

CANADA BY DESIGN

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Sonora Resort Canadian Rockies Train Trip Combo

2026

Canadian Rockies One-Way Itinerary

10 Days / 9 Nights Vancouver to Calgary
Not yet on sale

INTRODUCTION

Combine a luxury coastal wilderness resort with a Canadian Rockies rail trip to see landscapes, wildlife and the iconic hotels of Canada's west. This popular 10-day itinerary combines time on the award-winning Rocky Mountaineer train with an Ice Explorer Ride onto the Athabasca Glacier and sightseeing in beautiful Banff National Park and Sonora Resort. Keep your eyes open for wildlife, as you are likely to see whales, seals, sea otter, elk, bears and bald eagles.

Itinerary at a Glance

- DAY 1** Vancouver to Sonora Resort | Helicopter
- DAY 2** Sonora Resort | Eco Adventure Tour
- DAY 3** Sonora Resort to Vancouver | Helicopter
- DAY 4** Vancouver to Kamloops | Rocky Mountaineer Goldleaf Service
- DAY 5** Kamloops to Jasper | Rocky Mountaineer Gold Leaf Service
- DAY 6** Jasper | Freedom of Choice - Choose 1 of 5 Excursions
 - Option 1. Morning Maligne Valley with Medicine Lake Tour
 - Option 2. Evening Discover Jasper & its Wildlife
 - Option 3. Gentle Raft Float on the Athabasca River
 - Option 4. Maligne Canyon Hiking Tour

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Suite 1200, 675 West Hastings Street, Vancouver, BC, V6B 1N2, Canada

- Option 5. Jasper Personalised Tailor-made Excursion
- DAY 7** Jasper to Lake Louise Tour | with picnic lunch
Includes Ice Explorer Ride onto the Athabasca Glacier + Glacier Skywalk
- DAY 8** Lake Louise to Banff Transfer | Coach
- DAY 9** Banff | Freedom of Choice - Choose 1 of 5 Excursions
Option 1. Discover Banff & Its Wildlife Tour + Banff Gondola
Option 2. Banff National Park Explorer Moraine Lake & Lake Louise | Small Group Tour with Picnic Lunch
Option 3. Rockies Hidden Gems Yoho & Kootenay National Parks | Small Group Tour with Picnic Lunch
Option 4. Cowboy Horseback Cookout BBQ Lunch or Dinner
Option 5. Banff Personalised Tailor-made Excursion
- DAY 10** Banff to Calgary Transfer | Coach



MAP



DETAILED ITINERARY

The below itinerary reflects our recommendations for this specific trip. We also offer tailored private excursions, allowing you to personalize the itinerary to match your custom preferences. This itinerary is also available in the reverse direction.

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Day 1 Vancouver to Sonora Resort | Helicopter

This afternoon transfer by helicopter or float plane to Sonora Resort on beautiful Sonora Island. The island is an absolute jewel amidst the wild beauty and pristine waters of British Columbia's West Coast. After your arrival, get settled and explore the resort before you enjoy a delicious Pacific Northwestern gourmet dinner (Included).

Day 2 Sonora Resort | Eco Adventure Tour

Embark on a thrilling 1-hour Eco-Adventure Tour aboard an 8.53m Zodiac boat, accompanied by your knowledgeable wilderness guide. Zip around the Discovery Islands for exceptional views of marine wildlife in its natural habitat and rugged B.C. coastline as your guide offers informative narration through a headset system. Later, perhaps embark on an excursion to explore the abundant, untouched wilderness of British Columbia. In the evening, sit down to a gourmet dinner and sip a fine wine or mingle with other guests in the lounge or games room. (Breakfast, Lunch & Dinner included today)

Day 3 Sonora Resort to Vancouver | Helicopter

Your stay at Sonora Resort ends when you depart after lunch. It's time to say good-bye to British Columbia's coastal wilderness and take the helicopter or floatplane back to Vancouver. (Breakfast included today)

Day 4 Vancouver to Kamloops | Rocky Mountaineer Goldleaf Service

All aboard Rocky Mountaineer for the scenic rail journey to Kamloops in the interior of British Columbia. Pass through the rich fields of the Fraser River Valley and the towering peaks of the Coastal Mountains before entering the Fraser Canyon. Follow the Thompson River through spectacular landscapes to historic Kamloops. (Breakfast & lunch is included today)

Day 5 Kamloops to Jasper | Rocky Mountaineer Goldleaf Service

Back onboard the Rocky Mountaineer follow the Thompson River through rolling plateaus to the snowy peaks of the Monashee Mountains. View Pyramid Falls and the expansive glaciers of the Albrede Icefields. Pass by Mount Robson, at 3954 metres (12,972 feet), which is the highest peak in the Canadian Rockies. Arrive in Jasper late afternoon. (Breakfast & lunch is included today)

Day 6 Jasper | Freedom of Choice - Choose 1 of 5 Excursions

Today you can personalize your day by choosing one of these excursions

Option 1. Morning Maligne Valley with Medicine Lake Tour

Experience the most incredible sights in Jasper National Park's Maligne Valley during this guided excursion to the region's most scenic lakes & majestic canyons, enjoy a gentle guided walk along the shores of this pristine lake.

Option 2. Evening Discover Jasper & its Wildlife

Admire diverse animal life in the Canadian wilderness on this evening wildlife tour. Delve into Jasper National Park with your guide. Travel through the mighty Athabasca Valley and marvel at the park's beautiful landscapes by twilight.

Option 3. Gentle Raft Float on the Athabasca River

Experience Jasper National Park's natural beauty with a small group float trip on the Athabasca River. Cover several miles on Class II rapids, offering mild excitement with a few splashes. Enjoy your guide's engaging storytelling about local history and wildlife throughout this gentle adventure.

Option 4. Maligne Canyon Hiking Tour

Embark on a stunning hike in Jasper National Park, exploring the deepest accessible canyon in the Canadian Rockies. Learn about the Maligne Valley, Karst topography, and the mysterious disappearing Medicine Lake. Enjoy breathtaking views of rushing rapids and waterfalls along the canyon's five bridges. An added bonus is the shuttle service back to the top, saving you from a steep uphill hike.

Option 5. Personalised Tailor-made Excursion

Talk with one of our local specialists to tailor your day in Jasper to your preferences. Choose from a variety of experiences, including a Maligne Valley tour & lake cruise, an exhilarating Harley Davidson motorcycle sidecar tour of Jasper National Park, a Jasper food tour to experience the local cuisine, hiking and cooking tour in the backcountry, or a selection of private tours of the region. Alternatively, you can spend the day relaxing and enjoying the fresh mountain air, and we'll credit the cost of your excursion.

Day 7 Jasper to Lake Louise Tour | Glacier Adventure, Skywalk & picnic lunch

Your sightseeing tour today will encompass the ultimate glacier exploration as you travel along the spectacular Icefields Parkway. From walking on ancient ice with the Ice Explorer ride (included), to standing on a glass platform almost one thousand feet in the air at the Glacier Skywalk (included), today's experiences will leave you with a special appreciation for this treasured region of the Rockies. (Picnic lunch included today)

Day 8 Lake Louise to Banff Transfer | Coach

Start your day with a leisurely morning exploring the stunning beauty of Lake Louise. With either a mid or late afternoon transfer to Banff, you have the flexibility to canoe on the lake, hike to the Glacier Teahouse, or indulge in afternoon tea at the iconic Fairmont Chateau Lake Louise before departing for the 45-minute journey along the breathtaking Bow Valley Parkway. Whether you choose the scheduled transfer (included) or a private transfer, both options allow you to customize your time between these two stunning destinations.

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Day 9 Banff | Freedom of Choice - Choose 1 of 5 Excursions

Today you can personalize your day by choosing one of these excursions.

Option 1. Discover Banff & Its Wildlife Tour + Banff Gondola

Discover Banff's natural wonders on this half-day, small-group tour. Marvel at sights like Bow Falls, Hoodoos rock formation, and Lake Minnewanka. Conclude your exploration with a relaxing gondola ride to Sulphur Mountain's peak, maximizing your views of Banff National Park effortlessly. Enjoy the enchanting beauty of these landmarks with minimum exertion.

Option 2. Banff National Park Explorer Moraine Lake & Lake Louise | Small Group Tour with Picnic Lunch

Join this small group tour for a curated experience of Banff National Park's highlights, with the added chance to spot wildlife through expert local guidance. Enjoy unhindered access to Moraine Lake & Lake Louise, spending over 11/2 hours at each, discovering hidden gems and serene trails. The final phase of the tour is tailor-made in Banff by your guide, considering recent wildlife sightings and your interests, ensuring the day concludes on a high note.

Option 3. Rockies Hidden Gems Yoho & Kootenay National Parks | Small Group Tour with Picnic Lunch

Avoid the crowds with this full-day adventure in the Kootenay and Yoho National Parks, featuring picturesque waterfalls and Canadian Rockies views. Start with a relaxing stroll in Kootenay National Park's Marble Canyon, marveling at turquoise glacial waters and striking canyon walls. Enjoy Emerald Lake's neon blue waters, where optional canoe rentals, hiking trails, and lakeside picnics are available. The day concludes with a visit to Canada's 2nd tallest waterfall, Takakkaw Falls, accessible through backroads offering mountain vistas and wildlife sightings.

Option 4. Cowboy Horseback Cookout BBQ Lunch or Dinner

Saddle up for a ride along the Bow River in Banff and a Western style cookout. Choose from riding on horseback or in a covered wagon through the beautiful Rocky Mountain terrain.

Option 5. Personalised Tailor-made Excursion

Talk with one of our local Canada specialists to tailor your day in Banff to your preferences. Choose from a variety of experiences, including guided hikes, evening wildlife e-bike tours, river explorer canoe tours, a foodie tour at the Fairmont Banff Springs Hotel, or upgrade to a selection of private tours of the region. Alternatively, you can spend the day relaxing and enjoying the fresh mountain air, and we'll credit the cost of your excursion.

Day 10 Banff to Calgary Transfer | Coach

Today you will leave behind the fresh mountain air and colourful sights of the Rockies. We will schedule a transfer to bring you to downtown Calgary, or to the Calgary Airport to connect with your flight home.

**INCLUDED****Package Includes:**

- 2 nights accommodation at Sonora Resort & with the following inclusions:
- Return helicopter or floatplane transfer Vancouver to Sonora Resort
- All cuisine including breakfast, lunch, dinner and snacks. For dinner, select either the evening Chef's Tasting Menu or the A La Carte menu.
- Beverages (house wine, beer and non-alcoholic beverages). Premium wine and spirits available at an additional cost.

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- Use of 5-star facilities including: an outdoor heated pool, hot tubs, steam rooms, a tennis court, a nine-hole putting green, a games room complete with billiards, shuffleboard and foosball, virtual golf games with equipment, a movie theatre, two stocked rainbow fly-fishing ponds (equipment provided), mountain bikes and hiking trails.
- Access to the Island Currents Spa facilities: fitness room and gym facilities, outdoor mineral pools, sauna, steam and Swiss shower.
- Complimentary high-speed wireless and free long distance calling.
- Eco Adventure Tour | 1 Hour
- 1 night accommodation in Vancouver
- 1 night accommodation in Kamloops provided by Rocky Mountaineer
- 2 nights accommodation in Jasper
- 1 night Lake Louise
- 2 nights accommodation in Banff
- Private SUV transfer from Vancouver Sonora Flight Terminal to Hotel
- Private SUV transfer from Hotel to Rocky Mountaineer Train Station
- Rocky Mountaineer Train between Vancouver and Jasper
- Return transfers between rail depot and hotel in Kamloops
- Transfer between rail depot and hotel in Jasper
- Jasper | Freedom of Choice - Choose 1 of 5 Excursions
- Morning Maligne Valley with Medicine Lake Tour
- Evening Discover Jasper & its Wildlife
- Gentle Raft Float on the Athabasca River
- Maligne Canyon Hiking Tour
- Personalised Tailor-made Excursion
- Full day tour between Jasper and Lake Louise with picnic lunch included
- Ice Explorer ride onto Athabasca Glacier + Glacier Skywalk
- Scheduled transfer between Lake Louise and Banff
- Banff | Freedom of Choice - Choose 1 of 5 Excursions
- Discover Banff & Its Wildlife Tour + Banff Gondola
- Banff National Park Explorer Moraine Lake & Lake Louise | Small Group Tour with Picnic Lunch
- Rockies Hidden Gems Yoho & Kootenay National Parks | Small Group Tour with Picnic Lunch
- Cowboy Horseback Cookout BBQ Lunch or Dinner
- Personalised Tailor-made Excursion
- Scheduled coach transfer between Banff and Calgary
- Meals as per itinerary
- National Park fees

Hotel & Rail Information | Deluxe Grade

- Sonora Island - Sonora Resort | Gold Room
- Vancouver - Fairmont Hotel Vancouver | Fairmont Room
- Rocky Mountaineer Train | GoldLeaf Service
- Kamloops - Moderate Hotel | Provided by Rocky Mountaineer
- Jasper - Fairmont Jasper Park Lodge | Deluxe Room
- Lake Louise - Fairmont Chateau Lake Louise | Deluxe Mount Temple
- Banff - Fairmont Banff Springs Hotel | Deluxe Room

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Hotel & Rail Information | Deluxe Plus Grade

- Sonora Island - Sonora Resort | Gold Room
- Vancouver - Fairmont Hotel Vancouver | Deluxe City View Room
- Rocky Mountaineer Train | GoldLeaf Service
- Kamloops - Moderate Hotel | Provided by Rocky Mountaineer
- Jasper - Fairmont Jasper Park Lodge | Premier Deluxe Room
- Lake Louise - Fairmont Chateau Lake Louise | Deluxe Mount Temple
- Banff - Fairmont Banff Springs Hotel | Deluxe Mountain View Room

Not Included

- Gratuities
- Activities other than specified
- Meals other than specified
- Portage fees

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