Discovering Our Planet Together



Rainforest to Rockies: Vancouver to Lake Louise

A Trans-Mountain Traverse by Luxury Train, plus a Fly-In Wilderness Lodge

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Trip Details:

Days
8 Days / Jun–Sep

Price
From $12995

Rainforest to Rockies: Vancouver to Lake Louise

A Trans-Mountain Traverse by Luxury Train, plus a Fly-In Wilderness Lodge

Discover Canada's mountain grandeur on a unique itinerary into wild realms others rarely see. Begin in coastal Vancouver, surrounded by lush evergreen forest and backdropped by the icy peaks of the Coast Range. Aboard the *Rocky Mountaineer*, follow tracks into history along a stunning rail route that opened the Canadian West. Our train wends its way through rocky canyons cut by mighty rivers, the world's only inland temperate rainforest, and successive mountain ranges —Selkirks, Purcells and Bugaboos—each sheerer and steeper than the last. Finally, we reach the Canadian Rockies. Among the most imposing mountains on Earth, Canada's grandest peaks are home to elk, bighorn sheep, bears and wolves. From an exclusive fly-in lodge, enjoy helicopter-supported exploration and hiking in alpine meadows, knowing you are among very few travelers who will experience this sublime wilderness.

Trip Highlights

A Two-Day Train Journey Aboard the Rocky Mountaineer

Aboard a luxury train, ride historic rails from Vancouver to Lake Louise, enjoying GoldLeaf service and panoramic views from the bi-level glass dome car

Heli-Supported Adventures from Our Fly-In Lodge

From our deluxe backcountry lodge base amid the dramatic spires of the Bugaboo Range, hike and explore high-alpine terrain with helicopter support

The Canadian Mountain West Without the Crowds

On a route less traveled, journey from the Pacific Ocean to the Continental Divide, passing through primeval forest, rocky gorges and three national parks

Ready to Book? Call an Adventure Specialist at 800-543-8917



Rainforest to Rockies: Vancouver to Lake Louise Itinerary

A Trans-Mountain Traverse by Luxury Train, plus a Fly-In Wilderness Lodge

Itinerary at a Glance

Day 1	Vancouver
Day 2	Kamloops
Day 3	Banff National Park / Lake Louise
Day 4	Moraine Lake / Lake Louise
Day 5	Bugaboo Lodge
Days 6–7	Bugaboos
Day 8	Bugaboo Lodge / Kootenay National Park / Banff / Calgary



Day 1

Vancouver

Arrive in Vancouver, between the Pacific and the Coast Mountains

- Settle into Vancouver, ringed by ocean, coastal rainforest and ice-clad peaks
- Join your Expedition Leader and fellow travelers for a welcome dinner

Arrive in Vancouver, Canada's premier west coast city and seaport. This cosmopolitan commercial hub enjoys one of the most stunning urban settings on Earth. Hugging the inland waters of Burrard Inlet, English Bay and the Strait of Georgia, Vancouver's high-rise towers are ringed by sapphire sea, dense coastal rainforest and the ice-clad peaks of the Coast Range. The city is the largest in the most ethnically diverse province in Canada, and its multicultural population is more Asian than European, with vibrant Chinese and Indian communities. This evening, gather for an orientation and welcome dinner, with an overview of all the adventures to come.

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Day 2

Kamloops

Ride the Rocky Mountaineer through Fraser Canyon

- Travel in a glass-dome car with full-service dining aboard
- Watch the Fraser River churn through the narrow rock walls of Hells Gate
- Follow the Thompson River between steep, arid slopes toward Kamloops

Early this morning, transfer to the railway station to board the *Rocky Mountaineer,* a luxury train designed to offer a daylight sightseeing experience of some of the most dramatic mountain landscapes the world has to offer. The full-day journey from the coast to Kamloops covers 285 miles, a long and leisurely route with ever more striking scenery unfolding around every bend in the track. Enjoy GoldLeaf Service from our bi-level glass dome car featuring seating on top and full-service dining below, with breakfast, lunch and snacks served aboard.

Our eastward journey begins as we traverse Vancouver's sprawling suburbs, which eventually give way to the lush farmlands of the Fraser Valley, a bountiful agricultural area growing vegetables, berries, lentils, hops, hazelnuts, grains and more. Reaching the foothills of the Cascade Range, we continue following the Fraser River as the scenery around us transitions from cropland to forested mountains. Soon, the train enters the Fraser Canyon, a deep chasm slashed by the river on its descent from the interior plateau to the Pacific Ocean. The most dramatic portion of the canyon is Hells Gate, an abrupt narrowing of the towering rock walls, creating roiling whitewater. Looking out through our panoramic windows, it's hard to imagine the labor it took for the Canadian Pacific Railway to blast tracks through this sheer-sided gorge to complete a transcontinental railway across Canada in the 1880s.

Our rail journey continues along the Thompson River, coursing its way between steep, arid slopes. Named after David Thompson—renowned fur trader, surveyor and mapmaker, and one of Canada's greatest explorers—the Thompson is the largest tributary of the Fraser. Eventually, our route opens up as we near our destination of Kamloops. The first European explorers arrived here in 1811, pursuing the lucrative fur trade that would shape the region's history over the 19th century. The Canadian Pacific Railroad was completed through downtown in 1886, and the Canadian National Railway arrived in 1912, making Kamloops an important transportation hub, which it remains today. We disembark and transfer to our hotel for the night. The evening is free to wander around town on your own. Please be aware that rail travel can be subject to unforeseen delays, and our arrival time may be unpredictable.

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Day 3

Banff National Park / Lake Louise

Cross the Continental Divide aboard the Rocky Mountaineer

- Climb through the world's only inland temperate rainforest of red cedar and hemlock
- Curve through the Spiral Tunnels, built in 1909 to ease the steep Big Hill grade
- Pass Yoho's Burgess Shale before entering Banff National Park

Our exclusive GoldLeaf journey aboard the *Rocky Mountaineer* continues as we board the train at Kamloops station, bound for the mighty Canadian Rockies and the province of Alberta. From your seat in the upper-level glass dome car, survey a panorama of ever-changing scenery that gets better the higher we climb. Leaving Kamloops behind, we cross tawny grasslands, passing ranches and the shores of Shuswap Lake to Craigellachie, where the last spike of the Canadian Pacific Railway was driven in 1885. Then, we start climbing the western slopes of the Selkirk Range to enter a unique ecosystem: the world's only inland temperate rainforest, dense with western red cedar and western hemlock. Pass through the railway and recreation hub of Revelstoke before reaching Rogers Pass in the heart of Canada's Glacier National Park. Surveying the steep slopes and ice-crowned peaks of the Columbia Mountains beyond our dome car, our awe and respect for those 19th-century railway laborers grows as we witness the staggering feat of engineering achieved in the most daunting of wilderness environs.

On the east side of Rogers Pass, the *Rocky Mountaineer* starts its descent to the valley that holds the upper reaches of the Columbia River. Then it's up again into the Kootenay Rockies, traversing more mountain grandeur as we follow the Kicking Horse River through Kicking Horse Canyon, one of the most rugged and scenic sections of our rail line. As we ascend, we pass through Yoho National Park near the Burgess Shale beds, a fossil site of global significance. These cliffs, part of the UNESCO Canadian Rocky Mountain Parks World Heritage Site, hold a record of one of Earth's earliest marine ecosystems, with well-preserved examples of complex animal life forms that existed over 500 million years ago.

At Kicking Horse Pass on the BC–Alberta border, we are atop the Continental Divide—the division between the Pacific and Atlantic ocean watersheds. The steep grade up the pass, called the "Big Hill" by railway crews building the line in the 1880s, was one of the toughest sections to navigate. Under government pressure to complete the railway, and given the engineering challenges that came along with the geography, Canadian Pacific was not in a position to carve a gradual descent. After too many derailments, a solution was devised in 1909 with the innovative construction of the Spiral Tunnels, creating a gentler grade. As our train curves its way through them, we enjoy retracing this piece of railroad history, appreciating that we are aboard the only passenger service allowed this transit. As we cross the divide, we also enter Banff National Park, established in 1885 as Canada's first national park. From here, it's just a short distance to the terminus of our train ride at Lake Louise station, where we have an evening arrival and transfer to our hotel.

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Day 4

Moraine Lake / Lake Louise

Watch sunrise over Moraine Lake and the Valley of the Ten Peaks

- Climb the Rockpile Trail for the view once featured on Canada's $20 bill
- Walk beside Moraine Lake beneath Mount Fay and Fay Glacier
- Follow the forested Lakeshore Trail along Lake Louise toward Victoria Glacier

Early risers know that greeting the dawn is the secret to a quiet encounter with the Canadian Rockies, and we head out for a peaceful sunrise at Moraine Lake and the Valley of the Ten Peaks, one of the most famous settings in the Canadian Rockies. The lake's vivid blue-green color is the result of light refracting off the rock flour (fine particles of silt) in the glacier run-off that flows into it. The Rockpile Trail, a short path along the glacial moraine to the top of the natural dam, leads to a vista of the lake and surrounding peaks known as the “Twenty Dollar View,” capturing the scene featured on the back of a former issue of the Canadian $20 bill. On a trail that hugs the lakeshore, admire striking views of Mount Fay and Fay Glacier.

Next we head to nearby Lake Louise, backdropped by the Victoria Glacier in one of the most exquisite alpine settings in the world. From the shoreline, we have a close-up view of the lake and its storybook environs, including the famous poppy gardens. A walk along the forested Lakeshore Trail takes us to closer views of Mt. Victoria and Mt. Lefroy, while a gentle climb to Fairview Overlook offers an iconic view of the castle-like hotel that surveys the lake. Along with the fir, spruce and pines that blanket the valley are thick groves of larches, a deciduous conifer that turns bright gold in fall before it drops its needles. Thousands of years before Europeans arrived in the area, the lake was well known to the Stoney First Nations people. In 1882, a Stoney guide led Tom Wilson, a packer and guide for the Canadian Pacific Railway, to the site. Recognizing the massive tourism potential of the Candian Rockies, the CPR built a modest log cabin for guests on the lakeshore in 1890, which became the foundation for the sprawling chateau resort that evolved over the decades to come, hosting well-heeled guests from the East drawn to the mountain grandeur.

Day 5

Bugaboo Lodge

Fly by helicopter into the Bugaboos

- Reach a remote wilderness lodge beneath Bugaboo Spire
- Set out on your first heli-hiking excursion with the lodge's mountain guides
- Dine in a glass-walled room overlooking surrounding peaks and glaciers

Then it's time to depart on a scenic 2-hour drive to the heliport that is our jumping-off point into one of North America's most dramatic natural realms. Crossing from Alberta back into British Columbia, we drop down into the Rocky Mountain Trench: Formed by a fault in the earth's crust, this thousand-mile-long flat valley on the western flank of the Rockies extends from the Yukon Territory to northern Montana. In 1807, intrepid explorer and cartographer David Thompson was tasked by the North West Company to open up a trading route to the Pacific Northwest, and he became the first European to find the confluence of the Kicking Horse and Columbia rivers near the present-day town of Golden. At this juncture, we turn south to follow the Columbia to the helipad near Spillimacheen, where we depart on a 10-minute flight to our wilderness lodge.

In the never-ending jumble of mountain ranges, it's hard to tell we've technically left the Rockies to re-enter the Columbia Mountains, which are in turn divided into various sub-ranges of which the Bugaboos are a part. Our flight offers a tantalizing preview of what is to come, as we land at our alpine lodge in view of the Bugaboo Spire, one of Canada's most famous alpine rock-climbing challenges. On arrival, the local mountain guide staff provides an orientation before we sit down to lunch, prior to our first heli-hiking excursion. The guides will assess physical abilities and individual wishes, then form hiking groups based on similar desires. Hiking boots, backpacks and rain gear are also available to borrow at the lodge. This evening, dinner is served in the glass-walled dining room overlooking the peaks and glaciers beyond.

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Days 6–7

Bugaboos

Heli-hike across remote alpine ridgelines and wildflower meadows

- Lift off each morning for valleys and high-country terrain few travelers reach
- Walk trailless routes to scenic overlooks and picnic sites with local mountain guides
- Watch for marmots, mountain goats, golden eagles, moose and grizzlies

Over two more full days, explore an exceptionally scenic sector of western Canada that very few people get to see. The Columbia Mountains, which are distinct from the main Canadian Rockies range to the east, are comprised of the Cariboo, Monashee, Selkirk and Purcell ranges, all of which are world-famous helicopter skiing destinations. Bugaboo Lodge, in the Purcells, was the original heli-ski base, and its summer hiking offerings are equally spectacular. Each morning, we take to the sky to access the awe-inducing heights of Bugaboo Provincial Park and surrounding environs. Guided hikes of varying lengths and physical ability levels are offered each day, and our local mountain guides will help you choose the option that's just right for you. The helicopter whisks us to remote valleys filled with wildflowers, spectacular ridgelines and high alpine meadows where we walk over trailless terrain, stopping for a picnic lunch at a spot of special beauty.

Amid the dazzling scenery, keep an eye out for wildlife: we might see marmot, ground squirrel, pika, mountain goat, golden eagles, or even moose or grizzly bear. Choose to stay out all day, moving to a different hiking area in the afternoon, or return earlier to relax at the lodge and indulge in the sauna, steam room and hot tub, or book a massage (additional cost) to reward your efforts. Each evening, dinner is served family-style as we join our Expedition Leader and local guides for convivial conversation.

Day 8

Bugaboo Lodge / Kootenay National Park / Banff / Calgary

Cross Kootenay National Park on a final drive through the Rockies

- Descend by helicopter from Bugaboo Lodge to the Columbia Valley
- Follow the Kootenay and Vermilion rivers through mountain passes
- Recross the Continental Divide before continuing to Calgary for homeward flights

After breakfast, depart by helicopter for the helipad in the Columbia Valley, where our vehicle awaits for a scenic journey through Kootenay National Park, one of seven contiguous national and provincial parks that form the UNESCO Canadian Rocky Mountains Parks World Heritage Site. Spanning a set of parallel mountain ranges in southeastern British Columbia, the park is cut by the Kootenay and Vermilion rivers that flow into the Rocky Mountain Trench and on into the mighty Columbia. First Nations peoples and European traders and explorers have used travel corridors in this region for centuries, including the sector we drive today.

Stopping for a picnic lunch along the way, we cross the Continental Divide once more on a scenic drive to the Calgary airport, where our journey concludes. En route, we pass through Banff National Park. Established in 1885, Banff is Canada's first national park, created to protect its incomparable scenery, abundant wildlife and geothermal features, including the hot springs used by Indigenous people for over 10,000 years. For those wishing to continue their adventures here on their own, a drop-off will be provided in a central location in the famous mountain town of Banff. Our transfer continues with a 90-minute drive to Calgary International Airport, leaving the mighty Rockies to descend to rolling prairie as we follow the Bow River eastward.

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Rainforest to Rockies: Vancouver to Lake Louise Accommodations

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Fox Hotel & Suites

Conveniently located a short walk from downtown Banff, this quiet and tranquil hotel has mountain views and an underground cavern and hot pool modeled after existing hot springs.



Lake Louise Inn

Located near the famous lake and just a 5-minute walk from Lake Louise Village, this desirable accommodation offers spacious lodgings with rustic mountain ambience and impressive views.



Bugaboo Lodge

Bugaboo Lodge, a luxury fly-in wilderness outpost, offers heli-hiking access to high alpine meadows and valleys in view of some of the grandest mountain scenery on Earth.



Georgian Court Hotel

A boutique luxury hotel in downtown Vancouver that blends classic Georgian and contemporary design. With plenty of natural light and a cool color palette, it's a relaxing refuge in the heart of the city.



Kamloops Hotels

In Kamloops, we stay at well-appointed two- or three-star hotels with essential amenities and excellent service. These welcoming hotels are conveniently situated within walking distance of some of Kamloops' delightful attractions.

For detailed descriptions, visit nathab.com/canada-northern-nature-travel/vancouver-to-banff-adventure/accomodations.

See Canada's Mountain West as Only a Fortunate Few Will

Rainforest to Rockies: Vancouver to Lake Louise

With Nat Hab, you know you'll explore differently. We don't settle for standard routes in overrun places. And this adventure showcases that approach like no one else! Find out more:

1 **Luxury Train Travel & Heli-Hiking on a Single Itinerary**

We've combined two of the most dramatic nature immersions in western Canada, connecting a two-day journey aboard the famous Rocky Mountaineer train with heli-hiking in the legendary Bugaboos Range of British Columbia. Experience a slice of western Canada's most dramatic wilderness in amazing comfort.

2 **We Avoid Crowds...but We Don't Avoid Mind-Blowing Scenery!**

We decided to create an experience of Canada's lesser-known (but no less spectacular) mountain regions so you can bask in the beauty and peace of the wild, rather than fighting your way through over-touristed areas swarming with people. You'll cross the mountainous interior of British Columbia on a luxurious train, then spend three nights at a remote lodge on the western edge of the Canadian Rockies where we access some of the most splendid alpine terrain on the planet via helicopter. Experience this region in a way that very few travelers will!

3 **Enjoy Elite GoldLeaf Service Aboard the Rocky Mountaineer**

Travel in first-class elegance from Vancouver to Lake Louise, enjoying the Rocky Mountaineer's highest service level. From the upper section of our bi-level rail car, drink in the passing panorama beyond our glass dome, designed so you can see in every direction. Enjoy gourmet cuisine in a dedicated dining room with locally inspired menus and plated meals, never missing a bit of the scenic drama outside your expansive window.

4 **Three Nights at a Luxury Fly-In Wilderness Lodge**

The biggest distinction (among many) between our itinerary and others is this element: We fly you by helicopter to Bugaboo Lodge—a deluxe backcountry outpost high in the Purcell Range—in view of glaciers and rugged granite spires, inaccessible to anyone except lodge guests. From our comfortable base, we board a helicopter for daily hikes of varying ability levels in pristine alpine meadows and flower-filled valleys. Return each day to relax with a drink or a book on the lodge deck, soak in the hot tub, rejuvenate in the sauna, and enjoy hearty dinners with unparalleled views of the glacier-iced peaks beyond.

5 **Two Expedition Leaders—Plus Local Guides—Allows a Choice of Activities**

While hiking is a focus of this adventure, not everyone has the same desire or ability level when it comes to available options. By traveling with two Nat Nab Expedition Leaders throughout—plus multiple local guides at Bugaboo Lodge—we can offer a choice of easy nature walks and more challenging hikes to rewarding vistas. You'll also get double the attention and information as you travel with two seasoned naturalists.

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6 **Our Naturalist Guides are the Best in the Business**

We're known for the quality of our guides, and you'll find that the leadership on this trip is no exception! With a deep knowledge of western Canada's ecosystems, geology and history, your Expedition Leaders will enhance your adventure in a way that is enlightening and personalized. **Read our Expedition Leader bios and traveler comments** regarding the quality of our leaders.

7 **Our Quality-Value Guarantee Ensures Your Rewarding Experience**

With Natural Habitat Adventures, you get our exclusive guarantee, promising that we will meet the lofty expectations set in our promotional materials. To our knowledge, this is the most impressive guarantee made by any adventure travel company. Read our important promise.

8 **Feel Good About Your Carbon-Neutral Journey**

We care deeply about our planet, as we know you do. When you travel with us, the carbon emissions from your trip are 100% offset—including your round-trip flights from home. Natural Habitat Adventures has been the world's first carbon-neutral travel company since 2007.

9 **Natural Habitat Adventures is WWF's Travel Partner**

Because of our commitment to environmentally friendly travel as well as the exceptional quality of our worldwide adventures, World Wildlife Fund, the world's leading environmental conservation organization, has named Natural Habitat Adventures as its worldwide travel partner, a designation that makes us exceedingly proud!

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Dates & Pricing Summary:

Price
From $12995

Group Size
Limited to 20 Travelers

Rainforest to Rockies: Vancouver to Lake Louise Dates, Pricing & Info

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2027 Departures

Departure – Return	Pricing	Notes
Jun 28 - Jul 5, 2027	$13395	Wildflower Season
Jul 1 - Jul 8, 2027	$13395	Wildflower Season
Jul 4 - Jul 11, 2027	$12995	Wildflower Season
Jul 19 - Jul 26, 2027	$13395	Wildflower Season
Jul 22 - Jul 29, 2027	$13395	Wildflower Season · Natural Habitat Explorers Pricing Available
Jul 25 - Aug 1, 2027	$13395	Wildflower Season
Aug 9 - Aug 16, 2027	$13395	Wildflower Season
Aug 12 - Aug 19, 2027	$12995	
Aug 15 - Aug 22, 2027	$12995	

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2028 Departures

Departure – Return	Pricing	Notes
Prices and dates not confirmed for 2028		
Jun 29 - Jul 6, 2028	**From $13495**	
Jul 2 - Jul 9, 2028	**From $13495**	Wildflower Season
Jul 17 - Jul 24, 2028	**From $13495**	Wildflower Season
Jul 20 - Jul 27, 2028	**From $13495**	Wildflower Season
Aug 7 - Aug 14, 2028	**From $13495**	Wildflower Season
Aug 13 - Aug 20, 2028	**From $13495**	
Aug 28 - Sep 4, 2028	**From $13495**	
Aug 31 - Sep 7, 2028	**From $13495**	Natural Habitat Explorers Pricing Available
Sep 3 - Sep 10, 2028	**From $13495**	

See https://www.nathab.com/canada-northern-nature-travel/vancouver-to-banff-adventure/dates-fees for the latest pricing details.

Included

Accommodations, services of Nat Hab's professional Expedition Leader(s), local guides and lodge staff, transportation, two days onboard the luxury *Rocky Mountaineer* train in GoldLeaf service, all helicopter transfers while at Bugaboo Lodge, all meals from dinner on Day 1 through breakfast on final day, some gratuities, airport transfers for those arriving by air on Day 1 and final day, all activities and entrance fees, all taxes, permits and service fees.

Not Included

Travel to and from the start and end point of your trip, most alcoholic beverages, gratuities for Expedition Leaders, passport and visa fees (if any), optional activities, items of a personal nature (phone calls, laundry, etc.), international airline baggage fees, airport and departure taxes (if any), required medical evacuation insurance, optional travel protection insurance.

Mandatory Insurance

Since the areas we travel to are remote and wild (that's why we go there!), we require that all guests have, at minimum, medical evacuation insurance for this program. This is for the safety of all guests. We require that your chosen independent insurance plan includes at least $250,000 in medical evacuation coverage.

To protect your investment and to provide peace of mind while you travel, we also strongly recommend purchasing comprehensive travel insurance. Plans may cover everything from medical treatment to trip cancellations and delays and lost luggage. Please contact our office if you would like more information about the medical evacuation and comprehensive travel insurance policies we offer by calling 800-543-8917.

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Getting There & Getting Home

This trip begins in Vancouver, British Columbia and ends in Calgary, Alberta. **You must arrive in Vancouver by 4:30 pm on Day 1** in order to join your group orientation at 6:30 pm. For guests who come in early, our recommended hotel will be included in your pre-departure materials.

You may depart Calgary anytime after 5 pm on the final day. A single group transfer will be provided from the Bugaboos Lodge to Calgary International Airport, with a travel time of approximately 3 to 3.5 hours depending on traffic. A drop off in Banff will be provided for guests wishing to extend their stay in Banff.

Natural Habitat & WWF: Discovering Our Planet Together

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WWF's membership travel program is operated by Natural Habitat Adventures (Nat Hab). To date, Nat Hab has provided more than $6 million in support of WWF's mission and will continue to give 1% of gross sales plus $175,000 annually through 2028. WWF® and ©1986 Panda Symbol are owned by WWF. All rights reserved.