

Camping America's West - NUFF

22 days: San Francisco to San Francisco

What's Included

Entrance fees to all National Parks with hiking and walking excursions. Orientation tours of San Francisco, Los Angeles, San Diego and Las Vegas. Drive California's scenic Highway 1 including Monterey and Big Sur. Entrance fee to Montezuma Castle. Sunset pizza at the rim in Grand Canyon. Visit to the famous Napa Valley.

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2013 - December 31st, 2013

Itinerary



Day 1 San Francisco

Arrive to our joining hotel at any time. Welcome meeting in the evening.

Day 2 San Francisco/Big Sur (1D)

Explore one of the greatest cities in the world: San Francisco! Discover some of the most iconic attractions such as bustling Fisherman's Wharf or the stately Golden Gate Bridge, a marvel of engineering and deco design. Crashing waves, rolling fog and sheer rocky cliffs will make this journey down California's Coast Highway 1 an unforgettable experience. Visit one of the most historic cities in California, Monterey. Marvel at the beautiful coastline and mountain ranges of Big Sur.

Approximate Distance to Monterey: 185 km ; Approximate Distance Monterey to Big Sur: 50 km

Estimated Travel Time: 7 hrs (including stops)

Day 3 Big Sur/Cachuma Lake (1B,1L,1D)

At Julia Pfeiffer Burns State Park witness a waterfall dropping from granite cliffs into the ocean. The journey along Highway 1 continues to impress, offering breath-taking views of the classic California coast. See the wonders of the night sky at Cachuma Lake while enjoying the warmth of the campfire.

Approximate Distance: 380 km

Estimated Travel Time: 7 hrs (including multiple stops)

Day 4 Cachuma Lake/Los Angeles (1B)

Arrive in Los Angeles. See the stars on the most famous sidewalk in Hollywood while on an orientation tour. Spend the afternoon visiting one of the most exciting amusement parks - Universal Studios. It is the largest movie studio in Hollywood and the workplace for numerous Hollywood stars. With a little luck you might come across the Simpsons or Steven Spielberg!

For our night in Los Angeles, we give up camping in favour of a more comfortable experience in a hotel.

Approximate Distance: 195 km

Estimated Travel Time: 6 hrs (including stops)

Day 5 Los Angeles/San Diego (1L,1D)

Drive through Beverly Hills and be fascinated by one of the world's most exclusive three-block district: Rodeo Drive. Discover for yourself why Santa Monica Pier and Venice Beach are one of the highlights of Los Angeles. In the afternoon cruise through Orange County and along the incredible Pacific coastline to the truly remarkable city San Diego! History, food and fun awaits us in beautiful historic Old Town.

Approximate Distance: 190 km

Estimated Travel Time: 4 hrs (including stops)

Day 6 San Diego (1B,1D)

San Diego is a great city to experience where life is lived outdoors. Check out world-famous Coronado Island. Afterwards experience optional attractions like Sea World, the amazing San Diego Zoo, take surf lessons and rent boogie boards or opt to relax on Mission beach. When the sun sets experience the Gaslamp Quarter District with numerous pubs and nightclubs.

Day 7 Scottsdale (1B,1L)

Visit the Imperial Sand Dunes, the largest mass of sand dunes in California. In the evening enjoy a night out in historic downtown of Phoenix. Inspired by America's famous Country music, opt to experience a real Cowboy bar.

To better experience the city, for our night in Scottsdale, we give up camping in favour of hotel accommodation.

Approximate Distance: 600 km

Estimated Travel Time: 8 hrs (including stops)

Day 8 Grand Canyon NP (1L,1D)

Gaze through the windows of the past and discover one of the best preserved cliff dwellings in North America, Montezuma Castle. Get out the camera for this next breathtaking experience as we take Arizona's famous scenic drive: Oak Creek Canyon. In the afternoon cool off at Slide Rock State Park. Continue to one of the earth's greatest on-going geological spectacles: the Grand Canyon. Take short hikes at the most spectacular gorge in the world and enjoy a pizza dinner at the rim as you view the stunning sunset.

Approximate Distance: 400 km

Estimated Travel Time: 8 hrs (including multiple stops)

Day 9 Grand Canyon NP (1B,1L,1D)

Considered among nature's most spectacular offerings, the Grand Canyon provides spectacular opportunities for you to explore. Wander along a trail and feel the sunshine and wind on your face as you admire awe-inspiring views. Sit and watch the changing play of light and shadows. With numerous viewpoints, the Grand Canyon will never look the same! In the afternoon enjoy a bird's eye view of the Grand Canyon with an optional helicopter flight or watch the most spectacular IMAX Adventure of all, the Grand Canyon Movie. Return to your campsite and enjoy a BBQ around the campfire to recapture the experiences from this memorable day!

Day 10 Grand Canyon NP/Lake Powell (1B,1L,1D)

Enjoy famous Lake Powell with its deep blue water surrounded by orange-red cliff walls. View the Glen Canyon Dam, the second largest of its kind in North America. Be in awe as you reach the overlook after a short hike to the famous Horseshoe Bend, shaped by the emerald green Colorado River. In the afternoon take time and relax on the beach. Optional Antelope Canyon tour is available.

Approximate Distance: 240 km

Estimated Travel Time: 4 hrs (including stops)

Day 11 Lake Powell/Monument Valley (1B,1L)

Discover one of the most majestic places on earth: Monument Valley! Magnificent colors, miles of mesas, buttes and pinnacles makes Monument Valley a truly wondrous experience. Learn about the Navajo culture that has been passed on through generations in order to keep the sacred traditions, beliefs and ceremonies alive. Take an optional jeep tour led by a Navajo guide through Monument Valley and enjoy a traditional meal on the tour prepared by Navajos as you sit around the campfire listening to their stories. Be inspired by a night under the stars as you camp in this magnificent atmosphere. See the sun rise from a perspective very few ever experience!

Approximate Distance: 225 km

Estimated Travel Time: 4 hrs (including stops)

Day 12 Monument Valley/Moab (1B,1L,1D)

Breathtaking views await us in the largest national park in Utah, Canyonlands. It offers many pullouts with spectacular views along the paved scenic drive. Take a break and escape on to one of the many trails, providing an unforgettable Canyon Country experience that will last a lifetime! In the evening enjoy a gorgeous sunset at Dead Horse Point State Park before we continue to Moab.

Approximate Distance: 255 km

Estimated Travel Time: 6 hrs (including stops)

Day 13 Moab (1B)

In the morning visit Arches National Park, carved and shaped by eons of weathering and erosion. It contains the world's largest concentration of natural stone arches. Explore the park's viewpoints and hike to sandstone fins, massive balanced rocks and soaring pinnacles. The afternoon is free to explore Moab or for optional activities such as rafting on the Colorado River, mountain biking or take an adventure on a Hummer tour.

Day 14 Moab/Bryce Canyon NP (1B,1L,1D)

Prepare yourself to be amazed as we take you to the heart of the American West! Witness isolated landscape of canyons, plateaus, and valleys as we travel on Scenic Byway 12, located in one of the most beautiful places on earth. Discover Capitol Reef National Park, filled with twisting canyons, massive domes, monoliths and spires of sandstone, which makes it a stunning, surreal adventure for everyone. Learn about the Fremont Culture, the first Native American settlers in this area as you view authentic petroglyphs. Driving through the amazing landscape of Grand Staircase Escalante National Monument we reach Bryce Canyon National Park. Experience this spectacular Park on trails among the amphitheaters and multi-colored rock pinnacles called "hoodoos". Optional Rodeo in the evening (when in season).

Approximate Distance: 445 km

Estimated Travel Time: 8 hrs (including stops)

Day 15 Zion NP/Las Vegas (1B,1L)

Zion is Utah's oldest National Park. With endless hiking possibilities awaiting, the region that the Virgin River has sculpted into a profound landscape masterpiece is a great setting to spend the afternoon. High plateaus, striking towers, temples, mesas, and the earth's tallest-known sheer sandstone walls will surround you with their awe-inspiring beauty. In the evening arrive in the city of lights, Las Vegas! Explore the famous "Las Vegas" strip and experience this unique city with an optional VIP limo tour!

For our two nights in Las Vegas, we stay close to the action in a hotel in the city center.

Approximate Distance to Zion: 144 km ; Approximate Distance Zion to Las Vegas: 270 km

Estimated Travel Time: 7 hrs (including stops in Zion National Park)

Day 16 Las Vegas

Full day to explore Las Vegas.

Day 17 Death Valley NP/Bishop (1L,1D)

Say goodbye to fabulous Las Vegas! Visit one of the country's most rugged landscapes, the legendary Death Valley, the hottest and driest spot and home to the lowest point in North America. Surrounded by peaks which soar to over 14,000 feet in elevation, Bishop, one of "America's Coolest Mountain Towns" sits directly in the center of an incredible area of natural beauty. Enjoy secluded hot springs where star gazing is amazing.

Note that on Day 18, we intend on using the Tioga Pass, a scenic route through the Sierra Nevada mountain range that connects Bishop with Yosemite NP. In the spring and autumn seasons, there's a chance that the pass will be closed due to poor weather conditions or even snow. In such a case, we use an alternate route today, and will spend the night in Lake Isabella instead of Bishop. The status of the road is monitored daily, and our travel plan for the area will be confirmed during the trip.

Approximate Distance: 430 km

Estimated Travel Time: 7 hrs (including stops)

Day 18 Yosemite NP (1B,1L,1D)

In the morning visit ancient Mono Lake and walk among dramatic and fascinating tufa towers. Marvel at the spectacular views of Yosemite National Park's magnificent peaks and granite domes as you enjoy one of the most scenic drives in California: the Tioga Pass! Take short hikes to majestic waterfalls, clear lakes, beautiful meadows and walk amongst giant sequoias. With a keen eye, you may be lucky enough to spot black bears, deer or coyotes.

Approximate Distance: 236 km

Estimated Travel Time: 7 hrs (including stops on the Tioga Pass)

Day 19 Yosemite NP (1B,1L,1D)

Full day to explore Yosemite National Park. Hike the many trails Yosemite has to offer and be inspired by this beautiful and amazing landscape. Option to rent bikes in Yosemite Valley.

Estimated Travel time: 2 hours

Day 20 Napa Valley/Petaluma (1B,1L,1D)

Venture out to world famous wineries in beautiful Napa Valley. Enjoy a nice lunch, then opt to taste delicious wine and leave the driving to us. In the afternoon take an optional canoeing trip on the scenic Napa River.

Approximate Distance to Napa Valley: 256 km ; Approximate Distance Napa Valley to Napa River: 95 km

Estimated Travel Time: 8 hrs (including stops)

Day 21 San Francisco (1B)

Discover most iconic attractions such as bustling Fisherman's Wharf or the stately Golden Gate Bridge, a marvel of engineering and deco design. Go back in time and take an optional cable car ride over the steep hills or rent bikes and explore the city on wheels. In the evening optional sunset sailing before it's time to say goodbye!

For our final night in San Francisco, we stay close to the action in a hotel in the city center.

Approximate Distance: 75 km

Estimated Travel Time: 4 hrs (including stops)

Day 22 San Francisco

Depart at any time.

What's Included

Entrance fees to all National Parks with hiking and walking excursions. Orientation tours of San Francisco, Los Angeles, San Diego and Las Vegas. Drive California's scenic Highway 1 including Monterey and Big Sur. Entrance fee to Montezuma Castle. Sunset pizza at the rim in Grand Canyon. Visit to the famous Napa Valley.

Highlights

Strolling the hills of San Francisco, savouring views of the scenic coastline, learning about Navajo culture, hiking through the best of the West's parks, sipping Napa Valley wine, standing on the rim of the Grand Canyon, playing the odds in Las Vegas.

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. An essential part of your trip is participation - from putting up your tent (while camping) or packing it away in the morning, to helping with meal preparation and cleaning up - it is all part of your adventure and when everyone puts in a little effort the trip will run smoothly. Your CEO will do all the meal planning, but we do ask the clients to help with the preparation and washing up. Team spirit is part of the fun! All camping equipment (with the exception of your sleeping bag and pillow) is supplied. We supply dome tents and assembly/disassembly takes only 5 minutes. All tents have built-in insect nets. Self-inflating mattresses are also provided, which are approximately 4cm thick, warm and comfortable.
2. Sleeping bags are a necessary for this tour, and can be purchased upon arrival if required.
3. In order to cover the vast distance in North America to be able to visit several different parks and cities along our trip, we will have a couple of long driving days.
4. All walks and hikes proposed by our CEO will be easy to moderate level. You may choose to participate or not, but exploring our national parks on foot is part of our way of travelling. It's a healthy way to discover North America's beauty and landscape.
5. Tioga Pass is a route through the Sierra Nevada mountain range of California on the eastern edge of Yosemite National Park, and we travel through the pass en route. In the spring and autumn seasons, there's a chance that the pass will be closed due to poor weather conditions or even snow. In such a case, we use an alternate route. The status of the road is monitored daily, and our travel plan for the area will be confirmed during the trip.
6. Please note that some trips could be a combination of multiple G Adventure tours. You should expect some group members to join or leave the tour between tour segments.
7. The American west is generally known for warm weather, but temperatures do vary significantly in the mountain and desert areas especially. The day time temperature could exceed 30 C, while the night time temperatures do regularly decrease to single digits, or even possible below freezing. Please be prepared for such extreme conditions.
8. Regarding our wi-fi equipped vehicles: we have limited bandwidth, and in the interests of allowing all travellers to access the wi-fi, travellers should limit their access to reasonable levels. Please note that wi-fi is not always available due to areas with limited or no cell phone service (e.g. in parts of national parks).
9. Please note that the legal drinking age in the United States is 21 and in Canada, 19 (with Alberta and Quebec at 18). Many bars and clubs will ask for ID at the door, therefore listening to live music in certain bars or spending a night out in Las Vegas or New Orleans is not possible when you are under the legal age, even if you don't plan on consuming alcohol. Drinking laws in both countries are strictly enforced and our CEOs are unable to help those under age obtain alcohol of any kind.

While this should not stop those under legal drinking age from booking a tour, it is important to note that if a traveller is under-age there are certain optional nighttime activities that they may not legally be able to participate in. When trying to book the right trip, we recommend that travellers under legal drinking age take this into consideration when booking a tour that visits several big cities.

10. A NOTE ON HOMELESSNESS:

San Francisco hosts a considerable population of homeless. Homelessness is a crisis in America, and nowhere is it more evident than here; with as many as 10,000 people without permanent homes, San Francisco has become the homeless capital of America.

As you explore San Francisco with your G Adventures group, you will likely encounter the city's homeless. While we understand the urge to help those in need, we recommend that you not donate directly to people you meet on the street. The best response is to smile, say that you do not have any money and continue on your way.

San Francisco is a beautiful and safe city, and our hotel is ideally situated for further exploring on your own. That said, when exploring independently, we suggest you avoid the area to the southwest of the hotel.

We completely understand that stifling the urge to help out can make you uncomfortable. There are dozens of shelters, food banks and aid organizations dedicated to helping the city's needy, and your CEO will be more than happy to help you make a donation. It really is the best way to make a change.

Group Leader Description

This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). The CEO will be the group manager, leader and driver - this person is experienced in the routes travelled and will organize and lead the meal preparations and has experience in cooking a variety of local and international dishes for large groups.

As the group coordinator and manager, the aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. They will also offer suggestions for things to do and to see, recommend great local eating venues and introduce you to our local friends.

We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

Group Size Notes

Max 13, avg 10.

Meals Included

15 breakfasts, 14 lunches, 13 dinners.

Meals

Most of the meals on this tour are included in the tour price. When a meal is not included, this is because there are often many options available - we would like to give you the opportunity to explore a bit and taste the local cuisine yourself. In these cases, your CEO will be able to suggest some good local restaurants or options for you to choose from.

All included meals will be prepared from fresh local produce. The majority of the shopping for food will be done before the trip departs, and fresh goods, such as meats, fruits, vegetables, and dairy products, will be bought en route during the trip from supermarkets, local shops and markets. Breakfasts will generally consist of breads and cereals, if time allows a warm breakfast may be prepared. Many lunches will be provided en-route and will be light meals such as sandwiches and/or salads. All evening meals will be freshly-prepared hot meals, and will consist of a variety of continental and local dishes.

Our CEO will organize the meal preparation and lead the way here, but will prepare a duty schedule for ensuring a fair, rotating participation from you and your group members in the meal preparation and dish washing duties.

Vegetarian meals and other dietary requirements need to be specified prior to arrival.

Meal Budget

Allow USD150-175 for meals not included.

Transport

Air-conditioned private touring van

About our Transportation

We use 15-passenger vans for up to 13 people plus the CEO/Driver for all our of our trips in North America. For groups of 8 and more travellers, we also use a trailer to carry luggage and camping equipment.

These vans are durable vehicles that allow us to drive on most types of roads in North America.

Each van has a front passenger seat and 4 benches that will accommodate 3 people each. No standing is permitted in these vehicles, but there is air conditioning to cool things down on warm days and mandatory seat belts to us secure and safe.

This is not a physically demanding journey. However, travelling can be difficult, with long drives and limited space in the van. Please take note of the travel times and distances in the above itinerary. Despite some of the long days, most clients feel that the diversity of the North American landscape, culture and wildlife are all well worth the experience!

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels (6 nts), participation camping (15 nts)

My Own Room

If you have booked the "My Own Room" option for this tour, you will receive your own single room/tent for all night stops.

About Accommodation

This trip includes a few nights in hotels, used mainly in cities, and most of the nights on tour we camp in tents in public and private camp grounds.

The hotels that we use are well located, good quality, 2-3* venues, based double occupancy with a private, en route bathroom.

All camping equipment (with the exception of your sleeping bag and pillow) is supplied, including camp mattresses, which are warm and comfortable. We supply dome tents and assembly/disassembly takes only 5 minutes. They are good quality, durable, industry-standard 2-person pop-up tents, each with 2 separate and convenient zip-up doors and vestibules, so that each person has his/her own entrance.

We use 2 types of campgrounds in North America:

1. Private campgrounds: These are privately run sites, usually with all services such a fire pit, picnic table, drinking water, toilet & shower buildings. Some have small outdoor swimming pools and laundry facilities. These campgrounds are located near national park entrances or towns.
2. Public campgrounds: These are park-run sites, usually with basic facilities such a fire pit, picnic table, and drinking water. In some cases, these types of campgrounds don't have showers, only pit toilets and a lake! In other locations, toilet and shower facilities may be located outside of campground, or at times in another location, a drive away. Some of them have also shower fees (\$2-6/shower).

Joining Hotel

Touchstone Hotel
480 Geary Street
San Francisco
California, USA
+1 415 771 1600

Please note, the following 2013 departures will be at the Best Value Inn Soma:
August 31st 2013

Best Value Inn Soma
10 Hallam St
San Francisco
California
USA
+1 (415) 431-0541

Please note, the following 2013 departures will be at the Adante Hotel:
September 14th 2013

Adante Hotel
610 Geary Street
San Francisco
California
USA

Joining Instructions

Joining Instructions for the downtown hotels (all hotels except Red Roof Inn):

The international airport in San Francisco is located 14 miles (22 km) from downtown San Francisco. When arriving at the International Airport in San Francisco, proceed to the Arrivals Hall, where you have three transport options; public Taxi, door-to-door shuttle or the public Bay Area Rapid Transit (BART).

Taxi

On the Arrivals/Baggage Claim Level continue to the designed taxi zones located at the roadway center islands right outside the Arrivals Hall. Uniformed taxi coordinators will help you with any questions you may have but it should be fairly easy to find a taxi. The approximate fare to downtown San Francisco is \$40 (depending on traffic) plus gratuity.

Door-to-Door Shuttle also known as "Shared-ride Vans"

This is probably the most convenient way to get to your hotel and definitely cheaper than a taxi ride from the Airport. From the Arrivals Hall make your way up one floor (Level 3) to the Departures/Ticketing Level. Proceed to the Center Island Transportation Zone located outside. Again, there will be uniformed coordinators to help you just in case you have any questions. You will see quite a few shuttle companies but wait for the Vans that say either "Go Lorries Shuttle" or "Super Shuttle". The fare to your hotel is between \$15 and \$17 plus gratuity. This shuttle service is on a walk-up basis so it might take a few minutes until you see the right shuttle that will take you to the heart of San Francisco!

BART (Bay Area Rapid Transit) public transportation

The cheapest and definitely the most adventurous way to get to your hotel is by BART. The fare to downtown San Francisco is \$8.10 (approximately 25 min). The BART station is located on the Departures/Ticketing Level of the International Terminal (Boarding Area G side). From any Terminal you can reach BART by taking the AirTrain to Garage G/Bart (no fare). Once at the station you need to get a ticket at the vending machine that accepts cash or credit card. Then you need to enter your ticket into the fare gate. The ticket will be returned to you since you will use the same ticket again when you exit BART at Civic Center/UN Plaza SF. From here you have approximately a ten minute walk. Enjoy the first glimpse of beautiful San Francisco!

Joining Instructions for the Red Roof Inn:

The international airport in San Francisco is located 3 miles (5 km) from the Red Roof Inn. When arriving at the International Airport in San Francisco, proceed to the Arrivals Hall, where you have two transport options; public Taxi or Courtesy hotel shuttle. All transportation is located either on the Departures/Ticketing Level or the Arrivals/Baggage Claim Level at both International and Domestic Terminals.

Taxi

On the Arrivals/Baggage Claim Level continue to the designed taxi zones located at the roadway center islands right outside the Arrivals Hall. Uniformed taxi coordinators will help you with any questions you may have but it should be fairly easy to find a taxi. The approximate fare to this hotel is \$15 (depending on traffic) plus gratuity.

Courtesy Hotel Shuttle

This is probably the most convenient way to get to your hotel and it's free (besides a small gratuity for your driver). From the Arrivals Hall make your way up one floor (Level 3) to the Departures/Ticketing Level. Proceed to the Center Island Transportation Zone located outside. For arrivals after midnight, please call the hotel for pickup. Again, there will be uniformed coordinators to help you just in case you have any questions.

Please note that day 1 is an arrival day and no activities have been planned, though a brief departure meeting will be held in the hotel on the evening of day 1. When you arrive at our joining hotel you will find the time and place of the meeting on a welcome note hung in the hotel lobby. If you are unable to find the note, please just ask the front desk staff.

At the meeting you will meet other tour participants and receive information about general and specific aspects of the trip. If you arrive late and miss the meeting, your CEO will leave you a message detailing what time and where you should meet the next morning.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call the G Adventures Local Representative. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel

EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (San Francisco)
During office hours (Weekdays, 8:30am-5:30pm PST)
From outside the USA: +1 707-538-8395
From within the USA: 707 538 8395

After hours emergency number

From outside the USA: +1 707-495-9488 (Jessica)
From within the USA: 707-495-9488 (Jessica)

If you are unable for any reason to contact our local operator, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0844 272 0000
Calls from Germany: 01805 70 90 30 00
Calls from Australia: 1 300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

You will be on the move a lot, so our advice is to pack as lightly as possible.

For days in the outdoors, we recommend the use of lightweight, breathable, moisture-wicking fabrics made of wool or synthetic fibers. Cotton is not recommended for days to spend hiking as it does not allow for heat or moisture to enter or escape, and it will not dry easily once wet.

We recommend the use of a well-labeled duffel bag, soft bag or backpack (whichever you find easiest to carry). Suitcases or heavy luggage are not recommended for the health of the CEO! A good size day-pack (20-35L) is also essential as you will have the chance to walk and hike in different national parks during these trips This daypack will be used to carry your personal gear for the day, lunch and water bottle.

The American west is generally known for warm weather, but temperatures do vary significantly in the mountain and desert areas especially. The day time temperature could exceed 30 C, while the night time temperatures do regularly decrease to single digits, or even possible below freezing. It is therefore important to pack clothes for warm days and cool evenings - a light jacket is necessary.

Seasonal temperature ranges:

March - May ; September to December: -7 C to +30 C
June – August: 0 C to + 35 C

Additionally, a set of smart casual clothes is also advisable.

Checklist

Travel

- Credit and/or debit card (see spending money)
- G Adventures vouchers, pre-departure information and trip details
- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- Any entry visas or vaccination certificates required
- Camera and memory cards
- Charger for phone/camera/music device
- Reading/writing material

Equipment

- Insect repellent (for North West and East Coast only)
- Head lamp with batteries
- Hand sanitizers/ antibacterial wipes
- Rain Cover or plastic bags for daypacks
- Small towel (pack towels are good) and swim wear
- Sun hat
- Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Water bottle (at least 2L capacity)
- Pocketknife
- Watch or alarm clock
- Sleeping bag : a down or synthetic sleeping bag (0° to +5°C) for the summer and warmer for spring and fall season (-15°C). You can purchase sleeping bags on the first day of the trip. An appropriate sleeping bag will cost from \$40-\$60USD. At the end of your journey, if you would like to donate your sleeping bag you can leave it with your CEO and we will donate it to a local charity.
- Sleeping bag liner (synthetic or silk - optional)
- Pillow (pack pillow recommended)
- First-aid kit (should contain lip salve, Aspirin, Band-Aids, anti-histamines, motion sickness remedy, after-bite salve and extra prescription drugs you may be taking).

Clothing and Footwear

- 3 or 4 lightweight shirts or T-shirts
- Fleece/jacket
- Windproof/waterproof jacket (rain gear)
- 2 pair of shorts
- 1 pairs of long trousers
- 2 pair hiking pants/track pants
- Comfort clothing for the night
- 3 to 5 pair of walking/hiking socks (synthetic or wool)
- Under garments
- Warm thermals/long underwear (fall and spring season only)
- Warm wool hat and gloves (fall and spring season only)
- Good hiking shoes or boots
- Sport sandals (suitable for water if you are planning on rafting)
- Extra comfortable slip-on sandal or shoes for the campsites

Optional Items:

- Hiking poles, binoculars, Playing cards, games, frisbee, notebook, pens/pencils

Laundry

Laundry can be done at least once a week while on tour. Some private campgrounds and most cities have laundromats where you can buy soap and wash your laundry in coin-operated machines. Your CEO will advise you along the trip where you will be able to do your laundry.

Visas

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check yourself and understand that you are fully responsible for your own visa requirements.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The United States currency is the US Dollar (USD).

Credit cards are accepted almost everywhere in the US and can be used to purchase small and large items. When purchasing products or services with a foreign credit card in the USA, you may be charged additional fees by your credit card company for foreign purchases.

Credit cards and debit cards are very useful for cash advances but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs). Both Cirrus and Plus system cards are the most widely accepted debit cards. Both Visa and Master Cards are the most widely accepted credit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work check with your bank before you travel. A visit to an ATM can be arranged on Day 1 and other days of the trip.

Do not rely on credit or debit cards as your only source of money. A combination of US Dollars as cash (preferably smaller bills, 5's, 10's and 20's), traveller's cheques and credit cards is best. Currency exchange is best obtained prior to travel or at the airport, currency exchange is very difficult to find in the USA and most banks do not accommodate.

Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Tipping

It is customary in North America to tip service providers such as waiters, bartenders and taxi drivers, at approximately 15-18%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are times during the trip where there is opportunity to tip any local guides used. Recommendations for tipping local guides would range from \$2-8 USD per activity depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures Chief Experience Officer did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline \$5-10 USD per person, per day can be used as a guide. If your CEO exceeded your expectations, feel free to tip more.

Optional Activities

Optional activity prices are subject to change and can fluctuate in relation to the high/low season and the number of people on a specific excursion. Not all excursions listed here may be available, due to season or weather conditions. As generally not a lot of time is spent in start/end cities, you may want to arrange to arrive early, or stay longer after the trip in order to allow sufficient time to participate in optional activities there.

All prices are per person, are in US dollar amounts.

Las Vegas

Limo Tour (1.5 hrs) US\$40

Grand Canyon:

Helicopter Flight 25 min US\$234 ; 45min US\$264

IMAX Movie US\$14

Mule Ride US\$123

Los Angeles

Universal Studios US\$80

Seaworld San Diego & Universal Studios Hollywood US\$135

San Diego

Seaworld US\$78

Seaworld San Diego & Universal Studios Hollywood US\$125

Zoo US\$44

Boogie Board Rental (1/2 day) US\$10

Surf Board Rental US\$5-15 depending on equipment

Lake Powell

Antelope Canyon (1.5 hrs) US\$35

Horseback Riding (2 hrs) US\$60

Monument Valley:

Jeep Tour (2.5 hr tour) & Dinner US\$70

Jeep Tour (2.5 hr tour) US\$40

Moab

Guided Mountain Biking (1/2 day) US\$45-65

Backcountry Hummer Tour (2 hrs) US\$79

Bryce Canyon

Rodeo US\$11

Yosemite

Bicycle Rental US\$11 per hour

Horseback Riding (2 hr) US\$64

San Francisco:

Cable Car Ride US\$6 one way, US\$14 one day

Bike Rental (full day) US\$32 or US\$36 (for higher end bike)

Day sailing tour (1.5 hrs) US\$25

Sunset Sail (1.5 hrs) US\$40

Russian River

Canoe Trip (2 people, 4 hrs) US\$85

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer

no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

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www.gadventures.com/travel-resources/safety/

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays

all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.