



Across Canada by Train

Take the train across Canada

Fill your desire for the energy of big cities and the calmness of nature. As you journey by train across the country, you'll see how diverse Canada's landscape is.

-  **Suggested length**
13 days / 12 nights
-  **Price**
From 11,380 USD per person
-  **When to go**
May – September
-  **Time on train**
5 days / 3 nights



Highlights of your trip

- ✓ Rail journeys on VIA Rail and Rocky Mountaineer
- ✓ Spend five days in the Canadian Rockies
- ✓ Choice of activities catered to your interests
- ✓ Unique Fresh Tracks experiences
- ✓ Stay at the Chateau Lake Louise
- ✓ See glaciers, emerald lakes, forests and wildlife

Trip Experiences

Discover some of this trip's top destinations and exciting activities.



Rest easy in a sleeper cabin on VIA Rail



Enjoy the views on Rocky Mountaineer



Explore Toronto's vibrant neighbourhoods



Get close to famous Niagara Falls



Take a helicopter flight over glaciers and mountains



See the iconic highlights of Banff National Park

Day-by-Day Itinerary

Speak to one of our Canadian Insiders about personalizing this trip. Some of our trips can be done in the reverse direction.



Indicates featured inclusions



Day 01

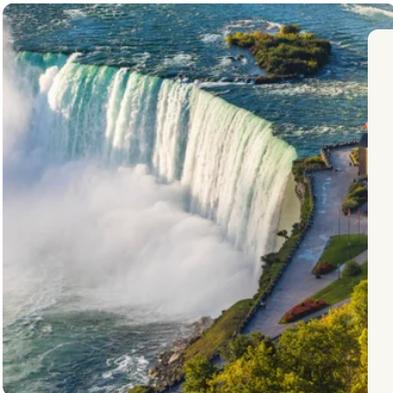
Arrive in Toronto

Welcome to Toronto! The sights and sounds of Canada's largest city welcome you as you arrive in the heart of downtown.



Private Transfer from Toronto Airport

Bypass the crowds and start making the most of your vacation. A friendly driver welcomes you to the city and takes you to your destination.



Day 02

Explore Toronto

Spend a day enjoying the quaint and colorful neighborhoods of Toronto or visit Niagara Falls.

You have **3 options** to choose from today:



Niagara Falls Day Tour

On this full-day small-group tour, get up close to Niagara Falls on a Hornblower boat ride and explore the quaint town of Niagara-On-The-Lake.



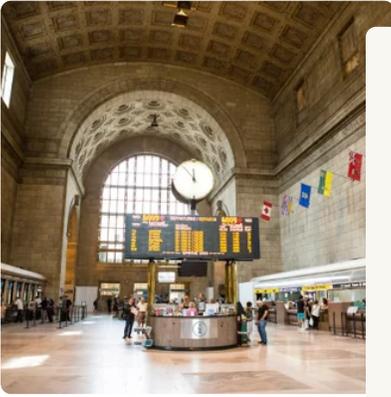
Food Walking Tour in Toronto

Taste your way through Toronto on a small group walking tour. This delicious food journey guides you from the St. Lawrence Market towards the famous Distillery District. At each stop, enjoy a snack inspired by the local area.



Toronto Small Group Sightseeing Tour

Experience Toronto from its many vantage points on this small-group sightseeing tour. See the city's scenic waterfront, the CN Tower, Queen's Park and more.

**Day 03****VIA Rail - Depart Toronto**

Board The Canadian train in Toronto and begin your transcontinental journey west. Travel north into Ontario's picturesque lake country.

**The Canadian Train - Onboard Service**

Watch the changing scenery from the train's viewing cars and enjoy hot meals in the dining car. Ask your Vacation Advisor about the differences between Sleeper Plus Class and Prestige Class.

**Day 04****VIA Rail - Ontario**

Head west through the rugged landscape of the Canadian Shield and into the province of Manitoba. See ancient, exposed rock, boreal forest, and countless lakes. Keep an eye out for fishing cabins perched on tiny islands, as well as moose and bears.

**Day 05****VIA Rail - Canadian Prairies**

Journey across the undulating plains of the Prairie provinces — Saskatchewan and Alberta. Fields of green and gold stretch endlessly under an immense blue sky. When you look out the window, spot rustic barns and small farming towns.

**Day 06****VIA Rail - Arrive in Jasper**

See the magnificent Rocky Mountains early this morning as you get close to Jasper. This laid-back mountain town lies in the heart of Jasper National Park.

**Jasper Orientation Tour and Transfer**

As you step off the train, a friendly local guide meets you at the station. Enjoy an introductory tour of Jasper's highlights before arriving at your hotel.

**Day 07****Explore Jasper National Park**

Jasper's wide-open valleys are enticing to a variety of wildlife and are incredibly breathtaking. Spend the day exploring Jasper National Park on your style of tour.

You have **3 options** to choose from today:

**Private Guided Nature Walk**

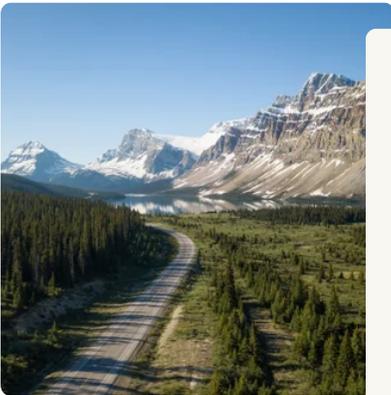
Join one of Jasper's most knowledgeable guides for a private nature walk. Discover wildlife, wildflowers and magnificent views.

**Maligne Lake Tour with Cruise**

Watch for antlers peeking through the trees on this small-group sightseeing tour of the Maligne Valley. See some of Jasper's wildlife during an interpretive drive with a stop to enjoy the view at the Maligne Overlook. Enjoy a cruise across Maligne Lake to reach Spirit Island.

**Jasper Motorcycle Sidecar Tour**

Admire the stunning alpine landscape on a guided Harley Davidson motorcycle sidecar tour. Explore Maligne Canyon, Athabasca and Sunwapta Falls, or Mount Edith Cavell.

**Day 08****Icefields Parkway - Jasper to Lake Louise**

Travel along the spine of the Rockies, on one of the most beautiful roads in the world — the Icefields Parkway — to picture-perfect Lake Louise.

You have **2 options** to choose from today:

**Icefields Parkway Sightseeing Tour**

Travel along the Icefields Parkway on this full-day tour. Walk on the Athabasca Glacier, stop for lunch, and step bravely onto the Columbia Icefield Skywalk.

**Six Glaciers Helicopter and Icefields Tour**

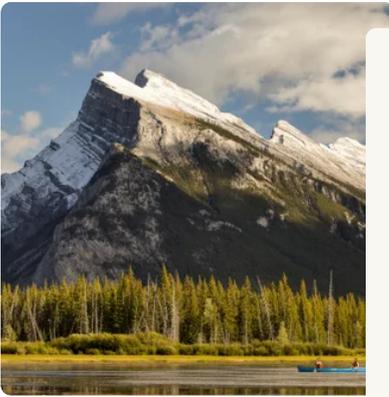
We highly recommend this premium experience. Tour with an exclusive small group along the Icefields Parkway, before soaring by helicopter over aqua-green lakes, glaciers, and waterfalls. End your day in Lake Louise.

**Day 09****Enjoying Lake Louise and Transfer to Banff**

For a good vacation, a varied pace is important and today you set the cadence. Relax, stroll around the lake, go to the spa, or ask us about getting out for an adventure like canoeing, horseback riding, hiking or climbing.

**Yoho National Park Tour to Banff**

On an exclusive one-way sightseeing tour, discover Yoho National Park. After a stroll around Moraine Lake, cross the Continental Divide to visit the Spiral Tunnels, then see Emerald Lake and Natural Bridge before arriving in Banff this evening.

**Day 10****Explore Banff National Park**

Fill your lungs with cool, fresh Rocky Mountain air and head out to explore Banff National Park in your chosen way.

You have **3 options** to choose from today:

**Afternoon Banff Sightseeing Tour with Gondola**

On an exclusive small group tour, discover Banff's folklore and natural history before a gondola ride to the summit of Sulphur Mountain.

**Guided Hike at Sunshine Meadows**

Enjoy a scenic ride up to a mountainside resort, followed by a guided hike through Sunshine Meadows. At an elevation of 2,220 meters (7,300 feet), the meadows straddle the Continental Divide and the boundary between Alberta and British Columbia.

**Cowboy Cookout Lunch by Horse-Drawn Wagon**

Embrace the fresh mountain air on a morning wagon ride along the base of Sulphur Mountain. Midway, relax at 3 Mile Cabin by the Sundance Canyon Trail and enjoy a tasty BBQ lunch.

**Day 11****Rocky Mountaineer Train - Banff to Kamloops**

All aboard! Settle in while the smell of breakfast wafts from the galley. A small jolt announces you are on your way — look forward to a day of spectacular scenery.

**Motorcoach Transfer to Train Station****Rocky Mountaineer Train Service**

Rocky Mountaineer daylight trains feature glass-dome cars with oversized windows, gourmet meals, and friendly, attentive staff. Ask your Vacation Advisor about the differences between SilverLeaf and GoldLeaf.

**Day 12****Rocky Mountaineer Train - Kamloops to Vancouver**

The exhilaration of your Canada train trip continues as you enjoy another day of great food, excellent service and incredible scenery. Arrive in Vancouver late this afternoon.

**Motorcoach Transfer to Hotel****Day 13****Depart Vancouver**

Much too soon, you leave the fresh air and mountain peaks of Canada to journey home.

**Private Transfer to Vancouver Airport**

A friendly driver will pick you up and take you to the airport in time for your flight.

Accommodations

These are examples of the places you can stay on this trip. Please get in touch to discuss your options and to check availability.



Elk + Avenue Hotel

Example of a Comfort hotel in Banff

Conveniently located in downtown Banff, the Elk and Avenue Hotel combines Banff's alpine history with a sleek modern design. After a day of exploring, unwind in the hotel's jacuzzi or dry sauna, then enjoy fresh Canadian cuisine at the on-site restaurant.

Rimrock Resort Hotel

Example of a Superior hotel in Banff

Built into the side of a mountain, the Rimrock Resort Hotel sits high above Banff town and provides guests with spectacular views of the Bow River Valley. Banff Upper Hot Springs and the Banff Gondola are a short walk from the hotel, while other attractions are minutes away by car.



Fairmont Chateau Lake Louise

Example of a Deluxe hotel in Lake Louise

Located in Banff National Park, the Fairmont Chateau Lake Louise is surrounded by soaring mountain peaks, a sparkling turquoise lake, and the impressive Victoria Glacier. Explore the area's outstanding beauty on horseback, or paddle on the lake in a canoe.

Personalize This Itinerary

Here are some of the most popular ways to personalize this journey.



Add private experiences

Get away from the crowds on a private guided alpine hike or a private heli-tour — just two of the many activities that can be personalized as private guided experiences. Upgrade one experience or your entire trip, including private transfers and tours. Discover some of the top trips for private adventures.

Celebrate an occasion

Honeymoons, anniversaries, birthdays, graduations, or the fulfillment of a lifelong goal, our team is ready to make it a celebration to remember. From arranging a bottle of champagne to putting together a helicopter picnic for two on top of a mountain at sunset, we're ready to make your dreams a reality.



Upgrade to Prestige Class

Prestige Class is a luxury experience. Available on VIA Rail's The Canadian Train between Vancouver and Toronto, this spacious double cabin includes a special concierge service throughout your journey. This is one of our most popular upgrade options.



Trip Inclusions

These are your typical inclusions plus you may also get the chance to choose from experience options on some days.

What's Included

- ✓ Hotel accommodation
- ✓ Rocky Mountaineer daylight train journey
- ✓ Choice of unique guided activities
- ✓ Transportation to and from airports, timed with your flights
- ✓ Electronic travel documentation package
- ✓ Sleeper train experience in a private cabin
- ✓ Meals onboard the train
- ✓ Train station transfers
- ✓ Feature dining experience at one of our favorite local restaurants
- ✓ Personalized Fresh Tracks Canada customer service support

Not Included

- Meals, other than those mentioned
- Gratuities for rail, hotel, tour & transfer staff (unless otherwise indicated)
- Canadian Sales Taxes
- Airfare
- Trip Cancellation and Travel Medical Insurance (highly recommended - Please ask for your personalized quote)

Trip Start Dates

2026

Toronto to Vancouver

April	27
May	4, 11, 18, 25
June	1*, 15*, 29*
July	6*, 13, 20, 27
August	3, 10, 17, 24, 31
September	7, 14

Vancouver to Toronto

April	11, 18, 25
May	2, 9, 16, 23, 30*
June	27*
July	11, 18, 25
August	1, 8, 15, 22, 29
September	5, 12, 19, 26
October	3

*Between mid-June to mid-July of 2026, Vancouver and Toronto will be hosting FIFA world championship games and availability will be limited on some dates. Please ask our Vacation Advisors for more details.

Trip Prices

Request your personalized quote as prices vary by departure date, train-service level and hotel class. Prices shown are our lowest rates per person, based on double occupancy, and exclude taxes.

Comfort Level

 **Hotel Accommodation**
3 to 3.5 Star

 **VIA Rail Service**
Sleeper Plus Class

 **Rocky Mountaineer Service**
SilverLeaf

From **11,380 USD pp**

Superior Level

 **Hotel Accommodation**
4 to 4.5 Star

 **VIA Rail Service**
Sleeper Plus Class

 **Rocky Mountaineer Service**
SilverLeaf

From **11,980 USD pp**

Deluxe Level

 **Hotel Accommodation**
5 Star

 **VIA Rail Service**
Sleeper Plus Class

 **Rocky Mountaineer Service**
GoldLeaf

From **14,080 USD pp**

These prices are based on a sample itinerary. Your personalized quote will reflect your departure date, your choice of activities, your hotel class and train-service level, and availability at the time of booking. (Request your free, no-obligation quote.)

[Get a personalized quote](#)

What our customers say about this trip

We learn from every customer journey to make sure the next vacation you take with us is perfect just for you.



Donald and Jenny

PA, USA



Rocky Mountaineer portion was the best part of our trip

Rocky Mountaineer portion was the best part of our trip. We loved the food, scenery, and the story telling by staff and fellow travelers.



Louis and Deborah

NY, USA



Our trip was delightful

Our trip was delightful. The highlights were the Pan Pacific view of Vancouver harbor; the tours of Victoria, Whistler; Rocky Mountaineer was excellent; and the food and city tour in Toronto.



Katrina and Shane

NSW, Australia



The experience of the Rocky Mountaineer was amazing

We had a wonderful experience throughout our holiday. The tours booked including meal reservations were amazing. The experience of the Rocky Mountaineer was amazing and has left us with lasting memories. Fresh Tracks should be proud of the tours and experiences they provide.

Why book with us

- ✓ Since 1996, we have personalized more than 15,000 Canadian vacations.
- ✓ We are experts in creating **personalized itineraries** in Canada.
- ✓ We promise **friendly and personal service** every step of the way.
- ✓ We're based in Vancouver with **first-hand 'insider' knowledge** of Canada.
- ✓ Consider us **your personal contact in Canada** before and during your trip.
- ✓ We make it really **easy!**



Meet the Canadian Insiders

We're ready to take your call!

By speaking with a Canadian Insider, we promise your Canadian Vacation will be better. Our experienced locals are here to support your journey every step of the way.

Discuss your dream trip with a local insider.

[Send us a message](#)

[Schedule a call](#)

