



Discovering Our Planet Together



Rainforest to Rockies: Vancouver to Banff

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



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Trip Details:

Days

8 Days / Jun–Aug

Price

From \$12295

Physical Requirements

Easy to Moderate

Rainforest to Rockies: Vancouver to Banff

A Trans-Mountain Journey 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

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

From our deluxe wilderness lodge in the Bugaboo Range, enjoying heli-supported exploration of dramatic high-alpine terrain with our two Expedition Leaders

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



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Itinerary At A Glance

Day 1

Vancouver, British Columbia

Day 2

Rocky Mountaineer Luxury Train with GoldLeaf Service to Kamloops

Day 3

Rocky Mountaineer Train to the Canadian Rockies—Lake Louise, Alberta

Day 4

Kootenay National Park, British Columbia / Helicopter Flight to Bugaboo Lodge—Heli-Hiking

Days 5 & 6

Alpine Meadow Exploration & Heli-Hiking in the Bugaboos

Day 7

Bugaboo Lodge / Banff, Alberta

Day 8

Banff / Calgary / Depart

Rainforest to Rockies: Vancouver to Banff Itinerary

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

Day 1: Vancouver, British Columbia

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, we gather for an orientation and welcome dinner, with an overview of all the adventures to come.





Day 2: Rocky Mountaineer Luxury Train with GoldLeaf Service to 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. Though we'll cover just 158 miles from the coast to Kamloops in the interior today, it's a long, leisurely 9-hour journey 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 dinner served aboard.

We begin our eastward journey across 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. As we reach 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 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 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 the town on your own. Please be aware that rail travel can be subject to unforeseen delays, and our arrival time may be unpredictable.



Day 3: Rocky Mountaineer Train to the Canadian Rockies—Lake Louise, Alberta

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 passing panorama of ever-changing scenery that gets ever better the higher we climb. Leaving Kamloops behind, we cross tawny grasslands, passing ranches and the rocky 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 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, following the Kicking Horse River through Kicking Horse Canyon, one of the most rugged and scenic sections of our rail line. 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. From here, it's just a short distance to the terminus of our train ride as we traverse the mountain grandeur of Yoho National Park for an evening arrival at Lake Louise.



Day 4: Kootenay National Park, British Columbia / Helicopter Flight to Bugaboo Lodge—Heli-Hiking

Rise early this morning for an exquisite moment in nature: a chance to witness an ethereal sunrise at Lake Louise. As dawn's first rays illumine Victoria Glacier at the lake's far end, be ready with your camera to capture the golden reflection in the glassy surface of the lake, when conditions are calm. Then, it's time to depart on a scenic two-hour drive to the heliport that is our jumping-off point into one of North America's most dramatic wild 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 staff provides an orientation before we sit down to lunch, followed by our first heli-hiking excursion. Later, dinner is served in the glass-walled dining room overlooking the peaks and glaciers beyond.

Days 5 & 6: Alpine Meadow Exploration & Heli-Hiking in the Bugaboos

Over two more full days, explore a part of the greater Canadian Rockies region that very few people get to see. The Columbia Mountains 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. Several guided hikes of varying lengths and ability levels are offered each day, so you can choose the physical level that's right for you. The helicopter provides transfers to remote valleys and high alpine meadows where we walk over trailless terrain, stopping for 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 possibly 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 7: Bugaboo Lodge / Banff, Alberta

After breakfast, depart by helicopter for the helipad in the Columbia Valley, where our vehicle awaits for a scenic journey to the famous mountain town of Banff at the heart of Banff National Park. Established in 1885, Banff is Canada's first national park, created to protect its incomparable scenery, abundant wildlife and geothermal features. Banff plus six other national and provincial parks in the region comprise the UNESCO Canadian Rocky Mountain World Heritage Site. Enjoy some time to explore Banff on your own this afternoon. Time permitting, you may wish to visit Cave and Basin National Historic Site, the birthplace of Canada's national park system. These geothermal springs have been a special place for Indigenous peoples for over 10,000 years and remain significant today. In 1883, three railway workers found the springs, sparking a series of events that led to the creation of Banff National Park. We cap off our mountain sojourn this evening with a farewell dinner.

Day 8: Banff / Calgary / Depart

After breakfast, depart via group transfer to the Calgary airport for homeward flights. Calgary, Alberta's prairie metropolis that blends Old West cowboy heritage with a booming contemporary skyline, lies less than two hours' drive from Banff via a scenic transfer through pine-studded foothills to the rolling plains. In our rearview mirror, the monolithic peaks of the Canadian Rockies rise, an imposing gray barrier dividing the vast prairie from the terrain we have just come through: range upon range of mountains that extend all the way to the Pacific Ocean—and some of the grandest scenery on Earth.



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Accommodation Details:

Georgian Court Hotel

Kamloops Hotels

Fox Hotel & Suites

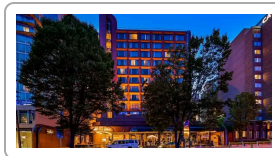
Lake Louise Inn

Bugaboo Lodge

For detailed descriptions, visit nathab.com/alaska-northern-adventures/vancouver-to-banff-adventure/accommodations

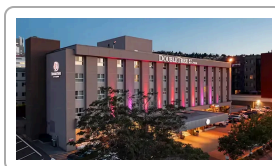
Rainforest to Rockies: Vancouver to Banff Accommodations

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



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.

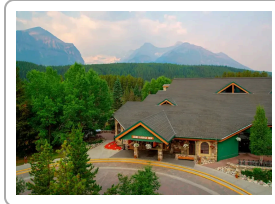


Fox Hotel & Suites

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.

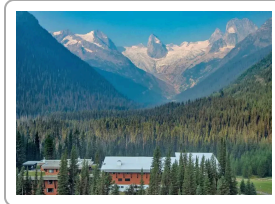


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Lake Louise Inn

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.



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

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.



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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.

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.

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:

Prices:
From \$12295

Group Size:
Limited to 20
Travelers

Physical Requirements:
Easy to Moderate

Rainforest to Rockies: Vancouver to Banff Dates, Pricing & Info

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2025 Departures

Departure	Return	Notes
Jun 29, 2025	Jul 6, 2025	Wildflower Season
Jul 14, 2025	Jul 21, 2025	Wildflower Season
Jul 20, 2025	Jul 27, 2025	Wildflower Season
Aug 7, 2025	Aug 14, 2025	Wildflower Season

2026 Departures

Departure	Return	Notes
Jun 25, 2026	Jul 2, 2026	Wildflower Season
Jun 28, 2026	Jul 5, 2026	Wildflower Season
Jul 13, 2026	Jul 20, 2026	Wildflower Season



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Departure	Return	Notes
Jul 16, 2026	Jul 23, 2026	Wildflower Season
Jul 19, 2026	Jul 26, 2026	Wildflower Season
Aug 3, 2026	Aug 10, 2026	Wildflower Season
Aug 9, 2026	Aug 16, 2026	Wildflower Season



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Pricing

2025 Prices

Mouse over or tap dates above to view prices for specific departure dates.

> Trip Price

\$11995 to \$12295



Single Occupancy: For a single room add \$2895. **Click here** to learn how you can avoid the single supplement

Deposit: \$500 per person (nonrefundable)

Prices are per person based on double occupancy and are given in U.S. dollars. **Please read our Payment & Refund Policy here.**

2026 Prices

Mouse over or tap dates above to view prices for specific departure dates.

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Single Occupancy: For a single room add \$2895. **Click here** to learn how you can avoid the single supplement

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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 and internet, etc.), international airline baggage fees, airport and departure taxes (if any), required medical evacuation insurance, optional travel protection insurance.



Physical Requirements

Easy to Moderate

This adventure does not require a particularly high degree of physical fitness. Travelers must be able to walk up and down stairs, enter and exit vehicles comfortably, and walk a minimum of one mile. Our days generally start quite early and are very full with activities, including a few long drives, which can be tiring.

Of course, heli-exploration is the main activity while in the Bugaboos, with two or three outings per day and plenty of opportunity to accommodate a wide range of physical abilities, from shorter walks to more strenuous hikes. The average altitude of hikes in the Bugaboo Range, which we access via helicopter, is 7,250 feet, with the highest hikes (which are entirely optional) taking place at approximately 8,800 feet. Travelers planning to participate in these outings should be able to walk unassisted for at least 1 mile per hike, over rough terrain, both up and down steep inclines, with some gain in altitude (up to 900 feet) required in certain locations. Multiple hikes per day will generally be offered, with total roundtrip distances between 1–6 miles, and even shorter options will be available for those who prefer. Helicopter-accessed hikes in the Bugaboos are "off-trail," so travelers must be comfortable hiking over rocky, wet and uneven terrain.

Note that all hikes are completely optional, and travelers should only participate in activities in which they feel comfortable. Guests who would like to take longer or more strenuous hikes will have opportunities to do so during our three-night stay in the Bugaboos, and likewise, those who wish may opt out of any given hike to relax at the lodge.

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.

Getting There & Getting Home

We recommend that you arrive in Vancouver by 4:30 pm on Day 1 in order to join your group orientation at the hotel at 6:30 pm. The arrival transfer from the airport to downtown Vancouver is usually around 45 minutes. You are free to depart Calgary after 9:30 am on the final day of the trip, though keep in mind that your transfer from the group hotel in Banff to the Calgary airport will take about 2-2.5 hours, depending on traffic. Early morning departure flights out of Calgary will therefore require a very early wakeup.



Natural Habitat & WWF: Discovering Our Planet Together

Natural Habitat Adventures • PO Box 3065 • Boulder, CO USA 80307

USA & Canada: 800-543-8917 • International: 303-449-3711

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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.