



Active Canadian Rockies Adventure

8 days, Calgary to Calgary

Trip code NCWL

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Trip to Waterton National Park

- Hike along Bertha Lake trail
- Visit to Red Rock Canyon
- Hike the Crypt Lake or Carthew Summit trails
- Hike the short but sweet Ptarmigan Cirque trail
- Burstall Pass trail
- Banff National Park visit
- Climb up Fairview Mountain
- Bike ride in Banff
- Walk the Iceline trail in Yoho National Park
- Camp out under the stars
- All transfers between destinations

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, 2026 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Calgary/Waterton Lakes

Enjoy a morning welcome meeting with your CEO in Calgary before making the trip to Waterton National Park. Have a picnic lunch outside upon arrival to fuel up before setting out to hike the Bertha Lake trail. The switchbacks are tough, but the view of the valley below from the blue-green waters of Lake Bertha are well worth the climb. Visit Red Rock Canyon afterwards for a short walk into this geological phenomenon before setting up camp in the evening to chow down on dinner around the fire.



Meals included

Lunch | Dinner



Accommodation

Waterton Townsite Campground (or similar)

Campground



Today's Activities

Private Vehicle

Calgary - Waterton Lakes

3h

Settle in and scan the scenery from the convenience of a private vehicle.

Bertha Lake Trail

Waterton Lakes

4h30m

11km

The climb is steep, but worth it when you throw in the beautiful lake that is your destination. You'll hike through sub-alpine forest climbing up 21 switchbacks and an old growth forest. The wide-open views of the Waterton Valley make the switchbacks more manageable on the way up. See the cascading water of Upper Bertha Falls as it runs down into the valley and then pick a spot along the lake to take in the glory of the breathtaking views and green-blue waters of the lake.

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Red Rock Canyon Visit

Waterton Lakes

A stunning natural treasure just waiting to be explored, Red Rock Canyon is a must-see when in Waterton. Created through water erosion the canyon features an array of red and green coloured rocks, called argillite. The colours really pop amid the surrounding lush vegetation. The perfect place to relax, take some photos, and enjoy the great outdoors.

Wake up to the smell of pine, emerge from the tent, and have breakfast at camp. Get ready for a full day of hiking, lace up those boots, bring plenty of water and hit the trail. The group will be hiking either the Crypt Lake or Carthew summit trail, please note that there won't be enough time for both. You'll indulge in a picnic lunch halfway through and enjoy highlights like, roaring waterfalls, panoramic views, alpine bowls, and a 60ft tunnel through a mountain.



Meals included

Breakfast | Lunch



Accommodation

Waterton Townsite Campground (or similar)

Campground



Today's Activities

Carthew Summit Trail

Waterton Lakes

6h-8h

This 12 mile one-way day hike offers scenic views that will make you stop in your tracks. It's one of the most popular hikes in Waterton Lakes National Park. Hike by four gorgeous lakes and take in views of Glacier National Park in Montana to the south as you work your way up to Carthew Summit.

Crypt Lake Trail

Waterton Lakes

6h-8h

This hike is accessed through a local ferry system and begins with a gradual climb through shaded forests. Once the forest starts to thin out the strenuous part of the hike starts. After Burnt Rock Falls the hike climbs up onto the open alpine mountainside with incredible views. Depending on how far you go there may be some climbing up a steel ladder to access the 60ft tunnel through the mountain. Certainly not for the faint of heart or those who fear heights, although you will be rewarded with bird's eye views.

Enjoy a breakfast at camp before hopping into our private vehicle en route to Kananaskis. Nothing breaks up a road journey like snacks so we stop in Longview for some famous jerky to stock up. Fuel up with a picnic lunch before starting off on the first and only hike of today along the Ptarmigan Cirque trail. This steep trail offers spanning views of the surrounding mountains from an alpine meadow and also happens to be the highest paved pass in Canada. After finishing the hike, we head to our campsite, set up our tents, and have dinner together by the campfire.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Boulton Creek Campground (or similar)

Campground



Today's Activities

Private Vehicle

Waterton Lakes - Kananaskis

3h30m

Settle in and scan the scenery from the convenience of a private vehicle.

Ptarmigan Cirque Hike

Kananaskis

1h30m-2h

Ptarmigan Cirque trail is a short, but sweet hike that delivers loads of scenery. From coniferous forest, to high alpine meadows, mountains, and waterfalls this trail has it covered. It's classified as moderate because of the elevation gain, although most of that occurs during the beginning making the rest feel relaxing in comparison. By the time you reach the meadows the pounding of your heart in your ears should have subsided.

Day 4

Kananaskis

In the morning after breakfast at camp the group will head straight to the trailhead of Burstall Pass. Spend the entire day hiking this route with a picnic lunch about halfway through to get some more energy for the hike back down. The views along the pass are magnificent and offer plenty of opportunities for more adventurous rock scrambling and climbing. Back at camp in the evening share dinner as a group around the campfire.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Boulton Creek Campground (or similar)

Campground



Today's Activities

Burstall Pass Hike

Kananaskis

4h-7h

A classic hike in Kananaskis, the trail moves past several marshy lakes and streams before climbing up into the alpine meadow and finishing in the high mountain pass with grand views of often snow covered mountain peaks in the background.

Day 5

Kananaskis/Lake Louise

After another morning outdoors enjoying a breakfast at camp the group will travel to Lake Louise. It's a day jam packed with activities that will get you out into the beautiful scenery of Lake Louise. In the morning you will drive from Kananaskis to Banff. Once here you will enjoy a bike ride around town to explore. Drive to camp in the evening.



Meals included

Breakfast | Dinner



Accommodation

Lake Louise Campground (or similar)

Campground



Today's Activities

Private Vehicle

Kananaskis - Lake Louise

45m-1h

98km

Settle in and scan the scenery from the convenience of a private vehicle.

Bike Ride in Banff

Banff

3h

Rent trail bikes for 3hrs to discover Banff and the surrounding areas. Opt for the easy going cycle paths and trails in town to explore the commercial and residential streets of the downtown area or take in the stunning scenery found on the legacy trail a 23 km trail of paved pathway and parkway from the Bow Valley Parkway to the Banff Park East Gate. Riding along the vermilion lakes just north of town. Thrill seekers can also choose from one of the many mountain biking trails in the area.



Optional Activities - Day 5

Canoeing

Banff

5775CAD

2h-3h

Rent a canoe and leisurely enjoy the scenery on Vermillion Lakes.

Banff Gondola Ride to Sulphur Mountain

Banff National Park of Canada

75-90CAD

2h-3h

Take a gondola to the famous Sulphur Mountain and enjoy the spectacular view of the whole mountain range and the village below.

Day 6

Lake Louise

In the morning the group will leave Lake Louise and travel to Yoho National Park to hike the Iceline Trail there. It's one of the best hikes in the park featuring unbeatable views of glacier peaks, rugged alpine landscapes, and cascading waterfalls. Eat a picnic lunch overlooking this beautiful landscape and then travel back to Lake Louise where you can spend some time in town before heading back to camp for dinner as a group.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Lake Louise Campground (or similar)

Campground



Today's Activities

Private Vehicle

Lake Louise - Yoho National Park of Canada

1h-2h

Settle in and scan the scenery from the convenience of a private vehicle.

Iceline Trail Hike

Yoho National Park of Canada

7h-9h

14km

This signature day hike within Yoho National Park is the perfect way to get out into this rugged landscape and explore. Typically hiked as a loop, this trail is roughly 13 miles in length and gains about 3,000 ft in elevation. Some of the highlights include out of this world viewpoints of several glaciers, sweeping views of Yoho and Little Yoho Valleys, and plenty of waterfalls.

Private Vehicle

Yoho National Park of Canada - Lake Louise

1h

Settle in and scan the scenery from the convenience of a private vehicle.

Day 7

Lake Louise

In the morning set out on a hike up Mount Fairview. After, travel to Banff. Once here it's an afternoon of freedom to enjoy any activity that catches your eye. There are canoe rentals, bike rentals, scenic raft tours, the Banff gondola, and of course exploring on your own two feet with another hike. But if hiking feels too daunting, know that you can spend your time as you choose in the majesty of this national park and still feel connected to the space.



Meals included

Breakfast | Lunch



Accommodation

Lake Louise Campground (or similar)

Campground



Today's Activities

Fairview Mountain Hike

Lake Louise

4h-5h

Fairview Mountain looks impossible to climb from the ground, but don't worry it's not nearly as harrowing as it looks. It sits on the edge of Lake Louise and offers hikers 1000 metres in elevation gain, but is very manageable for strong walkers. The best part? It doesn't take long before the views become fantastic. As you climb you'll be able to see Saddleback Mountain on one side and the rocky cliffs of Fairview on the other with a wide vista opening up before you staring down into the Bow Valley.

Private Vehicle

Lake Louise - Banff National Park of Canada

45m-1h

58km

Settle in and scan the scenery from the convenience of a private vehicle.

Banff National Park Visit

Banff

Magnificent Banff—Canada's first and most famous National Park. Rocky Mountain peaks, turquoise glacial lakes, scenic drives, and a quaint mountain town. First, gaze in wonder, then immerse yourself in a park that has it all! Hike alongside picture-perfect mountains, glaciers, lakes, ice fields, canyons, and even hoodoos. Keep an eye out for wolves, grizzly bears, elk, and mountain lions. Banff's blend of towering peaks and flower-strewn meadows make it a dream location to enjoy the great outdoors and mountain scenery.

Private Vehicle

Banff National Park of Canada – Lake Louise

45m-1h

58km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 8

Lake Louise/Calgary

Transfer from Lake Louise to Calgary. Tour ends on arrival into Calgary.

Please do not book onward travel earlier than 3pm.



Meals included

Breakfast



Today's Activities

Private Vehicle

Lake Louise – Calgary

8h

250km

Settle in and scan the scenery from the convenience of a private vehicle.

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Trip to Waterton National Park
- Hike along Bertha Lake trail
- Visit to Red Rock Canyon
- Hike the Crypt Lake or Carthew Summit trails
- Hike the short but sweet Ptarmigan Cirque trail
- Burstall Pass trail
- Banff National Park visit

- Climb up Fairview Mountain
- Bike ride in Banff
- Walk the Iceline trail in Yoho National Park
- Camp out under the stars
- All transfers between destinations

What are the main highlights of this trip?

Visit Waterton National Park, Hike Bertha Lake trail and visit Red Rock Canyon, Hike the short but sweet Ptarmigan Cirque trail, Get those hearts pumping on the Burstall Pass trail, Visit stunning Banff National Park, Embark on a scenic bike ride in Banff, Check out the amazing views along the Iceline trail in Yoho National Park.

What are the main highlights of this trip?

Visit Waterton National Park, Hike Bertha Lake trail and visit Red Rock Canyon, Hike the short but sweet Ptarmigan Cirque trail, Get those hearts pumping on the Burstall Pass trail, Visit stunning Banff National Park, Embark on a scenic bike ride in Banff, Check out the amazing views along the Iceline trail in Yoho National Park.

Is there a disclaimer I should read before booking this trip?

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 the operator. 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.

Is there a travel disclaimer for my itinerary I should review before booking this trip?

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.

What important notes should I be aware of before the trip?

1. HIKES AND WALKS

All walks and hikes proposed by our CEO will be a 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 Canada's beauty and landscape.

2. COMBO TRIP

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.

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.

3. 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. Comfortable, self-inflating mattresses are also provided, which are approximately 4cm thick.

4. Proper sleeping bags are necessary for this tour. Please ensure that your sleeping bag is rated to (-17°C for spring and fall trips and 0°C for trips June - Sept). Prices range from \$60-\$150USD. Please note that rental sleeping bags are not available.

5. Please note that the legal drinking age in the United States is 21. 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 is not possible when you are under the legal age, even if you don't plan on consuming alcohol. Drinking laws 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.

What is the group leader like?

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.

How large will the group be?

Max 12.

What meals are included in this trip?

7 breakfasts, 6 lunches, 5 dinners

What are the meals like on this trip?

All included meals will be prepared from goods bought en route 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.

What are the modes of transportation on my trip?

Private vehicle, hiking.

What transportation will we take on this trip?

For this trip we use 15-passenger vans for up to 12 people plus the CEO/Driver. For groups of 8 and more travellers, we also use a trailer to carry luggage. These durable vehicles 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 with mandatory seat belts to keep us secure and safe. No standing is permitted in these vehicles.

Please take note of the travel times and distances in the above itinerary. There is air conditioning to cool things down on warm days to keep everyone more comfortable. Despite some of the long days, most travellers feel that the diversity of the North American landscape, culture, and wildlife are all well worth the experience!

Is there an extra cost for travelling solo?

We believe solo 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 solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Participation camping (7 nts).

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

What kind of accommodation can I expect on this trip?

Participation camping in clean local campgrounds.

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

We use 2 types of campgrounds in Canada:

1. Private campgrounds: These are privately run sites, usually with all services such as fire pits, picnic tables, drinking water, toilets & shower buildings. Some have small outdoor swimming pools and laundry facilities. These campgrounds are typically located near national park entrances or towns.
2. Public campgrounds: These are park-run sites, usually with basic facilities such as fire pits, picnic tables, and drinking water. Some may have shower fees for onsite facilities (\$2-6/shower).
- 3.) All campgrounds provide showers and sanitary facilities within the campground.
- 4.) Charging stations may or may not be available at every campground. Most provide them, but your CEO can alert you when there will be a time between charging access points.

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

From Calgary airport (YYC), to reach your starting accommodation you can take the public Calgary Transit bus, a door-to-door shuttle or a local taxi. Please go to the airport information desk for assistance.

All transportation is located on the Arrivals/Baggage Claim Level at both International and Domestic Terminals.

WELCOME MEETING TIME: 08:00

Please note that Day 1 is also a travel day, departing Calgary around 9am from the joining hotel. Please refer to your tour voucher for your confirmed starting point.

Your CEO will organize a short meeting on the morning of Day 1 during which you will meet other tour participants and receive information about general and specific aspects of the trip. Should you arrive early, a welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, please call the emergency line as soon as possible to arrange onward transportation to catch up with the group.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

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.

EMERGENCY CONTACT NUMBERS

G Adventures Local Representative

From outside the USA: 1-514-948-4145

From within the USA: 514-948-4145

If you are unable for any reason to contact our local representative, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

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 information should I be aware of as the itinerary draws to a close?

Please note this tour ends on arrival into Calgary. Your flight must depart no earlier than 16:00.

Are there any additional packing suggestions I should consider?

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 spent hiking as it does not allow for heat or moisture to enter or escape, and it will not dry easily once wet.

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. Heavy luggage is not recommended for the health of the CEO, who will take a lead in loading the storage trailer. Due to space in the trailer, we will not be able to accommodate more than one piece of main luggage per person. A good size day-pack (20-35L) is also essential to carry your personal gear for the day, as access to luggage between destinations will be limited. This daypack will be used to carry your personal gear for the day, your lunch and a water bottle.

It is important to pack clothes for warm days and cool evenings, as well as a light jacket. A set of smart casual clothes is also advisable.

NOTE: Mountains in the Canadian Rockies can have unpredictable weather with snow and heavy rain even in Summer time. Spring time could be snowy (until end of June) and fall season could start as soon as mid-August. Make sure you have equipment and clothing for all conditions!

What should be on my packing list?

Camping:

- Bug net/ bug spray
- Day Pack (with water bladder or refillable bottle)
- Flashlight/torch (Headlamps are ideal)
- Hiking boots/sturdy walking shoes
- Sleeping bag and liner, 4 season
- Small travel towel
- Socks
- Sunglasses
- Sunscreen
- Thermal base layer
- Toiletries (Preferably biodegradable)
- Travel pillow
- Watch and alarm clock
- Waterproof daypack cover
- Windproof rain gear (Rain and Windproof rain gear - pants and jacket)
- Your own inflatable sleeping pad (or you can use the one provided)

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

NCUR:

- Antibacterial wipes/gel
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Flight info (Printouts of e-tickets may be required at the border)
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Insect repellent
- Insurance info (With photocopies)
- Long pants/jeans
- Passport (With photocopies)
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Pocketknife
- Quick-dry socks
- Reusable water bottle
- Shirts/t-shirts
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sleeping bag and liner, 4 season
- Slip-on sandals or shoes
- Small travel towel
- Sport/hiking sandals
- Sunblock
- Sunglasses
- Sun hat/bandana
- Swimwear
- Thermal base layer
- Thermal underwear
- Toiletries (Preferably biodegradable)
- Underwear
- Visas or vaccination certificates (With photocopies)
- Vouchers and pre-departure information
- Walking poles
- Warm gloves
- Warm hat
- Watch and alarm clock
- Waterproof backpack cover
- Weather-appropriate clothing
- Windproof rain gear

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: Please remember to bring mosquito spray and sunscreen on your adventure. Packing Hiking boots/sturdy walking shoes is also very necessary.

When can I do my laundry on this trip?

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.

What are the visas and entry requirements for my trip?

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 the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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.

What should I know about currency, credit cards, and exchanging money while on this tour?

The Canadian currency is the Canadian Dollar (CAD).

Credit cards are accepted almost everywhere in Canada and can be used to purchase most items. When purchasing products or services with a foreign credit card in Canada, 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 Canadian Dollars as cash (preferably smaller bills, 5s, 10s and 20s) and credit cards is best.

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

How much emergency money should I bring on this trip?

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!

Should I be tipping on my trip?

It is customary in North America to tip service providers such as waiters, bartenders and taxi drivers, at approximately 18-20%, 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 \$10-15 USD per person, per day can be used as a guide. If your CEO(s) exceeded your expectations, feel free to tip more.

What activities are optional on this trip?

Banff

- Canoeing (57.75CAD per person)

Banff National Park of Canada

- Banff Gondola Ride to Sulphur Mountain (75-90CAD per person)

What do I need to know to about safety and security on my trip?

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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What rules should I know before joining this trip?

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.

Is travel insurance required for my trip?

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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

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.

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

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 the operator. 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.

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.