



Photo Credit: Rocky Mountaineer

The Canadian Rockies

Vancouver ✦ Victoria ✦ Banff ✦ Lake Louise ✦ Icefields Parkway

Featuring a two-day train trip aboard the Rocky Mountaineer!

September 24 - October 1, 2025



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Wednesday, September 24 (Dinner)

Today we are bound for **Vancouver, British Columbia**. Upon arrival, we will take a **guided tour** to discover this delightful city. Take in the scenic beauty of the **North Shore**, see vibrant **Gastown** and North America's second largest **Chinatown**. We'll visit world-famous **Stanley Park** and stop at the **Totem Poles** as well as **Prospect Point** for a spectacular view of the **Lions Gate Bridge**. Later this afternoon, we'll check into the **Inn at the Quay** for two nights. Meet new friends and enjoy dinner this evening at **The Boathouse**.

Thursday, September 25 (Breakfast)

This morning we will take the ferry to **Victoria, British Columbia**. As we travel through the Gulf Islands, keep a watchful eye as the sky and the sea are abundant with wildlife. Upon arrival, we will delight in 55-acres of floral splendor at one of the world's most magnificent gardens, **Butchart Gardens**. After plenty of time to enjoy all of the beauty and get lunch on our own, we depart for **downtown Victoria** to see her famous sites. You'll have time to explore the charming area and do some shopping before we're on our way back to Swartz Bay to catch our return ferry to Vancouver. The remainder of the evening is free for dinner and exploring.

Friday, September 26 (Breakfast, Lunch)

This morning we transfer to the Vancouver train station to begin the **"most spectacular train trip in the world"** on board the **Rocky Mountaineer**! Breakfast and lunch will be served on the train. On our **all-daylight rail tour** we will witness dramatic changes in scenery as we journey from **Vancouver to Kamloops**. We will travel through the **Pacific Coastal Mountain Range** and then meander along the natural path of the **Thompson River** and alongside impressive **Fraser Canyon**. One of the scenic highlights in the canyon is **Hell's Gate**, where millions of gallons of water per minute rush through the narrowest point of the canyon. Our day concludes as the Rocky Mountaineer travels along the shores of **Kamloops Lake** and into the town of **Kamloops**, the heart of British Columbia's interior. Tonight we will overnight at a Kamloops hotel.

Saturday, September 27 (Breakfast, Lunch)

It's **"all aboard"** this morning at the Kamloops train station for **our second day on the Rocky Mountaineer** as we continue our trek eastward to the mighty **Canadian Rockies** and the province of **Alberta**. Breakfast and lunch are served on board. We'll see a spectacular array of scenery as we travel across ranchlands, along



rocky lakeshores, over high mountain passes, and through the remarkable tunnels that form part of the rich rail history of the Canadian Rockies. Today's highlights include **Craigellachie**, where the last spike of the Canadian Pacific Railway was driven, **Castle Mountain**, the climb over **Rogers Pass**, the rugged and scenic **Kicking Horse Canyon**, the **Spiral Tunnels** and, of course, the **glaciers** and snow-capped peaks of the Canadian Rockies. Our rail journey ends this evening on arrival in the resort town of **Banff, Alberta**, where we'll check into the **Banff Caribou Lodge and Spa** for four nights. The remainder of the evening is free for you to explore this charming town. Passes will be provided for the town shuttle

service for the duration of our time here for easy access to many attractions, restaurants, and shopping.

Sunday, September 28 (Breakfast, Dinner)

Today's journey takes us along the magnificent **Icefields Parkway**, considered to be one of the best scenic drives in the world. Our first stop will be the vibrant turquoise-colored **Peyto Lake**, another incredible setting for one of the best photographs in Canada. We'll visit the **Glacier Discovery Centre**, where we'll have free time to learn about the icefields through their interpretive displays before we board our **Ice Explorer** all-terrain vehicles that will take us to the **Athabasca Glacier**, a 10,000-year-old sheet of ice. We'll be able to walk on, feel, and even drink from the glacier! Afterwards, we head over to the **glass-floored Skywalk** for a jaw-dropping walk at the cliff's edge. We'll enjoy **dinner** this evening at a popular local restaurant.

Monday, September 29 (Breakfast, Lunch)

We board our motor coach this morning for a fun day of sightseeing as we head north through **Banff National Park**. Our first stop is the tranquil **Moraine Lake**, a glacier-fed lake that's surrounded by mountains and waterfalls in the rugged Valley of the Ten Peaks. We'll cross the continental divide at Kicking Horse Pass as we enter **Yoho National Park**, where we'll view the **Spiral Tunnels**, the **Natural Bridge**, and pristine **Emerald Lake**. Upon arrival in the picturesque town of **Lake Louise**, we'll enjoy lunch at the **Lodge of the Ten Peaks**. Then we'll experience breathtaking views of **Victoria Glacier** as we ride the **Lake Louise Gondola** to the top of the Rockies! We'll have some free time to explore the grounds at one of Canada's most iconic hotels, **Chateau Lake Louise**. Witness a glistening emerald lake surrounded by soaring mountain peaks—it makes for one of the most photographed scenes in all of the Canadian Rockies.

Tuesday, September 30 (Breakfast, Dinner)

This morning we depart on a morning **sightseeing tour of Banff National Park**. Highlights will include **Bow Falls**, **Surprise Corner**, the **Hoodoo rock formations**, and **Lake Minnewanka**. After stopping in downtown Banff to drop off those who want to shop, we arrive back at the hotel. The afternoon is free for you to explore Banff independently. You may choose to visit the Banff Museum, shop in the unique stores on Banff Avenue, or relax in the mineral pools at Upper Hot Springs. Dinner is included at the hotel's **Keg Steakhouse Restaurant**.

Wednesday, October 1 (Breakfast)

Today we'll take in our last views of the gorgeous Canadian Rockies as we make our way to **Calgary** for our flight home. We will certainly be taking home with us fond memories of our time spent in Vancouver, Victoria and the Canadian Rockies!



The Canadian Rockies

September 24 - October 1, 2025



Tour Cost* (per person)

Double: \$6,789 Single: \$7,709 Triple: \$6,525

**The tour cost is based on the value of the Canadian Dollar as of September, 2024. Passengers will be advised prior to the final payment and cancellation date of any change to the tour cost due to the actual exchange rate.*

TRAVEL PROTECTION: Optional Travel Protection Premium of **\$489** per person in double occupancy, **\$555** in single occupancy, and **\$470** per person in triple occupancy.

DOCUMENTATION: All passengers must carry a passport valid for six months (**April 1, 2026**) beyond the return date of the trip. A passport card is **NOT** acceptable for this trip.

CANCELLATION POLICY: All payments are fully refundable for cancellations received by **June 6, 2025**. Although every effort will be made to refund passenger payments, cancellations received after this date will be subject to the penalties imposed by our suppliers including, but not exclusive to, the airline used to purchase non-refundable air tickets, as well as a \$150 cancellation fee. It is highly suggested that all travelers help protect their vacation investment by purchasing an optional travel protection plan. Your group representative can provide information on a plan offered by Travel Guard. Should the passenger purchase travel protection and need to cancel after **June 6, 2025**, a travel protection claim must be filed with Travel Guard. Please note that we encourage all travelers to purchase a plan at the time of initial trip deposit and that the premium is refundable for cancellations received before **June 6, 2025**.

Insurance is underwritten by National Union Fire Insurance Company of Pittsburgh, Pa. a Pennsylvania Insurance Company (NAIC #19445), currently authorized to transact business in all states and the District of Columbia.

Travel arrangements by Cruises and Tours Worldwide, St. Louis, MO Cruises and Tours Worldwide acts only as an intermediary and agent in handling travel arrangements that are actually provided by other suppliers. This agency, therefore, shall not be responsible for breach of contract or any careless actions or omissions on the part of such suppliers, which result in any loss, damage, delay or injury to tour participants. Cruises and Tours Worldwide may not be held responsible for losses or expenses due to sickness, lack of appropriate medical facilities or practitioners, public health issues, quarantine, weather, strikes, political instability, government restrictions, theft or other criminal acts, war, terrorism or acts of God. Cruises and Tours Worldwide retains the right to substitute accommodations or services of comparable quality if the advertised services become unavailable. Cruises and Tours Worldwide reserves the right to cancel this tour if the minimum number of tour participants is not met. The published price of this tour is based on rates available at the time of booking. Cruises and Tours Worldwide reserves the right to increase the cost of the tour, at any time, in the unlikely event that our tour suppliers impose price increases such as, but not limited to, fuel surcharges. Proof of such rate adjustments from our suppliers will be provided.

INCLUDED

ROUND TRIP AIRPORT TRANSFERS
ROUND TRIP AIRFARE
DELUXE MOTOR COACH TRANSPORTATION
SEVEN NIGHTS HOTEL ACCOMMODATIONS
HOTEL BAGGAGE HANDLING WHERE AVAILABLE
SEVEN BREAKFASTS, THREE LUNCHES, AND THREE DINNERS
TWO-DAY SILVERLEAF SERVICE ON THE ROCKY MOUNTAINEER - INCLUDING ALCOHOLIC AND NON-ALCOHOLIC BEVERAGES
ALL ACTIVITIES AND ADMISSIONS AS LISTED IN THE ITINERARY
ALL TOUR-RELATED TAXES AND GRATUITIES
SERVICES OF A FARMERS AND MERCHANTS BANK REPRESENTATIVE
SERVICES OF A CRUISES AND TOURS WORLDWIDE TOUR MANAGER

NOT INCLUDED

AIRLINE CHECKED BAGGAGE FEES
OPTIONAL TRAVEL PROTECTION PLAN

RESERVATIONS

Please complete a reservation form and mail it along with your **\$400 per person deposit** and **travel protection premium**, if desired, to:

F & M Travel Club
Attn: Joyce Janes
P.O. Box 635
St. Clair, MO 63077

Phone: 636-629-2225

Email: jjanes@fmb4banking.com

Please make checks payable to **F & M Travel Club**.

BALANCE DUE: JUNE 6, 2025



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