

Travel to Canada | Cosmos® Guided Tours

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The Canadian Rockies are known for their stunning scenery, rugged mountains, breathtaking glaciers, mighty rivers, and gorgeous national parks. On this Heart of the Canadian Rockies tour, you'll experience all of this and more! You'll overnight in Calgary, Banff National Park, Jasper National Park, Kamloops, Victoria, and Vancouver. In Banff National Park, Canada's oldest national park and gateway to the Canadian Rockies, you'll have time on your own to stroll along the river, explore the hot springs and quaint shops, and also take an optional excursion to view the incredible scenery by helicopter. You'll also enjoy two nights in Jasper National Park, the largest national park in the Canadian Rockies. You can hike, peruse the shops, and join an optional excursion to see beautiful Maligne Lake and Spirit Island. Between Banff and Jasper, you'll experience a highlight of this Canadian Rockies tour—a thrilling ride aboard an Ice Explorer all-terrain vehicle to the Athabasca Glacier, part of the Columbia Icefield, the largest expanse of ice in the Canadian Rockies. Your journey also includes a stop in Lake Louise, whose turquoise waters create a natural mirror that reflects the surrounding mountains and pristine wilderness. This tour also includes ferry crossings between Vancouver and Victoria as well as sightseeing in both. In Victoria, your sightseeing includes world-famous Butchart Gardens with its 55 acres of showcase floral displays. You'll also have free time in Victoria to explore on your own. Perhaps enjoy high tea at the Empress Hotel, walk and discover Victoria's delightful historic buildings and harbour, or take the optional Marine Wildlife & Whale-Watching Expedition to seek out the resident pods of orca whales. All of this and more await you on this once-in-a-lifetime Canadian Rockies tour designed for savvy, value-minded travelers!

To know more about the visas for this vacation, [click here](#)



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Tour Highlights

Notes:

Early departures may not be able to visit Columbia Icefield, which opens in early May, or take the Maligne Lake & Spirit Island optional excursion, which opens in mid to late May. Visiting and participating in other activities in this region may be subject to favorable weather conditions and vendor dates of operation.

Maximum elevation on tour: 7,500 ft.



World Heritage Sites are designated by the United Nations Educational, Scientific and Cultural Organization (UNESCO) for having cultural, historical, scientific or other form of significance. The sites are judged to contain cultural and natural heritage around the world considered to be of outstanding value to humanity.

The following UNESCO World Heritage Sites can be seen or visited on this vacation:

- Banff National Park
- Jasper National Park

Itinerary

Day 1

CALGARY Welcome to Calgary! Your Tour Director is on hand late this afternoon to answer any questions.

Day 2

CALGARY–BANFF NATIONAL PARK The discovery of oil converted this ranching town into a sophisticated city. It is also home to the world-famous Calgary Stampede. See many of the city's attractions, including Canada Olympic Park and the Saddledome. Motor west through the foothills and into Banff National Park, gateway to the majestic Canadian Rockies. An orientation tour highlights Banff's unspoiled beauty.

Day 3

BANFF NATIONAL PARK Banff is one of Canada's favorite year-round resorts, with summer activities such as hiking, boating, and fishing. With a free day, your Tour Director will have many suggestions, including a sky-high adventure with an unforgettable optional helicopter ride over the incredible Canadian Rockies.

Day 4

BANFF NATIONAL PARK–LAKE LOUISE–COLUMBIA ICEFIELD–JASPER NATIONAL PARK Enjoy a day of scenic grandeur. First stop is Lake Louise, whose turquoise waters create a natural mirror that reflects the surrounding mountains. Up next, a stop at the Columbia Icefield to experience the Ice Explorer, an all-terrain vehicle that travels on ice measuring 750 feet thick! Then, drive north into Jasper National Park, where precipitous gorges, snowcapped summits, and lakes of exquisite blues and greens come into view as your journey scales three mountain passes. Later, consider an optional float trip down the Athabasca River. Enjoy an orientation tour of the town of Jasper upon arrival.

Day 5

JASPER NATIONAL PARK Today, experience the magic of nature on an optional excursion to Maligne Lake and Spirit Island* where you'll embark on a narrated cruise to learn about the history, geology, flora, and fauna amid stunning scenery. The balance of the day is free to enjoy everything Jasper has to offer—from guided hikes and quaint shops to meandering wildlife.

*This optional excursion begins operating in late May/early June.

Day 6

JASPER NATIONAL PARK–MOUNT ROBSON–KAMLOOPS Depart Jasper and follow the Fraser River to the base of Mount Robson, the highest peak in the Canadian Rockies. The Yellowhead Highway continues south along the mighty Thompson River, with spectacular views of the Monashee Mountains. Overnight in Kamloops

Day 7

KAMLOOPS–FERRY CROSSING–VICTORIA As you travel through British Columbia's Cascade Mountains and the fertile Fraser Valley to the majestic Pacific coastline, the vegetation changes from desert landscape to lush alpine forest. Board your ferry for the scenic crossing to Vancouver Island. Prior to arriving in Victoria, visit world-famous Butchart Gardens and view the beautiful floral displays. Continue downtown and see the Inner Harbour, Bastion Square, and Thunderbird Park. This evening, consider a relaxing stroll along the lively Waterfront Promenade.

Day 8

VICTORIA Today is free to explore on your own. Your Tour Director will have ideas for enjoying this most British of Canadian cities. Perhaps enjoy High Tea at the Empress Hotel or choose an adventure at sea with an optional Wildlife and Whale-Watching Expedition, looking for whales, porpoises, seals, and eagles.

Day 9

VICTORIA–FERRY CROSSING–VANCOUVER This morning, set sail across the Strait of Georgia, an arm of the Salish Sea, and through the scenic Gulf Islands. In Vancouver, city sightseeing includes Stanley Park, Gastown, Chinatown, and other famous landmarks. The remainder of the day is free to explore this vibrant city known for its incredible scenery, thriving art scene, and diverse culture. Perhaps visit Robson Street and experience British Columbia's premier shopping and entertainment location.

Day 10

VANCOUVER Your vacation ends this morning. You may choose to extend your vacation with extra nights and explore Vancouver further.

Tour Director

With Cosmos, there's no better way to get to know your destination than through the eyes of your Tour Director. Averaging over a decade... we'd like you to meet a Tour Director, who is representative of the type of expert that will be with you on your vacation.

ELAINE WRIGHT

Escorting tours for more than 20 years

" During my years as a tour director I have guided tours in the Western United States, the Maritime provinces, Eastern and Western Canada and Alaska. I enjoy all of the areas I have worked in but Western Canada has a special place in my heart as this has always been my home. I would love to show you the spectacular beauty of Canada and tell you stories about the interesting people who have lived here in the past as well as today. I invite you to come and experience Canada with me."



TAREK SABET

Escorting tours for more than 20 years

" I have over 30 years of experience in the travel industry and have been leading tours in Canada since 1999. I speak English, Spanish, Arabic, and French. My passion for my work is fueled by the opportunity to meet amazing people , my fellow travelers! In my free time, I enjoy stamp collecting, chess, reading, opera, classical music, and teaching at a private college in Vancouver in the winter."



MARK LOVE

Escorting tours for more than 5 years

" Travel has always been my passion. After completing my degree in Tourism, I lived overseas and had the opportunity to visit numerous countries and experience different cultures. My background in the travel industry has enabled me to realize how invaluable a respected and experienced tour operator is. I have 5 years of experience as a Tour Director with Globus family of brands and am proud every time I represent the company and travel with my guests. The Canadian Rockies are my home and I can not imagine a better office space in the world. Regardless if I am viewing wildlife with my group, telling a story of historical significance, or just standing close by as guests enjoy the beautiful scenery of Western Canada, I love my role as a Tour Director. Being a part of a guests travel experience is the best reward that I can ask for!"



Accommodation

CALGARY

SANDMAN SIGNATURE CALGARY DOWNTOWN HOTEL

Hotel as shown or similar

First-Class

Free Wifi

BANFF NATIONAL PARK

BANFF ROCKY MOUNTAIN RESORT

Hotel as shown or similar

First-Class

Free Wifi

JASPER NATIONAL PARK

MARMOT LODGE

Hotel as shown or similar

First-Class

Free Wifi

KAMLOOPS

THE THOMPSON HOTEL & CONFERENCE CENTRE

Hotel as shown or similar

First-Class

Free Wifi

VICTORIA

ROYAL SCOT HOTEL & SUITES

Hotel as shown or similar

First-Class

Free Wifi

VANCOUVER

HOLIDAY INN & SUITES VANCOUVER DOWNTOWN

Hotel as shown or similar

First-Class

Free Wifi

Optional Excursions

Contact your Travel Consultant for more information.

Price Ranges

\$ (\$50 USD and under)

\$\$ (\$51 - \$100 USD)

\$\$\$ (\$101 - \$150 USD)

\$\$\$\$ (Over \$150)

* The "Starting at" or listed price is based on the lowest price available to book. Price is per passenger based on double occupancy and does not include airfare; additional fees/charges are not included. If a price is crossed out, the new price includes a limited time promotional offer(s) – please review current promotions or deals for additional information. Some tours require intra-vacation flights (and in some cases intra-vacation segments must be purchased from Cosmos).

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