



Xin Lian Hua Holidays

XO TOURS

Rocky Mountains North and South Sensual 8 Days

Rocky Mountains North and South Sensual 8 Days

Vancouver & Hope & Princeton &

United States and Canada

9 days

8 days and 7 nights

Inquiry from / person

Standard Tour Period - Double Room (per person)

8 big Required

01/Enjoy Vancouver&

- ◇ Hope Town&
- ◇ Princeton&

02/Enjoy Osoyos &

- ◇ Christine Lake &
- ◇ Castelg&

03/Day 2 • Vancouver • Hope Town • Princeton

- ◇ Traveling through the fertile farmland of the Lower Mainland of Greater Vancouver, the first stop is the gold rush town of Hope Town. It has been the filming location for more than ten Haolai Tungsten movies and is the chainsaw carving capital of Canada. You can see all kinds of...
- ◇ Driving all the way south from Hope Town, you will pass by the place where Johnson Mountain disappeared half a century ago. It is very sad and you can feel the incomparable power of nature at Princeton, Europe...



8 big Required

04/Day 5 • Waterton National Park • Banff • Bow River Falls

- ◇ Banff is a world-famous tourist town with the highest altitude. There is an endless stream of tourists in all seasons, and exquisite clothing can be found everywhere.
- ◇ Bow River Falls was the filming location for the 1950s Hollywood movie The Great Journey, which created Marilyn Monroe.

05/Day 6 • Lake Louise • Columbia Icefield • Pyramid Lake

- ◇ The Columbia Icefield is a rare sight in the world. Thousand-year-old glaciers touch the senses. When drinking water, you must think of its source.
- ◇ Pyramid Lake is the heart of Jasper, but it is shaped like a kidney and is the first choice for canoeing.

06/Day 7 • Jasper • Maligne Lake • Mount Robertson

- ◇ Maligne Lake is the most beautiful and artistic lake in the Rocky Mountains. It has

8big Required

07/Day 8 • Qingshui Town • Hanmackan Falls • Gamlu City

- ◇ The best place for kayaking in Clearwater, Wells Gray Provincial Park is the second largest park in British Columbia. Most of the terrain is a canyon trend. It was carved by nature during the volcanic and glacial periods...
- ◇ Two of the best waterfalls with different styles are specially selected for you to show off your extraordinary skills and create masterpieces of photography.

08/Day 9 • Kelowna • Summerhill Winery • Merlett

- ◇ Lake O'Callaghan is the fruit town of British Columbia. Orchards can be seen everywhere, and wineries are popping up like bamboo shoots. It has an elegant environment with beautiful mountains and water, like a paradise or the land of Shangri-La.
- ◇ It has the most golf courses and well-equipped facilities. Many enthusiasts yearn for this place to play golf. It is worth mentioning that the ice wine brewing here is world-famous. Due to the excellent quality of

Trip preview

ITINERARY PREVIEW

D1

D2 Vancouver — Hope — Princeton —
Ossoyoos

D3 Ossoyoos — Lake Christine — Castelgo
— Neilson — Quaston — Moreno

D4 Irok — Chill Creek — Waterton —
Longuewi — Kananaskais — Carmel

D5 Banff - Bow Falls - Cape Surprise - Lake
Minnewanka - Moraine Lake - Lake
Louise

D6 Bow Lake — Lake Betou — Columbia
Icefield — Pyramid Lake — Lake
Patricia — Gia

D7 Maligne Lake — Medicine Lake —
Maligne Canyon — Mount Robertson —
Blue River — Clearwater

D8 Clearwater — Hamkin Falls — Dowsing
Falls — Kamloops — Colonna

D9 Colonna - Summerhill Winery -
Marriott - Noble Harrah - Langley -
Vancouver

▣ **D2** Vancouver, Hope, Princeton,
Ossoyoos

▣ **D3** Ossoyoos, Christina Lake,
Castlegar, Nelson

▣ **D4** Nelson, Yahk, Waterton National
Park

▣ **D5** Waterton National Park, Banff,
Bow Falls, Lake Minnewanka,

▣ **D6** Lake Louise, Columbia Icefield,
Pyramid Lake, Patricia Lake,
Jasper (J)

▣ **D7** Jasper, Maligne Lake, Mt
Robson, Blue River, Clearwater

▣ **D8** Clearwater, Helmcken Falls,
Kamloops, Kelowna

▣ **D9** Kelowna, Summerhill Pyramid
Winery, Merritt, Vancouver



Rocky Mountains North and South Sensual 8 Days

Itinerary Overview and Prices

OVERVIEW & PRICES

Rocky Mountains North and South Sensual 8 Days			
Rocky Mountains North and South Sensual 8 Days			
Departure city	Please contact us (can book air tickets on your behalf)	destination	United States and Canada
Travel days	8 days and 7 nights	Transportation	luxury tour bus
Passing attractions	Vancouver, Hope, Princeton, Osoyoos, Osoyoos, Christina Lake, Castlegar, Nelson, Nelson, Yahk, Waterton, Waterton National Park, Banff, Bow Falls, Lake Minnewanka (Lake Minnewanka), Moraine Lake, Lake Louise, Lake Louise, Columbia Icefield, Pyramid Lake, Patricia Lake, Jasper, Jasper, Maligne Lake, Mt Robson, Blue River, Clearwater, Clearwater, Henmackan Falls Helmcken Falls, Kamloops		
Price and tour information			
Selected tour dates	Please inquire		
price	Room Type/Options	Price (USD, per person)	

- Prices are subject to change at any time, please refer to the booking date.

Daily itinerary at a glance DAY BY DAY

days	date	journey	meals	stay
D1	10/7 (Wednesday)		—	—
D2	10/8 (Thursday)	Vancouver — Hope — Princeton — Osoyoos	—	—
D3	10/9 (Friday)	Osoyoos - Lake Christine - Castelflo - Nelson - Queston - Moreno - Ilok	—	—
D4	10/10 (Saturday)	Ilok — Chill Creek — Waterton — Longuewi — Kananaskais — Carmel	—	—
D5	10/11 (Sunday)	Banff - Bow Falls - Cape Surprise - Lake Minnewanka - Moraine Lake - Lake Louise - Emerald Lake	—	—
D6	10/12 (Monday)	Bow Lake—Butter Lake—Columbia Icefield—Pyramid Lake—Patricia Lake —Jasper	—	—
D7	10/13 (Tue)	Maligne Lake — Medicine Lake — Maligne Canyon — Mount Robertson — Blue River — Clearwater	—	—
D8	10/14 (Wednesday)	Clearwater — Hamkin Falls — Dowsing Falls — Kamloops — Colonna	—	—
D9	10/15 (Thursday)	Colonna - Summerhill Winery - Marriott - Noble Harrah - Langley - Vancouver	—	—

Detailed itinerary

DETAILED ITINERARY

D1

10/7(three)

Today's meal

breakfast:- Lunch:- dinner:-

Today's accommodation

none



D2

10/8(Four)

Vancouver — Hope — Princeton — Ossoyoos

Today's meal

breakfast:- Lunch:- dinner:-

Today's accommodation

none

Traveling through the fertile farmland of the Lower Mainland of Greater Vancouver, the first stop is the gold rush town of Hope Town. It has been the filming location for more than ten movies by Holla Tungsten and is the capital of chainsaw carving in Canada. Various wood carvings can be seen standing upright on the roadside. Driving all the way south from Hope Town, you will pass by the place where Johnson Mountain, a sloped mountain that was built half a century ago, disappears. It is very sad to see the incomparable power of nature that is always present. Princeton and Ossoyoos are both warm and elegant environments in southern British Columbia. They have good mountains, water and scenery, making them desirable places to live.

Accommodation: Spirit Ridge Resort/Walnut Beach Resort

Mileage: Vancouver — Hope (150km) — Princeton (133km) — Ossoyoos (114km)

 溫哥華 — 希望鎮 — 普林斯頓 —

Vancouver — Hope — Princeton —

D3
10/9(five)

Osoyoos - Lake Christine - Castlegar - Nelson - Queston - Moreno - Ilok
Today's meal breakfast:- Lunch:- dinner:-

Today's accommodation none

I have never been to the south, so I didn't know that the towns here are unique. Nilsun is especially the most beautiful. Especially in autumn, the maple leaves add a lot of colorful colors, which is really beautiful. Kapok Waterfall is as beautiful as layers of thin wings dancing gracefully. It is a rare sight.

Accommodation: Prestige Rocy Mt Resort

Mileage: Osoyoos — Hristina Lake (146km) — Castle Igar (76.6) — Nelson (44.4km) — Creston (124km) — Moyie (74km) — Elko (98km)

 歐索由斯 — 克莉絲汀湖 — 卡斯特

Osoyoos — Lake Christine — Custer

D4
10/10_(six)
Irok — Chill Creek — Waterton — Longuewi — Kananaskais — Carmel
Today's meal breakfast:- Lunch:- dinner:-

Today's accommodation none

Along Highway 3 in the southernmost part of British Columbia, we arrived in Alberta unknowingly. Against the backdrop of blue sky, white clouds, and green trees, the picturesque scenery of Lundbrick Falls unfolded before our eyes, which was very exciting. Waterton National Park is located on the border of the United States and Canada. It has red rock canyons and gurgling water that are particularly eye-catching. There are cruise ships on Waterton Lake that take passengers among the mountains and rivers, and the Wells Castle Hotel is full of British royal style and infinite romance.

Accommodation: Prince of Wales Hotel

Mileage: Elko — Lundbreck (121km)



伊羅克 — 契爾溪 — 沃特頓 —

Iloc — Chill Creek — Waterton —

D5
10/11_(day)
Banff - Bow Falls - Cape Surprise - Lake Minnewanka - Moraine Lake - Lake Louise - Emerald Lake
Today's meal breakfast:- Lunch:- dinner:-

Today's accommodation none

Between Carmel's Three Sisters Mountain and Land Mountain, it was the place where Ang Lee filmed Brokeback Mountain. Banff is a world-famous tourist town with the highest altitude. There is an endless stream of tourists in all seasons, and exquisite clothing can be found everywhere. Bow River Falls was the filming location for the 1950s Hollywood movie The Great Journey, which created Marilyn Monroe. Cape Surprise offers a panoramic view of the wonders of the forest castle. Lake Minnewanka was the elven water of the Indian period. It has dams and power generation facilities to meet the water and electricity needs of the Banff area. Menglian Lake is the greenest, and surrounded by ten peaks, it looks like stars looming over the moon. Lake Louise is known as the sapphire of the Rocky Mountains and has beautiful

scenery. The emerald lake, beautiful mountains and clear waters, surrounded by wooden houses and villas, make it feel warm and peaceful.

Accommodation: Emerald lodge

Mileage: Canmore — Banff (25.6km) — Bow falls (2km) — Surprise Corner (3km) — Minewanka Lake (16km) — Moraine Lake (80km) — Lake Louise (20.4km) — Emerald Lake (36.8km)

 班芙 — 弓河瀑布 — 驚奇角 —

Banff - Bow River Falls - Cape Surprise -

D6
10/12(one)

Bow Lake—Butter Lake—Columbia Icefield—Pyramid Lake—Patricia Lake—Jasper

Today's meal breakfast:- Lunch:- dinner:-

Today's accommodation none

Bow Lake is the mother lake of Bow River. It is a high-altitude glacial lake. Although it is located beside the road, it still retains its beauty, and reflections of the lake light are common. The beauty of Bi Tou Lake is indescribable. The Columbia Icefield is a rare sight in the world. Thousands of years of glaciers touch the senses. When drinking water, you must remember its source. Athabasca Falls is surging and powerful. You can feel the strong negative ions and the air is particularly fresh. Pyramid Lake is the heart of Jasper, but it is shaped like a kidney and is the first choice for canoeing. As the name suggests, Patricia Lake has the temperament of a royal aristocrat, a noble dream.

Accommodation: Pyramid lake Resort

Mileage: Emerald Lake — Bow Lake (70km) — Peyto Lake (6.7km) — Columbia Ice Field (85.7km) — Athabasca Falls (72km) — Pyramid Lake (39.5km) — Patricia Lake (1.8km) — Jaspe National Park

 弓湖 — 碧透湖 — 哥倫比亞冰原

Bow Lake - Bitou Lake - Columbia Icefield

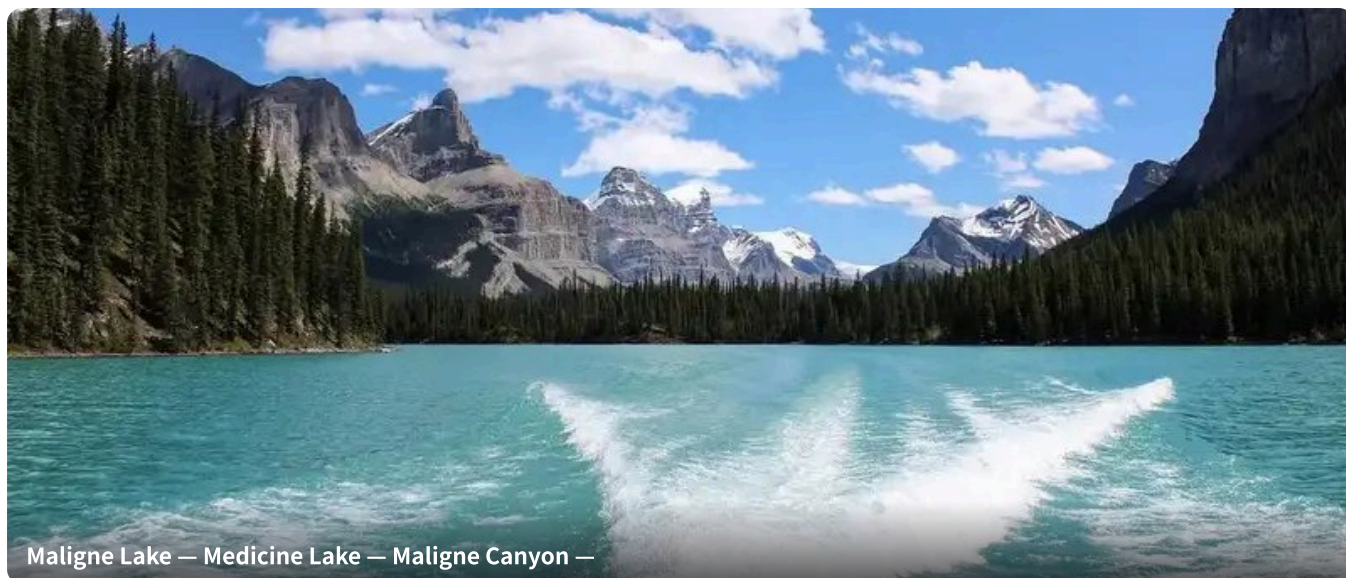
D7
10/13^(two)
**Maligne Lake — Medicine Lake — Maligne Canyon — Mount
Robertson — Blue River — Clearwater**
Today's meal breakfast:- Lunch:- dinner:-

**Today's
accommodation** none

There are many lakes in Jasper National Park, hence its name. Maligne Lake is the most beautiful and artistic lake in the Rocky Mountains, with high altitude and deep water. There is a spirit island in the lake, and cruise ships cruise among the mountains and rivers. There are rainbow trout and Brook trout in Medicine Lake, making it a paradise for anglers. Wild animals such as grizzly bears, black bears, elk, goats, stone rats, etc. are common nearby. Mount Robertson is the highest point in the Rocky Mountains. It is majestic and mysterious. It contains peaks, glaciers and rare and endangered species. Its geology and ecological conditions have been listed as a World Heritage.

Accommodation: Clear water lodge

Mileage: Jasper — Maligne Lake (48km) — Medicine Lake (22.5km) — Maligne Canyon (15km) — Robson Mt (92km) — Blue River (127km) — Clear Water (107km)



Maligne Lake — Medicine Lake — Maligne Canyon —

D8
10/14(three)

Clearwater — Hamkin Falls — Dowsing Falls — Kamloops — Colonna

Today's meal breakfast:- Lunch:- dinner:-

Today's accommodation none

The best place for white water rafting in Clearwater is Wells Gray Provincial Park, the second largest park in British Columbia. Most of the terrain is a canyon trend. It was carved by nature during the volcanic and glacial periods, creating many waterfalls. Therefore, it is known as the Waterfall Park. You can hike in the ancient forest and enjoy the majestic scenery like a majestic masterpiece. Two of the best waterfalls with different styles are specially selected for you to show off your extraordinary skills and create masterpieces of photography. Manna is the best place to produce American ginseng in Canada. Due to the special terrain and climate, it is conducive to its growth. The environment is strictly regulated, and it is famous for its excellent quality.

Accommodation: Delta Grand Resort

Mileage: Clear Water — Helmken Falls (46km) — Dawson falls (5.8km) — Clear Water (40km) — Kamloops (123km)



Clearwater — Hamkin Falls — Dowsing

D9
10/15 (Four)

Colonna - Summerhill Winery - Marriott - Noble Harrah - Langley - Vancouver

Today's meal breakfast:- Lunch:- dinner:-

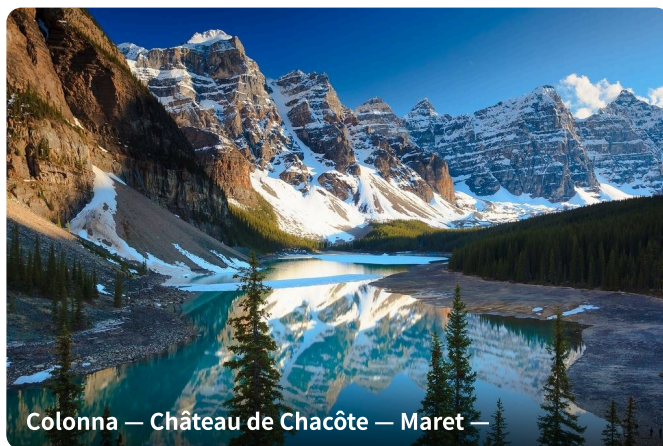
Today's accommodation none

Lake O'Callaghan is the fruit town of British Columbia. Orchards can be seen everywhere, and wineries are springing up like bamboo shoots. It has an elegant environment with beautiful mountains and rivers, like a paradise or Shangri-La. It has the most golf courses and complete equipment. Many enthusiasts yearn for playing golf. It is worth mentioning that the ice wine brewing here is world-famous. Due to the excellent quality of the grapes, it has been awarded the VQA mark by the government, proving that the quality of its wine is the best. Okragan Lake is also known as the Monster Lake. During the Indian period, a water monster was discovered, similar to a plesiosaur. It is said that the government provided a bonus of 2 million to reward the discoverer, attracting many explorers.

Mileage: Kelowna — Summerhill Winery (10km) — Merritt (136km) — Coquihalla Summit (76.2km) — Langley Rest Area (139km) — Vancouver (65km)



Colonna — Château de Chacôte — Maret —



Colonna — Château de Chacôte — Maret —

Rocky Mountains North and South Sensual 8 Days Itinerary features

HIGHLIGHTS · XO TOURS

Tour fee includes

See fee description.

Itinerary features

01 Enjoy Vancouver & Hope Town & Princeton &

03 Day 2 • Vancouver • Hope Town • Princeton

Traveling through the fertile farmland of the Lower Mainland of Greater Vancouver, the first stop is the gold rush town of Hope Town. It has been the filming location for more than ten Hollywood movies and the chainsaw carving capital of Canada. You can see various... Driving all the way south from Hope Town, passing by the disappearance of Johnson Mountain, a sloped mountain half a century ago, it is very sad. You can appreciate the incomparable power of nature at Princeton, Europe...

05 Day 6 • Lake Louise • Columbia Icefield • Pyramid Lake

The Columbia Icefield is a rare sight in the world. Thousand-year-old glaciers touch the senses. When drinking water, you must remember its source. Pyramid Lake is the heart of Jasper, but it is shaped like a kidney, making it the first choice for canoeing.

02 Enjoy Osoyoos & Christine Lake & Castergue &

04 Day 5 • Waterton National Park • Banff • Bow River Falls

Banff is a world-famous tourist town with the highest altitude. There is an endless stream of tourists all year round, and exquisite clothing can be found everywhere. Bow River Falls was the filming location for the Hollywood movie "Go East" in the 1950s, which made Marilyn Monroe famous.

06 Day 7 • Jasper • Maligne Lake • Mount Robertson

Maligne Lake is the most beautiful and artistic lake in the Rocky Mountains, with high altitude and deep water. There is a spiritual island in the lake, and cruise ships cruise among the mountains and rivers. Mount Robertson is the highest point in the Rocky Mountains. It is spectacular and majestic and has been shrouded in mystery for many years. There are peaks, glaciers and rare and

Accommodation information **HOTELS & CARE**

※ The hotel is subject to confirmation before departure.

Itinerary notes

- The above itinerary sequence and accommodation are subject to the information from the pre-departure briefing session.
- The company reserves the right to adjust the group itinerary if there are insufficient number of people or force majeure factors.



Fee description WHAT'S INCLUDED

Fee included

- ✓ Please inquire about Xin Lian Hua Holidays.

Not included in the cost

- ✗ Travel medical insurance (please be sure to purchase it yourself).
- ✗ Personal expenses and items not mentioned in the itinerary; tips for tour guides, drivers and tour leaders (unless otherwise stated).
- ✗ Visa fee: If you enter with a Chinese passport, you must hold a valid visa; if you enter with a U.S. passport, please follow the regulations of the destination.

General rules GENERAL TERMS

1. If you withdraw for any reason during the trip, the unused portion will be deemed to be automatically given up, and no refund, change or transfer to others is allowed.
2. If the itinerary is delayed or changed due to traffic delays, airline reasons, strikes, weather conditions, political factors, natural disasters or other force majeure factors, our company's representatives reserve the right to modify the itinerary and change hotels depending on the prevailing circumstances; any additional expenses caused by force majeure factors will be paid by the group members themselves without objection.
3. The contents and prices of this itinerary are subject to change due to season, climate and other factors. Please refer to the information at the pre-departure briefing without prior notice.
4. Please be sure to purchase travel medical insurance by yourself.

Passport Precautions PASSPORT & VISA

1. Any passport must be valid for more than six months from the date of return.
2. If you use a U.S. passport to enter the country, please apply for a visa according to the regulations of the destination; if you use a Chinese passport to enter the country, you must hold a valid visa; if you use other passports, please consult your travel agency in advance.
3. Even if a passenger holds a valid visa and travel document, but is refused entry by the Immigration Bureau or Customs officers upon entry, our company has nothing to do with it.



Use tourism to build a bridge for "world peace"

Contact us • Xin Lian Hua Holidays XO Tours [CONTACT](#)

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