you.

Summary: 3 nights Banff; 1 night Rocky Mountaineer; 2 nights Vancouver; 7 nights Cruise; 1 night Vancouver

DAY 1 – CALGARY TO BANFF

Arrive at Calgary International Airport and take a transfer to Banff.

DAY 2 - BANFF

Banff National Park encompasses valleys, rugged mountains, enormous glaciers, deep forests, alpine meadows and glassy turquoise lakes. Through it wander wildlife such as bears, elks, wolves and bighorn sheep. The bustling town of Banff is a base for a multitude of outdoor activities.

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Take a guided tour which visits a number of local highlights such as Bow Falls, the hoodoos, Surprise Corner Tunnel Mountain Drive overlooking the beautiful scenery of the Bow River Valley, and also includes a ride on the Gondola – the views from the top are superb. Maple cookies and refreshments are provided.

The high street offers a range of restaurants, including gastro pub, vegetarian bistros, upmarket burger bar ... don't miss the cheesecake and torte at Wild Flour.

DAY 3 - BANFF NATIONAL PARK

A full day tour of the stunning Icefields Parkway, between Banff and Jasper. Includes a trip on the Athabasca Glacier, and the Glacier Skywalk. Also stop at Bow Lake and Saskatchewan Falls for magnificent views.

DAY 4 Rocky Mountaineer: BANFF TO KAMLOOPS

Board the famous Rocky Mountaineer this morning, travelling through the Yellowhead Pass and along the fertile route of the North Thompson River to Kamloops. As you leave the glaciers and snow-capped peaks of the Rockies behind, you travel through the Spiral Tunnels, Kicking Horse Canyon and over Roger's Pass – all spectacular scenery as you pass over high mountain passes, through remarkable tunnels, along rocky lakeshores and across ranch lands. **Try the Noble Pig – a buzzy brewpub with an outdoor patio and food.**

DAY 5 – Rocky Mountaineer – KAMLOOPS TO VANCOUVER

Today's train journey takes you along the shores of Kamloops Lake, through the desert-like BC interior, through forests and winding river canyons surrounded by the peaks of the Coast and Cascade Mountains, through the lush green fields of the Fraser Valley towards Vancouver. Later, explore downtown Vancouver: people-watch at a pavement café or visit the Aquarium or excellent science centre, take the Stanley Park train or relax at English Bay beach.

DAY 6 – VANCOUVER

Hire bikes and cycle or walk through Stanley Park and the Sea Wall. Visit Granville Island: a vibrant dining, shopping and entertainment district full of artisans creating unique gifts; a market where you can sample a host of interesting foods, and aspiring musicians perfecting their craft. Soak up the atmosphere in Chinatown with its quirky shops and markets, or take a guided walk around historic Gastown. Vancouver is a foodie's delight; evident from the mouth-watering lines at food trucks and the enticing aromas wafting from kitchens on nearly every block. Try the fresh pasta at *Ask for Luigi* in Gastown, the organic burgers at *Templeton* in Downtown- or try one of the many popular food trucks

Quirky Tour: Take the Mail Run Scenic Flight. Fly over rainforest clad islands to land at the main village on Salt Spring Island, where you can browse shops and coffee outlets. Scenic views of the stunning coastline make this a special experience.

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DAYS 9 - 15 – CRUISE ON THE INSIDE PASSAGE

Relax this morning, then make your way to your cruise ship: settle in to your cabin before it sets off on the journey along the beautiful inside Passage. The next 6 days will be filled with spectacular scenery and stops at some Alaskan towns, through to the Alaskan Panhandle. Excursions on-shore will be available.

Day 16 - VANCOUVER

Your cruise returns to Vancouver today: spend a final night in the city enjoying the outdoor lifestyle and buzz of this vibrant city.

DAY 17

Return flight.

Special Places to Stay

If you are looking for somewhere special to stay that provides the ultimate in style and comfort, with attention to detail, superlative service and excellent cuisine, we would suggest including one of the following properties on this itinerary:

- Fairmont Hot Springs Resort, Banff
- Fairmont Banff Springs

Trip Extensions

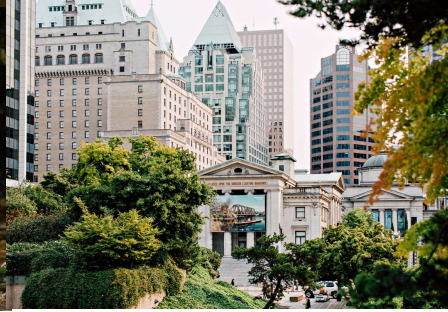
We offer a range of trip extensions in Canada: including Bear Watching Lodges, Wilderness Resorts, Ranch Stays, Niagara Falls, Aurora Lights, and Polar Bears. See our Trip Extensions Document for more information. For extensions within British Columbia, see:

- Spirit Bear Lodge, Grizzly & Spirit Bear Viewing (3 nights)
- Tweed,uir Park Lodge, Grizzly Bear Safari (3 nights)
- Black Bear Lodge, Grizzly & Black Bear Viewing (4 nights)
- Pyna-Tee-Ah Lodge: Walk with the Bears, Grizzly Viewing (3 nights)
- Knight Inlet Lodge, Grizzly Bear & Wildlife Viewing (2-4 nights)
- Farewell Harbour Lodge Wildlife Eco Tour: Grizzly & Black Bear Viewing, Whales & Wildlife watching (3 – 6 nights)

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GENERAL INFORMATION – PLEASE ENSURE YOU READ THE FOLLOWING

Passports: Please ensure these are valid for travel and that you are in possession of valid visas (if required see below). You are required to take out comprehensive travel insurance to safeguard against cancellation and curtailment, medical expenses, repatriation expenses, damage/theft/loss of personal baggage, money and personal belongings.

Visas: Not required for Canada for UK or EU nationals for stays of up to 90 days. An onward or return ticket is required, as well as sufficient funds and documents needed for further travel. Please note that visitors to Canada must have a MINIMUM of two blank/empty VISA pages in their passport each time entry is sought. Visitors to Canada with foreign passports who do not comply with these requirements will either be stopped from boarding their aircraft at their point of departure or risk deportation on arrival in Canada.

Health: All travellers should seek advice from their local GP or travel clinic for up-to-date advice on vaccinations and different malarial options. Travel insurance is part of the Terms and Conditions of your trip with Native Escapes it is essential that you purchase comprehensive travel insurance for your trip. Your insurance should be inclusive of full medical cover including costs of emergency repatriation, cancellation and travel delay.

Native Escapes complies with the UK Package & Travel Regulations 1992. Holidays with flights included are covered by the company's ATOL.