

WALKING ADVENTURES INTERNATIONAL

# Canada by Train

## 2011 - 1st Departure



### DAY 1: OCT 3: EN ROUTE TO SEATTLE, WASHINGTON

The Adventure begins in Seattle, Washington, our jumping off point for an ocean-to-ocean train trip through Canada, our neighbor to the North. Because travelers are arriving throughout the day, our only group activity is a welcome reception at 7:30 pm this evening.

### DAY 2: OCT 4: SEATTLE TO JASPER, ALBERTA: BY TRAIN (B) Activities in Vancouver, B.C.

*Stanley Park Walk - 10 km, rated 2*

An early morning start takes us to the Amtrak train station for the trip north to Canada. Upon arrival in Vancouver, B.C. we are transported by bus to Stanley Park. Considered North America's third largest urban park, Stanley Park has a Seawall Walk that encircles the peninsula and offers wonderful views of downtown Vancouver, the Burrard Inlet, Lion's Gate Bridge, and English Bay. This evening we board VIA Rail's *Canadian* train for an overnight passage to Jasper in the luxury Sleeper Touring class.

### DAY 3: OCT 5: ARRIVE JASPER (BL)

After breakfast on board, you have the balance of the morning, and most of the afternoon, to explore the tranquil delights of train travel: take in Canadian Rocky Mountain splendors in the Observation Deck, relax with a book in the Bullet Lounge, or chat with friends in the welcoming armchairs of your sleeper car as the scenery rolls past the oversized picture windows. We arrive Jasper late this afternoon and check into our hotel. The evening is free to explore this quaint mountain village.

## WHAT'S INCLUDED

### Canada by Train 2011 - 1st Departure

October 3 – 16, 2011 | 14 Days | \$4950 (See Train Details insert)

#### INCLUDING

- Airport to hotel group transfers on first and last day\*
- All train travel (See Train Details insert)
- Superior tourist-class (3-star), or better, hotel accommodations in Seattle, Jasper, Banff, Toronto, and Halifax
- 22 meals: Breakfast daily, 4 lunches, and 5 dinners (BLD)
- All other land travel as outlined
- 7 IVV-sanctioned walks as listed
- Fees for walking credit
- All tipping for local guides and coach drivers
- WAI guide service throughout
- Single supplements are available for hotel portion of trip: \$625
- **Entrance fees/admission to:**
- Jasper and Banff National Parks (Alberta)
- Athabasca Glacier Snocoach ride (Alberta)
- Athabasca Falls along the Icefields Parkway (Alberta)
- Guided coach tour in Toronto (Ontario)
- Casa Loma Castle in Toronto (Ontario)
- Guided walk in Montréal (Québec)
- More fun stops than we can list!

*\*Details of transfers provided are listed in Adventure Advice memo sent upon receipt of tour registration.*

#### OPTIONAL EXCURSION

- All-day outing to Niagara Falls, including walk and *Maid of the Mist* excursion – Ontario (Day 10)

#### DAY 4: OCT 6: JASPER – BANFF BY MOTORCOACH (B)

*Jasper National Park Walk - 10 km, rated 1+*

A morning walk through forests and around two alpine lakes near Jasper provides our first opportunity to experience the beauty of the Canadian Rockies. Following the walk, we drive south along the rugged, spectacular beauty of the Icefields Parkway to Athabasca Glacier, where we have the unique opportunity to walk on a glacier after a fun ride on a Snocoach.

#### DAY 5: OCT 7: ACTIVITIES IN BANFF (B)

*Banff National Park Walk - 12 km, rated 2*

All day is set aside to enjoy this charming mountain resort, with three walk routes available to explore the offerings of the Banff area. An abundance of Rocky Mountain scenery, a plethora of trails, and a multitude of irresistible shops and galleries in the village of Banff provide something for everyone during this interlude in Alberta.



#### DAY 6: OCT 8: BANFF – JASPER TO TORONTO, ONTARIO: BY TRAIN (BD)

*Lake Louise Walk - 5 km, rated 1+*

Another full day in the Rockies begins with a drive to Lake Louise. Our walk skirts the shoreline of this mountain gem set beneath Victoria Glacier, offering postcard-perfect views of Chalet Lake Louise. A return trip along the Icefields Parkway provides a second chance to drink in Rocky mountain magic, with fun stops along the way to Jasper and an evening date aboard the eastbound *Canadian* train.

#### DAY 7: OCT 9: RIDING ACROSS SASKATCHEWAN & MANITOBA: BY TRAIN (BLD)

Following a busy schedule in the Rockies, we spend a relaxing day aboard the *Canadian* train. At breakfast, your table will be surrounded by endless acres of fertile prairie farmland. Take afternoon tea amidst a panorama of expansive forests studded by sparkling lakes, and anticipate another night rocking to sleep in the haven of your quarters – after the on-board crew has transformed your room into a bed, with pillows fluffed and blankets turned down!

#### DAY 8: OCT 10: RIDING ACROSS MANITOBA AND ONTARIO: BY TRAIN (BLD)

We spend another day indulging in the relaxing rhythms of train travel as we roll across the prairies of Saskatchewan and into Manitoba. Our final full day aboard the *Canadian* takes us through the picturesque lakelands of northern Ontario en route to Toronto.

#### DAY 9: OCT 11: ARRIVING IN TORONTO: BY TRAIN (B)

*Sights of Toronto Walk - 10 km, rated 1*

Following a post-breakfast arrival in Toronto, we say “farewell” to the *Canadian* in anticipation of two full days of activities in the Toronto area. A morning motorcoach tour introduces us to Toronto’s distinctive ethnic neighborhoods, New City Hall, the theatre district, the financial district, and Parliament, we well as providing us with a chance to visit Casa Loma Castle. The afternoon is dedicated to a walk that takes us by many of Toronto’s other highlights, including

the CN Tower (world’s tallest free-standing structure), the Art Gallery of Ontario, Lake Ontario, the Canadian Hockey Hall of Fame, and several fascinating museums.

#### DAY 10: OCT 12: ACTIVITIES FROM TORONTO (B)

*Niagara Falls Walk - 15 km, rated 1 (optional)*

Today is free to enjoy more of the charms of Toronto, or consider joining us for an all-day optional excursion to Niagara Falls. One of North America’s most memorable sights is just a couple of hours away on the border with New York State. An excellent walk at Niagara Falls showcases both sides of this amazing cataract of water. We spend the bulk of the day enjoying the spectacle from all angles, including a boat ride into the liquid inferno on the *Maid of the Mist* cruise below the falls! Our day ends back at our hotel in Toronto after a stop for dinner en route. *Estimated Price: \$85*

#### DAY 11: OCT 13: TORONTO TO HALIFAX, NOVA SCOTIA: BY TRAIN (BD)

**Activities in Montréal, Québec**

*Montréal French Canadian Walk - 8 km, rated 2*

We’re up early this morning to catch the first train bound for Montréal. Arriving before noon, we spend the middle of the day enjoying the sights of the world’s second largest French-speaking metropolis (after Paris). Along the route, we see Notre Dame Cathedral, the Old Port, Old Montréal and the financial district, and Montréal’s fascinating and expansive Underground City lying just beneath the pavement. We board the *Ocean* train just in time for dinner this evening, ready for the final leg of our train odyssey across Canada.

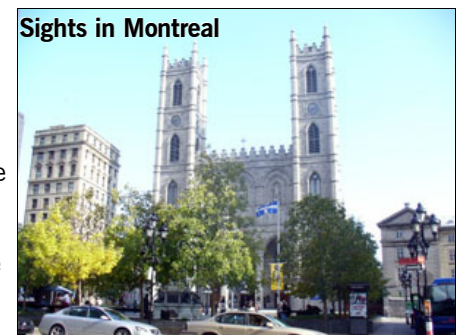
#### DAY 12: OCT 14: ARRIVING IN HALIFAX, NOVA SCOTIA (BL)

Today’s route rolls through the Maritime Provinces of New Brunswick and Nova Scotia. We arrive in Halifax late this afternoon; the evening is free to get acquainted with the city on the sea.

#### DAY 13: OCT 15: ACTIVITIES IN HALIFAX (BD)

*Halifax Waterfront & Citadel Walk - 10 km, rated 2*

Halifax is one of the oldest and most interesting towns in Eastern Canada. Settled by the English in the mid-18th century as a response to the French Fortress Louisbourg, Halifax’s excellent natural harbor and well-fortified, though never-attacked fortress brought prosperity to the young town, which became the region’s commercial and financial center. The entire day is free to explore the waterfront, do a little shopping, or visit some of the fascinating museums along an excellent walk route. We rendezvous this evening to reminisce together at our Farewell Dinner.



#### DAY 14: OCT 16: RETURN HOME FROM HALIFAX (B)

Airport shuttles are available from the hotel today, courtesy of WAI, and can be scheduled to suit your departure time. We say farewell to friends old and new, and return home with a new appreciation for the breadth of history, culture, and scenery offered by our neighbor to the North!

