

GREAT CANADIAN WEST WITH ROCKY MOUNTAINEER

Classic Flex Tour | 15 Days | Physical Level 1

Calgary 1N – Banff 2N – Jasper – 2N – Kamloops 1N – Richmond 1N – Victoria 2N – Whistler 2N – Vancouver 2N

Explore the national parks of Banff and Jasper, travel through the Rockies aboard the iconic Rocky Mountaineer, and discover the cities of Vancouver and Victoria. From Indigenous culture and historic gardens to Whistler's mountain landscapes, this is a journey through the diverse highlights of Western Canada.

- See the majestic beauty of Lake Louise
- Discover the glaciers of the Columbia Icefield
- Embark on a food tour in Jasper
- Ride the Rocky Mountaineer, one of the world's most iconic rail journeys
- Take the Red Skyride or Blue Grouse Gondola to Grouse Mountain's summit
- Experience afternoon tea at the iconic Butchart Gardens

TOUR MAP



TOUR INCLUSIONS:

- Return international economy flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- Most meals
- Most sightseeing and entrance fees
- All transportation and transfers
- English speaking National Escorts
- Specialist advice from our experienced travel consultants
- Comprehensive travel guides
- Safe and secure with ABTA, ATOL and IATA

The only thing you may have to pay for are personal expenditure e.g. drinks, optional excursions or shows, insurance of any kind, customary tipping, early check in or late check out and other items not specified on the itinerary.

CLASSIC FLEX TOURS:

Classic Flex tours let you see the iconic sites and signature experiences of each destination on an excellent-value, fully escorted group tour, with a little more freedom to do things your own way. Your international flights, accommodation, transportation, touring and most meals are all arranged, so you can travel with complete peace of mind. Where it works best for the destination, personal time is woven into the itinerary, giving you the chance to explore independently, seek out a local restaurant, or simply relax at your own pace.

Throughout, your National Escort's unparalleled knowledge will bring each destination to life and turn your holiday into an unforgettable experience.

PHYSICAL LEVEL 1:

Our tours come with a physical rating to guide you in selecting a holiday that suits your comfort level. Joining any of our tours involves independent mobility and the ability to stay active throughout the day, which is essential for fully enjoying the unique landscapes and attractions of Canada.

'Great Canadian West with Rocky Mountaineer' is rated as a physical level 1. A reasonable level of fitness is required, with regular sightseeing on foot and some longer days exploring cities, national parks and scenic areas. You will be getting on and off coaches, trains and ferries, walking on a variety of surfaces, climbing steps and occasionally spending several hours on your feet. Some sightseeing may involve gentle inclines or uneven ground.

Please consider:

- There will be sightseeing on foot for both short and extended periods, including in Vancouver, Victoria, Whistler and Canada's national parks.
- Some excursions involve walking on uneven or unpaved surfaces, particularly when visiting natural attractions and scenic viewpoints.
- You will need to get on and off coaches and ferries independently, sometimes using steps.
- The Rocky Mountaineer involves boarding and disembarking the train independently, with steps required to access the carriages.
- Some days involve longer coach journeys between destinations, with stops along the way to visit sights and attractions.

Our National Escort is dedicated to providing a high level of service and support throughout your journey. However, their primary role is to manage the daily aspects of the tour and they are unable to offer extensive personal physical assistance. We kindly ask our travellers to be prepared for the physical aspects of the tour to ensure a comfortable and enjoyable experience for everyone.

JOINING YOUR TOUR:

The tour is 15 days in duration including international flights or 14 days in duration based on 'Land Only'. Join the tour on Day 1 in Calgary and end the tour on Day 14 in Vancouver.

Travellers booked on 'Land Only', the price includes your arrival/departure airport transfers if arriving/departing on the start and conclusion date of your tour, or when booking pre and post night accommodation with Wendy Wu Tours.

DETAILED ITINERARY

Day 1: Fly to Calgary Meals: D



On arrival in Calgary International Airport, you will be met in the arrival hall by your local guide and/or National Escort from Wendy Wu Tours. Together with all other group members who may be arriving at a similar time, you will transfer to your hotel.

Early check-in is not included. Additional nights' before and after your tour can be arranged. Please contact our reservations team to book.

An informal Welcome Dinner will be held tonight.

Destination Information

Calgary – Set against the foothills of the Canadian Rockies, Calgary is Alberta's largest city and a major centre for the energy and agricultural industries. Founded in 1875, it grew from a North West Mounted Police post into a modern city of more than 1.6 million people. Calgary hosted the 1988 Winter Olympics and is known for its annual Calgary Stampede, while the Bow River and surrounding prairies provide a scenic setting.

Day 2: Banff Meals: B, L



Today's adventures include a visit to the Banff Wolfdog Sanctuary, where you'll learn about the sanctuary's wolfdogs and their care. Continue into Banff National Park for a guided walk and talk with a naturalist, before taking the Banff Gondola to the summit of Sulphur Mountain for panoramic views across the Rockies. The evening is at leisure in Banff.

Destination Information

Banff – Set within Banff National Park, Canada's oldest national park, Banff is surrounded by the peaks of the Canadian Rockies. The town sits in the Bow Valley and is known for its mountain scenery, alpine lakes and access to a wide range of outdoor activities.

Banff Gondola – Ride the gondola to the summit of Sulphur Mountain, rising to 2,281 metres above sea level. From the upper station, a boardwalk leads along the ridge to panoramic viewpoints overlooking Banff, the Bow Valley and surrounding Rocky Mountain peaks.

Wolfdog Sanctuary – Visit a sanctuary dedicated to wolfdogs, hybrids bred from domestic dogs and wolves. Learn about these distinctive animals, their behaviour and the challenges of caring for them through an educational guided experience.

Day 3: Banff National Park Meals: B

Begin your day with a walk through Johnston Canyon, following the trail to its dramatic waterfalls before continuing to Lake Louise for a walk beside its iconic turquoise waters. After, visit Cave & Basin National Historic Site, the birthplace of Canada's national parks, and learn about its significance in Canadian history. The afternoon is Flex time, giving you opportunity to relax or explore Banff independently, with dinner also at leisure.



Destination Information

Lake Louise – One of Banff National Park's best-known sights, Lake Louise is surrounded by the peaks of the Canadian Rockies and fed by meltwater from Victoria Glacier. Its distinctive turquoise colour comes from fine rock flour carried into the lake by glacial streams.

Cave & Basin National Historic Site – The birthplace of Canada's national park system, where the discovery of natural hot springs in 1883 led to the creation of Banff National Park. Explore the historic bathhouse and learn about the springs and their importance to the area.

Day 4: Jasper Meals: B, L

Travel along the Icefields Parkway today towards Jasper, stopping at Saskatchewan River Crossing before continuing to the Columbia Icefield. Board an all-terrain Ice Explorer to the Athabasca Glacier and afterwards, walk along the glass-floored Skywalk. Later, hear from a Warrior Woman during an intimate fireside talk, before enjoying the evening at leisure in Jasper.



Destination Information

Saskatchewan River Crossing – Located at the junction of three major roads in the Canadian Rockies, this remote settlement sits where the North Saskatchewan, Mistaya and Howse rivers meet. It is a natural stopping point on the Icefields Parkway between Banff and Jasper.

Columbia Icefield – One of the largest icefields in the Canadian Rockies, covering around 325 square kilometres across the Continental Divide. Its glaciers feed rivers flowing towards three different oceans, including the Athabasca Glacier.

Jasper – A small, picturesque mountain town in the heart of Jasper National Park, surrounded by forests, lakes and the peaks of the Canadian Rockies. Its compact centre has independent shops, cafés, restaurants and galleries, with the Athabasca River and surrounding wilderness close by.

Day 5: Jasper National Park Meals: B, D

Enjoy Flex time in Jasper this morning before heading to Maligne Lake for a scenic cruise to Spirit Island, surrounded by the dramatic landscapes of the Canadian Rockies. Return to Jasper for a foodie tour, sampling local dishes and learning more about the town's food scene.



Destination Information

Maligne Lake & Spirit Island – One of the largest glacially fed lakes in the Canadian Rockies, stretching for around 22 kilometres through Jasper National Park. A boat cruise offers views of the surrounding peaks and Spirit Island, a small, tree-covered island framed by mountains and one of the park's most recognisable sights.

Day 6: Rocky Mountaineer – Journey Through the Clouds Meals: B, L

Board the iconic Rocky Mountaineer for the Journey Through the Clouds, travelling through the spectacular landscapes of the Canadian Rockies towards Vancouver. Enjoy SilverLeaf Service from your onboard hosts with panoramic views from the glass-domed coaches, gourmet meals and attentive service as the scenery changes from rugged mountains and forests to river valleys and dramatic gorges. Arrive in Kamloops this evening and disembark.



Upgrade to GoldLeaf Service onboard

For an enhanced experience, you can upgrade to GoldLeaf Service, which includes travel in a bi-level glass-domed carriage, access to an outdoor viewing platform and a dedicated dining carriage.

Please contact our Reservations team to book.



Destination Information

Rocky Mountaineer – One of the world's most iconic rail journeys, the Rocky Mountaineer is a daylight-only sightseeing train that has carried passengers through the Canadian Rockies since 1990. The route between Jasper and Vancouver passes through mountain valleys, along the Fraser River and past landmarks including Mount Robson, the highest peak in the Canadian Rockies at 3,954 metres.

Day 7: Rocky Mountaineer – Journey Through the Clouds Meals: B, L

Reboard the Rocky Mountaineer for the journey to Vancouver, enjoying breakfast and lunch onboard as the train passes through the changing landscapes of British Columbia. Arrive in Vancouver in the evening and transfer to your hotel in Richmond. The remainder of the evening is at leisure.



Destination Information

Vancouver – Founded as a city in 1886, Vancouver grew rapidly after the arrival of the Canadian Pacific Railway. Today, it is British Columbia's largest city and one of Canada's most ethnically diverse, with more than half of its residents having a first language other than English. Its location between the Pacific Ocean and Coast Mountains gives the city its distinctive combination of urban and mountain scenery.

Richmond – Built largely on islands and low-lying land in the Fraser River delta, Richmond is one of Canada's youngest cities, incorporated in 1879. Nearby Steveston was once one of the largest fishing ports on Canada's west coast and remains known for its historic salmon-canning industry.

Day 8: Ferry to Victoria Meals: B, D

Cross the Strait of Georgia by ferry from Tsawwassen to Swartz Bay before continuing to the famous Butchart Gardens, with time to admire the extensive gardens and enjoy afternoon tea. Continue to Victoria for an orientation tour of the city before dining together in the evening.



Destination Information

Victoria – The capital of British Columbia, Victoria was founded as a Hudson's Bay Company trading post in 1843 and named after Queen Victoria. Its Inner Harbour remains the heart of the city, overlooked by the Parliament Buildings and the Fairmont Empress hotel. Victoria is known for its British-influenced architecture, gardens and strong connection to the sea.

Schwartz Bay – Located on the southern tip of Vancouver Island, Schwartz Bay is the main ferry terminal connecting Vancouver Island with the mainland at Tsawwassen. The crossing through the Gulf Islands takes around 90 minutes, passing wooded islands and coastal scenery along the way.

Butchart Gardens – Created from a former limestone quarry by Jennie Butchart in the early 20th century, these gardens now cover more than 22 hectares.

The abandoned quarry was transformed into the famous Sunken Garden, while other sections include Japanese, Italian and Mediterranean-style gardens, containing more than a million bedding plants each year.

Day 9: Victoria Flex Meals: B



Today has been left free for independent explorations of Victoria – a historic harbour city known for its Victorian architecture, colourful gardens and waterfront setting.

From your hotel, you may wish to:

- Walk to the Inner Harbour, where you can see the Parliament Buildings and Fairmont Empress, or watch seaplanes and ferries arriving and departing.
- Visit the Royal BC Museum, a short walk from the harbour, to see exhibits covering British Columbia's natural and human history.
- Stroll through Beacon Hill Park, following paths through its gardens and woodland to the waterfront.

Your National Escort is available to help you plan your explorations and is always happy to point you toward the things that capture your interests, whether that's a particular local food, a specialist sight or activity, or some retail therapy.

Victoria Optional Excursion

Whale Watching – Travel from Victoria's Inner Harbour into the Strait of Juan de Fuca, around 10–15 minutes by boat, in search of orcas, humpback whales and other marine wildlife. Keep watch for seals, sea lions and porpoises as you cruise through the waters around Vancouver Island.

Please note that this is a suggested activity and is not operated by Wendy Wu Tours. You will make your own way to the harbour and join a public shared boat trip. Your National Escort will be happy to assist with arranging this locally, subject to availability.

Day 10: Victoria to Nanaimo Meals: B, D



Begin at the Malahat Skywalk, taking in panoramic views across Vancouver Island before travelling north to Duncan to see its impressive collection of totem poles. Continue to Chemainus for a tour of its colourful outdoor murals, which depict the town's history and heritage. Later, board the ferry from Nanaimo to Horseshoe Bay before continuing to Whistler, where the evening is at leisure.

Destination Information

Malahat Skywalk – Rising through the coastal forest of Vancouver Island, the Malahat SkyWalk is a 600-metre elevated walkway leading to a 32-metre-high spiral tower. From the top, there are views across the Saanich Inlet, Gulf Islands and surrounding mountains.

Duncan Totem Poles – Duncan is known as the 'City of Totems', with more than 40 carved poles displayed throughout the city. Many were created by Indigenous artists from the Cowichan Valley and depict stories, animals and figures from local First Nations traditions.

Chemainus Murals – This former logging town transformed its downtown with a series of large-scale outdoor murals beginning in 1982. More than 60 murals and numerous sculptures now depict local history, Indigenous culture and scenes from the town's past.

Horseshoe Bay – Travel by ferry from Nanaimo on Vancouver Island to Horseshoe Bay on the mainland, a crossing of approximately 1 hour 40 minutes. The route passes through the Strait of Georgia, with views across the surrounding islands and coastline before arriving at Horseshoe Bay, just north of Vancouver.

Whistler – Best known as the host venue for many events during the 2010 Winter Olympics, Whistler is a year-round mountain resort set between Whistler and Blackcomb Mountains. The pedestrianised village is lined with shops, restaurants and cafés, while the surrounding mountains provide opportunities for hiking and sightseeing.

Day 11: Whistler Flex Meals: B



Today has been left free for independent explorations of Whistler – a pedestrianised mountain resort surrounded by the peaks, forests and lakes of the Coast Mountains.

From your hotel, you may wish to:

- Stroll through Whistler Village, where pedestrianised streets are lined with shops, cafés, restaurants and galleries.
- Walk around Lost Lake, following forest trails around this peaceful lake just a short distance from the village.
- Visit the Whistler Museum, where exhibits tell the story of the area's development from a small mountain community to a world-renowned ski resort.
- Walk to Whistler Mountain's gondola station and ride approximately 4.4 kilometres across the valley to Blackcomb Mountain. The 11-minute journey offers views of glaciers, forests and surrounding peaks, with the option to explore the trails and viewpoints on either mountain.
  Please note: The Peak 2 Peak Gondola is a seasonal attraction and may not operate on all departures.

Day 12: Vancouver Meals: B

Travel by coach to Vancouver along the scenic Sea to Sky Highway, with views of mountains, forests and the coastline along the way. Visit the Squamish Lil'wat Cultural Centre to learn about the traditions and heritage of the region's Indigenous peoples, before experiencing the Squamish Canyon Elevated Boardwalk and stopping at Shannon Falls. Continue to Vancouver, arriving later in the day.



Destination Information

Sea to Sky Highway – Follow Highway 99 along one of British Columbia's most scenic routes, linking Vancouver with Whistler and Squamish. The road runs between Howe Sound and the Coast Mountains, passing forests, rocky peaks, waterfalls and glaciers along the way.

Squamish Lil'wat Cultural Centre – Visit the cultural centre in Whistler to learn about the traditions, history and contemporary life of the Squamish and Lil'wat Nations, the two First Nations whose traditional territories surround the area. Exhibits include carved canoes, masks, tools and artwork, with cultural demonstrations and performances also taking place.

Shannon Falls – At 335 metres, Shannon Falls is the third-highest waterfall in British Columbia. Water from the Coast Mountains plunges over a series of granite cliffs into the forested valley below, with a short trail leading from the car park to viewpoints at the base of the falls.

Day 13: Grouse Mountain Meals: B, D

Take in panoramic views of Vancouver from Grouse Mountain before continuing to Stanley Park, one of the city's largest urban parks. Enjoy the afternoon at leisure to explore Vancouver independently, with time to visit the waterfront, browse the shops or relax in one of the city's cafés. In the evening, come together for a farewell dinner.



Destination Information

Grouse Mountain – Rising 1,250 metres above North Vancouver, Grouse Mountain is known as the 'Peak of Vancouver' and offers views across the city, Burrard Inlet and the Strait of Georgia.

Stanley Park – Covering more than 400 hectares on a forested peninsula, Stanley Park is larger than New York's Central Park and is one of Vancouver's most visited attractions. Its 8.8-kilometre seawall follows the waterfront, while the park contains towering Douglas firs, beaches, gardens and a collection of First Nations totem poles.

Days 14 - 15: Depart Vancouver to UK Meals: B

Any time before your flight is at leisure. You will be transferred from your hotel to Vancouver International Airport, according to the departure time of your international flight.

Late check-out is not included. Additional nights' before and after your tour can be arranged. Please contact our Reservations team to book.

CANADA TRAVEL INFORMATION

VISAS:

British Citizen passport holders do not require a visa to enter Canada, but an Electronic Travel Authorization (eTA) is required when travelling to Canada by air. The eTA is linked electronically to your passport and must be obtained before travel. The cost associated with the eTA is CAD$7.

Visa and entry requirements can change at any time. Approximately 10 weeks before departure, we will send you information electronically with the latest entry requirements, including details of the eTA application process and any documentation required. This information is based on passengers travelling on a full British Citizen passport. If you hold any other type of passport, please contact us for further information.

For more information on Canada's eTA, please visit: https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/eta.html

GROUP SIZE:

Most of our groups consist of 16 travellers or more and will be accompanied by both a National Escort and local guides. On Classic Flex Tours, will be no more than 28 travellers in each group although you may encounter other Wendy Wu our groups while you are travelling.

EATING IN CANADA:

Canadian cuisine reflects the country's varied landscapes and cultural influences, from fresh seafood on the Atlantic coast to salmon and Pacific seafood in British Columbia. Across the country, you may also encounter regional favourites such as poutine, maple syrup, smoked meats and locally produced cheeses, while dishes often draw influence from French, British and Indigenous traditions.

Breakfasts are generally served buffet-style at hotels, with a choice of cooked and continental options. Lunches may be served at restaurants, cafés or as packed lunches when travelling through more remote areas or on longer touring days. Evening meals are typically served in local restaurants or hotels, with menus offering a mixture of Canadian and international dishes.

Canada is well equipped for a wide range of dietary requirements, although choices can become more limited when travelling through remote areas. If you have specific dietary needs, please let us know when booking so these can be communicated to our local partners in advance.

ACCOMMODATION:

Your accommodation in Canada is carefully selected for its location, comfort and character, with a mixture of well-established hotels, locally owned properties and larger city hotels possibly used throughout your journey.

Accommodation will generally be of a good three- to four-star standard, with some five-star hotels included too. Standards are comparable with those you would expect in the UK, although individual properties may vary in style, facilities and size.

All group tour hotels have private Western-style bathroom facilities, air conditioning or heating, a TV and Wi-Fi. In some smaller towns or more remote areas, hotel facilities may be simpler than those found in the major cities, but all properties are selected to provide a comfortable base from which to explore the destination.

If you experience any difficulty during your stay, please speak to your National Escort or Local Guide. All hotels used by Wendy Wu Tours are regularly reviewed by our staff and local partners to ensure they meet our standards.

TRANSPORT:

Rocky Mountaineer: The Rocky Mountaineer is a daylight-only rail journey, allowing you to enjoy views of Canada's mountains, forests and rivers from your seat. You will travel in SilverLeaf Service, with spacious reclining seats in a dedicated carriage and large windows offering panoramic views of the scenery. Breakfast and lunch are served at your seat, with complimentary alcoholic and non-alcoholic drinks available throughout the journey. Luggage is stored separately and delivered to your hotel at the end of each day's journey.

GoldLeaf Service: For an enhanced Rocky Mountaineer experience, you can upgrade to GoldLeaf Service, which includes travel in a bi-level glass-domed carriage, access to an outdoor viewing platform and a dedicated dining area, offering an elevated way to enjoy the journey through the Canadian Rockies. Please contact our Reservations team to book.

Ferries: Ferries are used on selected journeys, including crossings to and from Vancouver Island. Ferries have indoor seating, outdoor viewing areas, cafés and toilets, although facilities vary between services. Vehicle decks are enclosed during the crossing, so passengers will need to leave the coach and travel as foot passengers. Sailing times can vary due to weather, sea conditions and operational requirements.

Coaches: Air-conditioned coaches are used for sightseeing, excursions and longer journeys throughout Canada. Coaches generally have comfortable reclining seats and an onboard toilet, although facilities vary between vehicles. Canada is a vast country and some journeys involve several hours of driving, particularly when travelling between provinces and cities. Journey times are approximate and may be affected by traffic, road conditions, weather and scheduled stops.

TIPPING POLICY:

Tipping while on holiday is common in most parts of the world and Canada is no exception. However, it is not always clear who it is appropriate to tip and how much. Furthermore, travellers may not have the right amounts of cash available at the right time.

In order to avoid any inconvenience, Wendy Wu Tours operates a tipping policy where a stated amount is given to your National Escort at the beginning of your tour and tips are disbursed to local guides and drivers throughout your tour. The amount is designed to be at a reasonable level for travellers while being fair to the local people and includes a gratuity for the National Escort.

We generally find that most customers appreciate the convenience of our tipping policy but we do recognise that it may not suit everyone. However, as this is a group tour we ask that everyone follows the same protocol to be fair to other group members and to ensure smooth operation of your tour.

INSURANCE:

It is a condition of booking with us that you take out suitable travel insurance. You must provide us with the name of your insurer, policy number and their 24-hour emergency contact number when you book with us or as soon as possible thereafter. These details will be available to your National Escort should they be required. Wendy Wu Tours will not be liable for any costs incurred by you due to your failure to take out suitable travel insurance from the date of booking.

VACCINATIONS AND YOUR HEALTH:

Wendy Wu does not give specific health advice, but we do recommend you see your doctor at least six weeks prior to travel for advice and to allow time for any necessary vaccinations. Please remember to take your itinerary with you.

For more information, we recommend you visit the NHS Fit for Travel website https://www.fitfortravel.nhs.uk/home

ITINERARY CHANGES:

It's our intention to adhere to the day-to-day itinerary as printed; however, the order of events or sightseeing may change as we look to improve our tours or as local conditions dictate. In these circumstances we'll make the best possible arrangements maintaining the integrity of your trip.

AFTER YOUR BOOKING:

Once you have booked with Wendy Wu Tours, you will receive an email with your confirmation invoice, along with a link to our website where you can find your visa information (if applicable) and other important information. Your final documentation pack will be sent to you approximately 2 weeks prior to departure.

Updated September 2026