

Costsaver: Canada from East to West

Day 1 - Arrive Toronto (2 Nights)

Welcome to the world's most multiculturally diverse city, Toronto. Known to locals as the 'Six', Canada's hipster enclave and largest city is all about unique neighbourhoods, fusion food, fascinating museums, vintage shopping and a healthy obsession with all things hockey. At the centre of it all is the city's icon, the CN Tower, its 553 metre spire dominating the landscape. Meet your Travel Director at your hotel then you have the option to wander around the district's open-air markets which will no doubt get tummies rumbling. For dinner why not head to nearby Kensington Market, arguably the most diverse of all the city's neighbourhoods where the idea of fusion food is taken to all new heights.

Accommodations: Bond Place Hotel

Day 2 - Niagara Falls Excursion

Pack sense of adventure this morning as you're off to visit Niagara Falls! The biggest (and loudest) falls in North America, an incredible 750,000 gallons of water thunder into the gorge below every second, creating a natural phenomenon many have dubbed the 8th Wonder of the World. We'll be getting you up close and personal on a cruise to Horseshoe Falls, allowing you to see both the Canadian and American sides. Remember that raincoat? Now's the time to use it. Back in Toronto later, the rest of the day is yours to do as you please. Maybe head to Queen West to explore the neighbourhood's impressive collection of art galleries and design studios or take advantage of our CN Tower Optional Experience to test your head for heights.

Day 3 - Toronto – Kingston – Ottawa (2 Nights)

Leaving Toronto behind this morning, enjoy the gorgeous drive alongside Lake Ontario, one of the five Great Lakes of North America, as you make your way to Kingston. Known as the 'Limestone City' thanks to its grand 19th century buildings built from - you guessed it - limestone. Visit Campbell's Orchard in Prince Edward County today for a farm tour and a cider tasting. This cider is made from a blend of apples picked from the trees of the Campbell's Orchard and produced right on site, fermented using traditional methods. Next, continue to Kingston where you may take an optional 1000 Islands cruise, or enjoy some leisure time in this quaint city. Back on land, finish today north of the Ottawa River in charming Gatineau.

Accommodations: Quality Inn and Suites Gatineau

Day 4 - Ottawa Sightseeing

After an orientation tour of Ottawa, your day is at leisure. Perhaps join an Optional Experience on the grounds of the Museum of History, including an authentic Pow-wow dance with music performed by First Nations members. Participate in an interactive beading workshop and learn about the Storyboot Project, a partnership between Manitoba Mukluks and our TreadRight Foundation. The rest of the day is at leisure.

Day 5 - Ottawa – Quebec City (2 Nights)

Ready for some romance? We've got good news - timeless, elegant Quebec City is up next. Exuding class, grandeur and a distinctly European feel, Quebec City is almost a country within a country; 95% of the population speak French, and around 75% are native Francophiles. Arriving here, we'll be listening out for the collective sighs of appreciation as you set eyes on the narrow cobblestone

streets and pretty parks for the first time. No doubt itching to explore, why not unearth the city's gastronomic side today, or head to Saint-Roch for a truly authentic Quebec experience, browsing the many shops, restaurants and art galleries that line the streets here.

Accommodations: Hôtel Universel Québec, Sainte Foy

Day 6 - Quebec City Sightseeing and Free Time

After grabbing a taste of France with a croissant and coffee, you'll be heading out to join a Local Specialist this morning for a tour of the UNESCO World Heritage listed Old Town. Checking out sites including The Citadel, the historically significant Plains of Abraham, and the famous turrets of the Chateau Frontenac, the world's most photographed hotel, prepare to fall even more in love with this city. This afternoon why not continue your Quebec love affair with our Optional Experiences that will get you into the spirit of everything Quebecois.

Day 7 - Quebec City – Montreal

We hope you're hungry this morning as for breakfast you'll be heading to the iconic Erabliere le Chemin du Roy, a traditional Cabane a Sucre (sugar shack) to learn how maple syrup, one of Canada's most famous exports, is made. You'll then make the short drive to Montreal, Canada's cultural capital where festivals, art, good food and a certain joie de vivre are all part of the daily make up. On arrival you'll meet up with a Local Specialist to learn the ins and outs of this UNESCO World Heritage Site designated 'City of Design', admiring how old European style architecture can sit so naturally beside beautiful contemporary masterpieces. This evening and with free time to explore, why not head for dinner at one of the cute terraced cafes along Plateau Mont-Royal.

Accommodations: Sandman Hotel Montreal-Longueuil

Meals: Iconic Breakfast

Day 8 - Montreal – Toronto

Saying goodbye to Montreal, you'll travel back to Toronto this morning to finish up the Eastern leg of your trip. Arriving back into 'the Six' will be like meeting an old friend, and having found your bearings the first time round today should be all about discovering the quirky neighbourhoods that make Toronto so enticingly eclectic. Perhaps consider heading over to Parkdale to enjoy its unique mix of architecture, diverse community spirit and delicious West Indian food, or travel westside to King West, the city's main entertainment and fashion district. Want to understand more about Canada's national obsession with all things hockey? A trip to the Hockey Hall of Fame should be on the cards.

Accommodations: Bond Place Hotel

Day 9 - Toronto – Calgary (2 Nights)

Switching from East to West today, you'll transfer to Toronto Pearson International Airport to catch your flight to big hearted, fun loving Calgary, where you'll be met on arrival and transferred to your hotel. A beautiful city packed with trendy restaurants, a lively nightlife scene and all the honky tonk fun you could ever want, Calgary is best known for hosting the annual Calgary Stampede, which happens every July and pulls in crowds from around the world. After settling in to your hotel the rest of your day will be free, and if good coffee is calling your name then the neighbourhoods of Inglewood and Kensington should be high on your agenda. Please note, the flight from Toronto to Calgary is not included in the tour price and requires separate purchase. It may be included as part of some international air tickets.

Accommodations: Ramada Plaza Calgary Downtown

Day 10 - Calgary Free Time

The day is yours to enjoy Calgary's many delights, your options are varied and plentiful. Perhaps start by taking a stroll through the bustling Downtown area, then head over to Prince's Island Park to walk its many hiking trails and enjoy a drink in the sunshine. Calgary Zoo is another firm favourite, and with over 1000 different animal species. If it's icons you're after look no further than the 191 metre high Calgary Tower, which boasts one of the highest observation decks in the world, or for a glimpse of Calgary of old head to the Heritage Park Historical Village, which has been recreated to portray the city as it would have once looked, complete with a fort, grain mill, old school and even costumed interpreters who are happy to educate and entertain.

Day 11 - Calgary – Banff (2 Nights)

After one final orientation tour of Calgary, you'll be hitting the road this morning in the direction of Banff. The journey is part of the adventure so enjoy watching the changing landscape from the comfort of your seat as the craggy, snow-capped peaks of the Rockies come into view. Banff is famed for its world class national parks, glassy emerald green lakes and dramatic vistas, a taste of which you'll be getting on a sightseeing tour that will take you along Tunnel Mountain Drive, spotting sights such as Cascade Mountain, Mt. Rundle, Bow Falls, and the surreal, nature beaten Hoodoos rock formations, which have formed their bizarre twisted shapes over years of erosion from water and wind.

Accommodations: Banff Ptarmigan Inn

Day 12 - Banff Free Time

Waking up today we hope you're full of energy, as the vast natural playground outside of your front door isn't going to explore itself. Venture into the stunning wilderness of Banff National Park, or better still you could take advantage of our enticing range of Optional Experiences to truly unlock this region in real Costsaver style. We've got a variety of helicopter flights to see you soaring over sights including the Three Sisters Peak, the Sundance Ranges and the Gloria and Assiniboine Glaciers, or perhaps you'd prefer to catch the gondola to the very top of Sulphur Mountain for a bird's eye view of six mountain ranges within the Rockies, spotting glorious Lake Louise and Moraine Lake in the distance. However you choose to explore today, one thing for sure - Banff will be an experience you'll never forget.

Day 13 - Banff – Icefields Parkway – Jasper (2 Nights)

The magnificent Icefields Parkway awaits you this morning, a striking 232km stretch of road that cuts straight through the backbone of the Rockies, serving up ancient glaciers, mountain lakes and broad sweeping valleys en route. Stop at world-renowned Lake Louise and admire the stunning setting of this turquoise lake, surrounded by tall peaks and facing mighty Victoria Glacier. Next is the Columbia Icefield where you ride aboard an enormous Ice Explorer up to and on to Athabasca Glacier. Today's nature fest ends in Jasper, right in the middle of Jasper National Park, a UNESCO World Heritage Site.

Accommodations: Lobstick Lodge

Day 14 - Jasper National Park Free Time

Today promises to be action packed! Stepping outside and smelling the fresh mountain air, let the prospect of a day exploring stunning Jasper bring a smile to your face. As the largest national park in the Canadian Rockies your options are limitless, and as always we've also got a range of exciting

Optionals on hand to help personalise your experience. Perhaps you'll choose to add our Optional Experience, a gentle float down the Athabasca River^, which provides ample wildlife spotting opportunities, or maybe a guided walk on the "Path of the Glaciers" as you make your way to the emerald green "Lake of Forgiveness". Have your heart set on exploring beautiful Maligne Lake? Then a boat cruise around the largest glacially fed lake in the Canadian Rockies has your name all over it.

Day 15 - Jasper – Sun Peaks

Heading out of Jasper today you'll continue your journey through Jasper National Park, passing towering pine forests, surging rivers, vast waterfalls and alpine meadows on the way. The crowning glory of your journey will undoubtedly be catching your first glimpse of Mount Robson, the highest peak in the Canadian Rockies. You'll then finish your journey in Sun Peaks.

Accommodations: Nancy Greene's Cahilty Hotel & Suites

Day 16 - Sun Peaks - Victoria (2 Nights)

Passing through the pretty town of Hope, a playground for outdoor enthusiasts, you'll board a ferry this morning bound for Vancouver Island. Docking at Swartz Bay and making the short drive into the city, you'll no doubt be struck by the English influence of Victoria, the capital of British Columbia. A sightseeing tour of the city will take you along the waterfront district and into the downtown area, passing the Parliament Buildings, Government Street and through Beacon Hill Park so you can really get your bearings. Keen to explore even further? Victoria has more cycle routes than any other Canadian city, so the best way to get around is undoubtedly on two wheels.

Accommodations: Red Lion Inn and Suites

Day 17 - Victoria Free Time

Breakfast this morning is a real treat - you'll be heading to the world famous Butchart Gardens in the Blue Poppy Restaurant where, surrounded by beautiful blossoms and blooms, you'll eat a fresh, seasonal breakfast with sunlight pouring in from the vast skylights above. Feeling full, the rest of the day is yours to explore Victoria your way. There will be time to visit before the gardens are open to the public before returning to Victoria where you could join our Whale Watching Optional Experience, where you'll head out into the protected waters of Haro Strait and the Strait of Juan de Fuca, to try and catch a glimpse of the orca whales who are known to reside here in spring and summer. Of course, with wild animals sightings are never guaranteed, but even if the orcas are a no show you'll be sure to spot magnificent bald eagles, porpoises and seals.

Meals: Iconic Breakfast

Day 18 - Victoria – Vancouver

The outdoorsy, trendy city of Vancouver awaits today, which you'll reach by ferry. Regarded as one of the world's most naturally beautiful cities, Vancouver is framed by dramatic vistas on all sides, and is the kind of place where, given its proximity to nature, you can ski in the morning and swim in the ocean in the afternoon! You'll kick off your stay here with a sightseeing tour of historic Gastown, vibrant Chinatown and the green jewel in the city's crown, the much-loved Stanley Park. With the rest of the day at your disposal, you could opt for our Capilano Bridge Optional Experience, which hangs 70 metres above the Capilano River and really tests your head for heights and features Farewell Dinner at Cliff House Restaurant.

Accommodations: Pacific Gateway Hotel

Day 19 - Depart Vancouver

After one final wander round lovely Vancouver, your trip will come to an end today. No doubt leaving with happy memories of warm Canadian hospitality, glorious glacier fed lakes and a new-found love for poutine, you'll make your way to the airport and bid a fond Canadian farewell.