

East Canada & Rockies 12 Days

Toronto 1nts, Niagara Falls 1nts, Ottawa 1nts, Montreal 2nts, Calgary 1nts, Banff 1nts, Valemount 1nts, Kamloops 1nts, Vancouver 1nts, Vancouver 1nts

Daywise Itinerary:

Day 01 DEPART FOR TORONTO

Today board your flight to Toronto. Upon arrival transfer to the hotel. Dinner and overnight in Toronto.

[x] Breakfast [x] Indian Lunch [Y] Indian Dinner



Day 02 TORONTO CITY TOUR - NIAGARA

This morning after breakfast have an orientation tour of Toronto visiting CN Tower (from outside) photo stop at Sky dome, Yonge street, Yorkville Forest hill, Queens Quay Lawrence market, City hall, Eaton centre, Parliament building an Proceed to Niagara. On arrival have a trip on the horn blower. After dinner take a walk along the falls to view the illuminations of this amazing natural wonder (weather permitting). Overnight in Niagara.

[Y] Breakfast [x] Indian Lunch [Y] Indian Dinner



Day 03 NIAGARA - 1000 ISLANDS - OTTAWA

After breakfast depart for Ottawa. Stop en-route enjoy a wonderful river cruise of the 1000 Islands. Hear stories and legends of triumph, tragedy, romance, shipwreck and piracy. See the lavish homes of the rich and famous, songwriters and singers. Sail along the international border between Canada and the United States. Later continue to Ottawa. Have an orientation tour of Ottawa, the capital of Canada. During the tour you stop at the Parliament Hill to see the gothic Parliament buildings, Rideau Hall, Laurier House and Rideau Canal.

[Y] Breakfast [x] Indian Lunch [Y] Indian Dinner



Day 04 OTTAWA - MONTREAL

Proceed to Montreal. On arrival have a city tour of Montreal, drive through the city centre and its main shopping areas, the underground city, Old Montreal and Place Jacques Centre, including a stop to see the Notre Dame Church and trendy St Denis Street and Mount Royal with its exclusive residential areas. Other sights include Place des Arts, McGill University, Mary Queen Cathedral of the world, the Montreal Stock exchange, waterfront along St Lawrence River and the Olympics Stadium. Overnight in Montreal

[Y] Breakfast [x] Indian Lunch [Y] Indian Dinner



Day 05 MONTREAL - QUEBEC CITY - MONTREAL

Today enjoy a day trip to this fascinating city. Quebec City is the capital of the Canadian province of Quebec and it is the second most populous city in Quebec after Montreal, which is about 233Km (145 miles) to the south-west. The narrowing of the Saint Lawrence River approximate to the city's promontory, Cap-Diamant (Cape Diamond), and Lévis, on the opposite bank, provided the name given to the city, *Kébec*, an Algonquin word meaning "where the river narrows". Founded in 1608 by Samuel de Champlain, Quebec City is one of the oldest cities in North America. The ramparts surrounding Old Quebec are the only remaining fortified city walls that still exist in the Americas north of Mexico, and were declared a World Heritage Site by UNESCO in 1985 as the 'Historic District of Old Québec'. Overnight in Montreal.

[Y] Breakfast [x] Indian Lunch [Y] Indian Dinner



Day 06 MONTREAL - CALGARY

Transfer to the airport for your flight to Calgary. On arrival proceed for a short orientation tour of Calgary, tour includes Stampede Park, Calgary Tower (from outside), St Stephens Avenue Mall, Olympic Park, City Hall and Fort Calgary. Overnight in Calgary.

[x] Breakfast [x] Indian Lunch [Y] Indian Dinner



Day 07 BANFF - LAKE LOUISE - LAKE EMERALD - SPIRAL TUNNELS

Today enjoy a full day tour to explore the many places of interest in Banff and Yoho National Parks, explore some of North America's most beautiful lakes, starting with Lake Minnewanka. Later continue to Banff. Upon arrival in Banff you see the Sulphur Mountains, Bow Falls. Time permitting you can

enjoy an optional tour by going up the Banff cable car to have a splendid 360-degree view of Banff. In the afternoon continue to Lake Louise, one of the most breath taking settings in the world. Next visit the Spiral Tunnels, the Emerald Lake, the Natural bridge. Overnight in Rocky Area.

[Y] Breakfast [x] Lunch [Y] Indian Dinner



Day 08

COLUMBIA ICE FIELD - GLACIER SKYWALK – JASPER – MT ROBSON - VALEMOUNT

Drive along the Scenic routes of Jasper National park along the Icefield Parkway. View the amazing lakes along the way like the Bow Lake, Waterfowl Lake, and many more. Next is a visit to the Columbia Ice field aboard a special 'snow coach', skimming over the surface of the Athabasca Glacier. Continue your experience with a visit to the Glacier Skywalk for the breath-taking views. Walk on the cliff edge glass floored observation platform 918Ft over spectacular glacier-formed valleys and rushing waterfalls. Later continue to view the thundering Athabasca waterfalls and we continue driving towards the town of Jasper. Drive towards Valemount to stop to view the most prominent mountain in Rocky Mountain range and the highest point in the Canadian Rockies: Mt Robson. Overnight in Valemount.

[Y] Breakfast [x] Lunch [Y] Italian Dinner

Day 09

VALEMOUNT - CLEAR WATER – ECO SAFARI - KAMLOOPS

Today drive from Valemount to Kamloops. Your journey starts with an optional Eco Safari, an unforgettable and awe-inspiring one-hour ride through Grizzly Bear Valley, amidst one of the densest bear populations in the world. Later drive towards Kamloops. On arrival have an orientation tour of Kamloops, visit the Riverside Park. Overnight in Kamloops.

[Y] Breakfast [x] Lunch [Y] Indian Dinner

Day 10

KAMLOOPS - HELLS GATE – HOPE - VANCOUVER

Your journey continues west towards the Pacific Ocean and the coastal city of Vancouver. On today's journey you will again see dramatic changes in scenery, from the desert-like environment of the interior, through winding river canyons and pristine forests, to the Coast and Cascade mountains and the lush green fields of the Fraser River Valley. Highlights include the steep slopes and rock sheds along the Thompson River and the rushing waters of Hell's Gate in the Fraser Canyon (optional cable car ride at Hells gate). Thereafter have a short break at the lovely woodcarving town of Hope. Admire the beautiful woodcarvings along the streets of the town. Overnight in Vancouver.

[Y] Breakfast [x] Lunch [Y] Indian Dinner

Day 11

VANCOUVER - DEPART

This morning enjoy half day city tour of Vancouver. Explore America's second largest Chinatown and the brick-paved streets of Gastown. Choose from an extensive range of restaurants, reflecting the city's melting-pot of cultures. Other places you see are Stanley Park, Granville Island, Robson Street, English Bay, Prospect Point, Lions Gate Bridge and Canada Place. Transfer to the airport for you flight back.

[Y] Breakfast [X] Lunch [X] Dinner

Day 12

ARRIVE HOME - DEPART

Arrive Home

Return with the Happy Memories of the Tour!!!

Departures:

UNITED KINGDOM 718 KENTON ROAD, KINGSBURY CIRCLE, HARROW, MIDDLESEX, HA3 9QX, UK
Call: +44 (0) 2089510111 Email: info@sonatours.co.uk

2023 Tour Departures:

May	18
June	08
July	13
August	01, 31

Tour Cost:

Departures: 18/05/2023

Title: Ex. London

Passengers	Rates		Sharing
	With Flight From UK	Without Flight	
	GBP	GBP	
Per Adult	3,900.00	3,300.00	Twin Room
Per Adult	3,900.00	3,300.00	Double Room
Per Adult	3,900.00	3,300.00	Triple Room
Child 2-11 yrs	3,120.00	2,720.00	1st Child(with Bed) when 2 adults paying
Child 2-11 yrs	2,920.00	2,520.00	2nd Child(without Bed) when 2 adults paying
Infant 0-23 Months	900.00	600.00	Infant
Per Adult	4,750.00	4,250.00	Single Room

Departures: 08/06/2023, 13/07/2023, 01/08/2023, 31/08/2023

Title: Ex. London

Passengers	Rates		Sharing
	With Flight From UK	Without Flight	
	GBP	GBP	
Per Adult	3,950.00	3,350.00	Twin Room
Per Adult	3,950.00	3,350.00	Double Room
Per Adult	3,950.00	3,350.00	Triple Room
Child 2-11 yrs	3,160.00	2,760.00	1st Child(with Bed) when 2 adults paying
Child 2-11 yrs	2,960.00	2,560.00	2nd Child(without Bed) when 2 adults paying
Infant 0-23 Months	900.00	600.00	Infant
Per Adult	4,800.00	4,200.00	Single Room

Travel Mode:

From	Via	To	By
Home		Toronto	Flight
Toronto	Niagara Falls	Ottawa	Coach
Ottawa	Quebec City	Montreal	Coach
Montreal		Calgary	Flight
Calgary	Banff	Valemount	Coach
Valemount	Kamloops	Vancouver	Coach
Vancouver		Home	Flight

Inclusions:

- * Accommodation in 3* / 4* star hotels with continental breakfast
- * Meal plans as indicated in the itinerary
- * Entrances to sightseeing's and excursions as per the itinerary
- * Executive coach transportation or Mini-Van for groups of 12 and below
- * All transfers at all places included
- * Tips to guides and drivers included
- * Premium service of Bi-lingual Sona Tour Executive OR a Driver/Guide for smaller groups
- * All Internal Flights Including Airport Taxes
- * Return flights from one of these airports depending on availability of flights: London Heathrow / Gatwick / Stanstead / Luton / London City Airport

Exclusions:

- * Travel insurance
- * Visa charges
- * Items of personal nature viz. telephone calls, drinks (beverages), laundry, other meals, potter service, other personal expenses, etc..
- * Any cost of beverages, alcohols with the set meals.
- * Other services not listed in inclusive item & the itinerary

Cancellation Policy:

- * More than 56 days prior to departure date 50% of Total Holiday Cost for International Flight Tours
- * 55 - 42 days prior to departure date 75% of Total Holiday Cost for International Flight Tours
- * 41 - 0 days prior to departure date 100% of Total Holiday Cost for International Flight Tours

Terms & Conditions :

- * Please refer to the full Terms and Conditions on our website