



Here is your package for

East Canada & Rockies 12 Days

11 Nights/12 Days

Tour Code : STL/BI/1105

Overview



Travel Date:

2026: 09 Jul | 20 Aug | 17 Sep |



Destinations

Toronto , Niagara Falls , Ottawa , Montreal , Calgary , Banff ,
Valemount , Kamloops , Vancouver



Meals

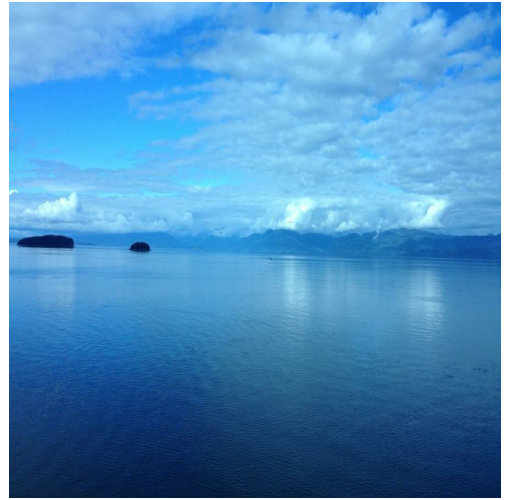
Breakfast 10 , Dinner 10

Highlights



Travel to a world of extreme natural beauty together with areas steeped in culture, diversity and history, visiting Canada's most important cities.

Tour Gallery



Itinerary

Day
1

Depart For Toronto

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

Indian Dinner

Day
2

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 and 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.

Breakfast , Indian Dinner

Day
3

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.

Breakfast , Indian Dinner

Day
4

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.

Breakfast , Indian Dinner

Day
5

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.

Breakfast , Indian Dinner

Day
6

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.

Breakfast , Indian Dinner

Day
7

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.

Breakfast , Indian Dinner

Day
8

Columbia Ice Field – Jasper National Park – Hinton

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. Later continue to view the thundering Athabasca waterfalls and we continue driving towards the town of Hinton.

Breakfast , Indian Dinner

Day
9

Jasper - Mt Robson - Clear Water – Spahats Waterfall - Kamloops

Today we drive towards town of Jasper. Have an orientation of the town and continue towards a stop to view the most prominent mountain in Rocky Mountain range and the highest point in the Canadian Rockies: Mt Robson. Your journey continues towards the town of Clear Water, Here visit the 75 meter high Spahats Waterfall. Later drive towards Kamloops. On arrival have an orientation tour of Kamloops, visit the Riverside Park. Overnight in Kamloops.

Breakfast , Indian Dinner

Day
10

Kamloops - Hope - Vancouver

Your journey continues west towards the Pacific Ocean and the coastal city of Vancouver. On today's journey we visit the lovely wood carving town of Hope. Admire the beautiful wood carvings along the streets of the town. Later continue to Vancouver. Enjoy a 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. Overnight in Vancouver.

Breakfast , Indian Dinner

Day
11

Vancouver - Depart

This morning depending on your flight timings we transfer you to the airport for your flight back.

Breakfast

Day
12

Arrive Home - Depart

Arrive Home.

Trip Cost

Net & non-commissionable rates per person

Departures: 17/09/2026

From London (with Flight)

Currency	Single Room	Double Room	Twin Room	Triple Room	1st Child(with Bed) when 2 adults paying	2nd Child(without Bed) when 2 adults paying	2nd Child(without Bed) when 2 adults paying
GBP	4100.00	3400.00	3400.00	3400.00	2720.00	2620.00	900.00

Departures: 09/07/2026

From London (with Flight)

Currency	Single Room	Double Room	Twin Room	Triple Room	1st Child(with Bed) when 2 adults paying	2nd Child(without Bed) when 2 adults paying	2nd Child(without Bed) when 2 adults paying
GBP	4400.00	3700.00	3700.00	3700.00	2960.00	2860.00	900.00

Departures: 20/08/2026

From London (with Flight)

Currency	Single Room	Double Room	Twin Room	Triple Room	1st Child(with Bed) when 2 adults paying	2nd Child(without Bed) when 2 adults paying	2nd Child(without Bed) when 2 adults paying
GBP	4200.00	3500.00	3500.00	3500.00	2800.00	2700.00	900.00

Departures: 09/07/2026, 20/08/2026, 17/09/2026

From Toronto (without Flight)

Currency	Single Room	Double Room	Twin Room	Triple Room	1st Child(with Bed) when 2 adults paying	2nd Child(without Bed) when 2 adults paying	2nd Child(without Bed) when 2 adults paying
GBP	3400.00	2700.00	2700.00	2700.00	2160.00	2060.00	700.00

Departures: 17/09/2026

From London (with Flight)

Currency	Single Room	Double Room	Twin Room	Triple Room	1st Child(with Bed) when 2 adults paying	2nd Child(without Bed) when 2 adults paying	2nd Child(without Bed) when 2 adults paying
USD	5945.00	4930.00	4930.00	4930.00	3945.00	3800.00	1305.00

Departures: 09/07/2026

From London (with Flight)

Currency	Single Room	Double Room	Twin Room	Triple Room	1st Child(with Bed) when 2 adults paying	2nd Child(without Bed) when 2 adults paying	2nd Child(without Bed) when 2 adults paying
USD	6380.00	5365.00	5365.00	5365.00	4295.00	4150.00	1305.00

Departures: 20/08/2026

From London (with Flight)

Currency	Single Room	Double Room	Twin Room	Triple Room	1st Child(with Bed) when 2 adults paying	2nd Child(without Bed) when 2 adults paying	2nd Child(without Bed) when 2 adults paying
						2nd	2nd

Currency	Single Room	Double Room	Twin Room	Triple Room	1st Child(with Bed) when 2 adults paying	Child(without Bed) when 2 adults paying	Child(without Bed) when 2 adults paying
USD	6090.00	5075.00	5075.00	5075.00	4060.00	3915.00	1305.00

Departures: 09/07/2026, 20/08/2026, 17/09/2026

From Toronto (without Flight)

Currency	Single Room	Double Room	Twin Room	Triple Room	1st Child(with Bed) when 2 adults paying	2nd Child(without Bed) when 2 adults paying	2nd Child(without Bed) when 2 adults paying
USD	4930.00	3915.00	3915.00	3915.00	3135.00	2990.00	1015.00

Payment Schedule & Policy

Payment Schedule

- 50% of Holiday Cost for International Flight Tours at the time of Booking 84 days / 12 weeks prior to departure
- 56 days / 8 weeks prior to departure 100% of the Holiday Cost for International Flight Tours

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 - 15 days prior to departure date 90% of Total Holiday Cost for International Flight Tours
 - 41 - 0 days prior to departure date 100% of Total Holiday Cost for International Flight Tours
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Inclusions / Exclusions

Inclusions

- Meal plans as indicated in the itinerary [For City Of Origins : **From London (with Flight), From Toronto (without Flight)**]
- Entrances to sightseeing's and excursions as per the itinerary [For City Of Origins : **From London (with Flight), From Toronto (without Flight)**]
- All Internal Flights Including Airport Taxes [For City Of Origins : **From London (with Flight), From Toronto (without Flight)**]
- Return flights from one of these airports depending on availability of flights: London Heathrow / Gatwick / Stanstead / Luton / London City Airport [For City Of Origins : **From London (with Flight), From Toronto (without Flight)**]
- Accommodation in 3* / 4* star hotels with breakfast [For City Of Origins : **From London (with Flight), From Toronto (without Flight)**]
- Executive coach transportation or Mini-Van for groups of 12 and below [For City Of Origins : **From London (with Flight), From Toronto (without Flight)**]
- All transfers at all places included [For City Of Origins : **From London (with Flight), From Toronto (without Flight)**]
- Premium service of Bi-lingual Sona Tour Executive OR a Driver/Guide for smaller groups [For City Of Origins : **From London (with Flight), From Toronto (without Flight)**]

Exclusions

- Items of personal nature viz. telephone calls, drinks (beverages), laundry, other meals, potter service, other personal expenses, etc.. [For City Of Origins : **From London (with Flight), From Toronto (without Flight)**]
- Visa charges [For City Of Origins : **From London (with Flight), From Toronto (without Flight)**]
- Travel insurance [For City Of Origins : **From London (with Flight), From Toronto (without Flight)**]
- Other services not listed in inclusive item & the itinerary [For City Of Origins : **From London (with Flight), From Toronto (without Flight)**]
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Can I join the tour from any part of the world?

A: Yes, you can fly to New York (USA), our first point in the tour preferably a day earlier. Please do inquire in the office to arrange your logistics for both arrival and departure.

Weather & Essential to carry

A:

Q. How can I check the local weather?

A: You can check the local weather to your destinations here: www.accuweather.com

Q. What is the best time to travel?

A: Every effort has been made to select date where the weather is moderate to ensure your best experience of USA. (Kindly note due to changing weather conditions globally, Sonatours is not liable for weather variations).

Q. What clothes shall I wear or pack?

A: During the lovely summer months, it is advisable to wear light garments during the day but keep a light jacket or sweater in your hand luggage as evenings can get chilly.

A: We suggest waterproof jacket and pair of sunglasses.

A: During the holiday most of the dressing is casual attire. Should you independently wish to visit Casino or Night club, evening wear may be required.

Q. What kind of footwear will I need on the trip?

A: We suggest trainers, walking shoes, sandals, chappals or similar.

Passport; Immigration & Visa

A:

Q. Do I need to carry a passport?

A: Yes, all passengers must travel with their passport if traveling outside the country you live in. We request you to see the following websites for the latest updates on travel to your destinations.

For UK Resident: www.gov.uk/foreign-travel-advice

For USA Resident: travel.state.gov/content/travel.html

Q. How long should the passport be valid?

A: Please ensure you have a passport that is valid for at least 6 months from the date of completing your tour.

Q. What are the Visa Requirements?

A: You are responsible to ensure that you have correct documentation.

British passport holders: Require an ETA (Electronic Travel Authorization) prior to arrival in CANADA.

Please see the link for further information: <https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/eta.html>

Non-British passport holders: Please do check with the relevant Embassy in country of your residence.

Sonatours is not responsible or liable in any way should you be denied travel due to incorrect documentation.

Q. What happens to me if I am stopped at custom and immigration?

A: Sonatours cannot be held responsible if passengers are stopped or held by any government departments, e.g. Police, Customs, Immigration or any other authorities. We are sorry to say that the tour will continue and no financial or any other kind of responsibility will be accepted by Sonatours.

Money Matters

A:

Q. What is the currency used?

A: On this tour you will be travelling to CANADA

CANADA: Canadian Dollar (CAD).

Q. Can I use my Credit/Debit cards there?

A: We commend that you take a credit or debit card on holiday with you, as it provides extra financial flexibility. Major international credit cards, such as Visa or MasterCard are accepted by many restaurants, shops and hotels. Most countries are using chip and pin. In cases where chip and pin not used, please be cautious when handing your debit/credit card.

Q. Are ATM machines available?

A: Major cities will have cash/ATM machines where cash can be withdrawn with your creditor debit card, though this might incur a fee charged by your card provider. Advise your bank which countries you are visiting prior to travel so that you do not run the risk of your card being refused and subsequent expensive phone calls to unlock it.

Q. Where can I exchange my money?

A: Money can be exchanged at Airports, Banks, Exchange Bureaus and at the hotels. You may also need your passport for identification, please be aware that locally exchange rate may vary.

Health (Medication); Welfare & Travel Insurance

A:

Q. Do I need any vaccinations?

A: For further information on vaccinations please check with your medical doctor for recent updates or go on the following website:

www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/

or contact your medical doctor for recent updates.

Q. Should I bring all my medication with me?

A: Please travel with all your necessary medication for the duration of your trip including your prescription/doctors report confirming the medication.

Q. Do I need to declare any special medical condition and requirements prior to booking the tour?

A: Should you have pre-existing medical conditions or requirements (e.g. oxygen during flight or sleeping, colostomy bags, etc). Kindly advise the office at the time of booking.

Q. What happens if I am unwell during the tour?

A: Should you feel unwell during the trip, kindly contact the Hotel Reception, Tour Manager/Local Guide. We regret that no refunds can be made for absences from a trip, including experiences such as missed meals or sightseeing. Strongly recommend to have personal travel insurance to cover these mishaps.

Q. What happens if an accident occurs while on the tour?

A: Should you be involved in an accident (minor or major), please contact your Tour Manager/Local Guide. Unfortunately, no refunds can be made for absences from a trip, including experiences such as missed meals or sightseeing.

Q. What should I do if there is an incident?

A: Sonatours makes every effort to keep your health and safety in mind. However, should an unforeseen incident occur please contact your Tour Manager/Local guide/hotel reception for immediate assistance.

Q. Do you facilitate clients with disability?

A: Sonatours does not provide special tours for the disabled. Our coaches do not have wheelchair excess. It is possible to bring along a folding type of wheelchair which may be kept in the baggage hold of the coach. The driver will load and unload the wheelchair from the coach for the passenger however they will need to be physically fit enough to be able to embark and disembark the coach on their own. On the tour it is also essential that a capable person is accompanying such a passenger on the tour to push their wheelchair.

Q. What happens if I have lost or left something in the hotel?

A: Kindly note that you are responsible for looking after your valuables and property when on vacation. If an item has been left in a hotel you will need to call the hotel and arrange with them directly for the return of your item, there might be charges involved.

A: You are advised not to carry unnecessary valuables and to be vigilant, as tourist spots are well known targets for pickpockets. In case of theft, you will need to advise your Tour Director immediately and report the theft to the police. This should provide you with a police report or crime reference number.

Q. Do I need travel insurance?

A: We strongly recommend you travel with Travel/Medical Insurance from your country of residence. Kindly ensure you get the correct insurance for the tour.

Q. Can Sonatours provide travel insurance?

A: There are various travel insurance providers in the market, however Sonatours does not provide Travel Insurance.

Accommodation & Transport

A:

Q. How are rooms allocated?

A: Each hotel checks their bookings and room inventory in the morning and pre-assigned the rooms. Sonatours have no control over room allocations.

Q. Can you guarantee rooms together?

A: Room allocation is done by the hotels. Rooms together only be requested but not guaranteed.

Q. What facilities are there in the room?

A: Facilities vary from Hotel to Hotel and include en-suite bathrooms, generally TV, safe box, telephone, mini bar, room service (use of some of the services are chargeable and to be settled by yourself at the time of checkout). Hotels may require your credit card to cover your extras or cash deposits.

Q. Will the room have walk in shower?

A: Not all hotel rooms have walking showers.

Q. Does my room have Tea & Coffee making facilities?

A: Please note that not all hotels provide tea/coffee in the room. If hot water is required, kindly request the hotel reception for assistance.

Q. Is smoking allowed in the hotels/rooms?

A: Hotels do not allow smoking in the rooms. However, designated smoking areas are provided. Please check with the hotel reception.

Q. Is WIFI freely available?

A: Most hotels will have WIFI available in the public areas. Please check with hotel reception for WIFI information in the rooms.

Q. Do all rooms have air-condition?

A: Most hotels rooms in USA offer air-conditioners or fans.

Q. Will all hotels have lifts?

A: Most of the hotels worldwide will have lifts. However, at some places Heritage Hotels or Resorts are used In such cases lifts cannot be guaranteed.

Q. What time do I need to be at the airport?

A: All flight tours originating in the UK require that you be at the airport for your flight at least 3 hours prior to your flight time. Your final itinerary confirmation will confirm the time you need to be at the airport. Should you miss your flight Sonatours will not be liable for any costs incurred for you to join the tour. The office will make every effort to assist you in such circumstances.

If you have booked the tour without flights, please meet the group at the hotel. Details will be sent to you at a later date. Please do check with the office as you might need to book a hotel before the tour starts and after it finishes.

Please be on time as we cannot be held responsible or liable for any loss or expense suffered if you miss the flight or coach.

Q. Are flights upgrades available?

A: On long haul flight tours upgrade to your flights is possible. Please advise the office at the time of booking to get the best possible price.

Q. Can I select my seats on the airplane?

A: International and Internal flight booking are booked as a group and the airlines will allocate the seats. Should you have a specific request it will be forwarded to the airline but cannot be guaranteed.

Q. What are the luggage requirements on the airplane?

A: International Flights: Different airlines will have different requirements on the weight allowance. It can range 20-30kgs for your main luggage and 5kg for hand luggage.

We do advise you to travel light. This information will be on your e-ticket once the tickets have been issued.

Q. What type of coach will I be travelling in?

A: We use the finest fleet of fuel-efficient coaches. Most coaches will have armrests & are fully air-conditioned or air-cooled – all with reclining seats.

Coaches in USA do have emergency WC facilities. However, frequent comfort stops are being made for your convenience. The high vantage point from your coach's windows means you can take in all the glorious scenery, whether it's a vast-rural landscape or an urban city centre. On a touring holiday there are some long journeys which are unavoidable especially what travelling from city to city.

Q. Can I select my seats on the coach?

A: We have a strict seat rotation policy when travelling by coaches on all our international tours.

Q. What is the smoking and alcohol policy while travelling by coach?

A: There is a strict policy of “no smoking, no alcohol and no smelly food” on all our coaches. We do, however, make plenty of comfort stops.

Food Matters

A:

Q. Can I request my flight meal and is it guaranteed?

A: Meal request should be advised at the time of your booking; Sonatours will request on your behalf, but we cannot guarantee the request. Sonatours are not liable in case the requested flight meal cannot be fulfilled. Please be advised that complimentary meals are not available on the internal flights.

Q. What meal options are available to me while on tour?

A: Sonatours can cater for a range of Asian Vegetarian(e.g. Jain, Swaminarayan) as well as Asian Non-Vegetarian (Halal). Kindly

advise your meal preference/allergies at the time of your booking. In areas where Indian is not available local cuisine will be provided.

Q. Where will I have my daily meals?

A: On all tours breakfast is at the hotel and dinners is at various restaurants or hotels.

Q. Should I carry dry snacks?

A: Dry snacks can be carried, provided they are pre-packed, and all the ingredients are clearly listed on the packaging.

Q. What is the cost of a local meal?

A: On an average local meal costs about £15-£20 per person per meal. This estimated price varies from city to city and country to country.

Miscellaneous

A:

Q. Will I travel with people from other countries?

A: Sonatours have offices in Kenya, India, USA and UK. The beauty of taking a guided holiday with us is you will have the opportunity to meet and travel with people from all over the globe.

Q. Is there a tour director on the tour?

A: Escorted tours are accompanied by professional tour director/local guides throughout the tour. It may be necessary that your Tour Director may change whilst on tour; this is usually due to operational reasons or utilizing local guides for their wealth of experience.

Please ensure you provide your mobile number that you will be carrying with you while on the tour when making the booking. This facilitates the tour director to contact you should the needs arise while on the tour.

If minimum number of passengers has not been achieved, we will have a local guide. Sonatours provides services of local tour guides to make sure you will get an unforgettable experience.

Q. How many people will be on my trip?

A: Average group size are between 25 to 50 passengers, but it may vary from departures to departures.

Q. Are tips included?

A: On all our group tours, only tips for the driver are included. However, should you wish to tip separately to driver and tour manager, you are welcome to do so at your discretion.

Q. When does my day start?

A: The day usually starts between 8 & 9am. Further instructions you will be given the night before. However, this may differ depending on the activity of the day or when having an early flight.

Q. How much walking is involved per day for the duration of the tour?

A: This tour involves a substantial amount of walking (normally 8 to 10 hours a day, not all at one stretch).

Q. Will I have free time?

A: Each itinerary offers the perfect balance of downtime and discoveries. We also give you the opportunity to tailor your trip with optional experiences. If you decide to venture on your own during your free time, preferably you go in a group, keep the guide contact and the hotel address handy. Please do inform the tour director. We recommend you download an offline map too.

Q. Do I need to get a local SIM card?

A: Usually it is not necessary, should you require one kindly speak to your Tour manager/Local guide for assistance

Q. Should I bring any electric outlet adapter and charger for my electronics?

A: Electrical currents vary Globally. We recommend that you carry a universal adapter and your electronic charges for your convenience and comfort.

CANADA : Electricity supply is between 120 volts; uses 2 flat pins parallel



Head Office

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UK Branch

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Sona Tours Mumbai

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Sona Tours Kenya

TRV Center 8th Floor 3rd Parklands Avenue Parkland



Sona Tours USA

New Jersey

When you're ready to begin planning, Connect with us.

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We are on



