



## **Canadian Rockies Encompassed**

19 days, Vancouver to Vancouver

Trip code NCVV

### **What's included**

- Your G for Good Moment: Squamish Lil'wat Cultural Centre Visit, Whistler
- Your Welcome Moment: Meet Your CEO and Group

- Your Wellness Moment: Miette Hot Springs Visit, Jasper National Park
- Your Foodie Moment: Okanagan Valley Wine Tasting, Kelowna
- Your Discover Moment: Whistler
- Inside Passage cruise
- First Nations day tour (Smithers)
- Mt Robson stop with visit to Interpretation Centre
- Icefields Parkway drive
- Columbia Icefield stop
- Lake Louise visit
- Free time in Jasper National Park, Banff, Whistler, and Vancouver
- All transport between destinations and to/from included activities

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**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 March 4th, 2025 and onwards

# Itinerary

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**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

## Vancouver

Arrive at any time.



### Accommodation

Century Plaza Hotel & Spa (or similar)

Hotel



### Today's Activities

#### 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.

Day 2

## Vancouver/Campbell River

Catch a ferry from Horseshoe Bay to Nanaimo and drive along the Oceanside Route to Campbell River. Visit the museum in the town which respectfully acknowledges the First Nations of North Vancouver Island by preserving, interpreting, and sharing the history of these Nations on the lands now known as Campbell River. After seeing the exhibits at the museum attend an optional dinner with the group.



### Meals included

Breakfast



### Accommodation

Coast Discovery Inn (or similar)

Hotel



### Today's Activities

Private Vehicle

Vancouver - Horseshoe Bay

30m

22km

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

Ferry

Horseshoe Bay - Nanaimo

1h30m-2h

55km

Hop on a ferry from Horseshoe Bay to Nanaimo.

Private Vehicle

Nanaimo - Campbell River

2h30m

150km

Sit back and scan the scenery from the comfort of your private vehicle between Nanaimo and Campbell River.

Campbell River Museum Visit

Campbell River

1h

Visit the museum in Campbell River which houses collections of historic, archaeological and archival material specifically relating to the First Nations present in the northern Vancouver Island area. Spend an hour seeing the exhibits and learning more about the Liḡwítłdaǵw First Nation. See how their lives intertwined with the lands Campbell River Museum now help to preserve, interpret, and share.

Private Vehicle

Vancouver - Horseshoe Bay

30m

22km

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

Take in the scenery while travelling to Port Hardy at the northern tip of Vancouver Island. Enjoy impressive views of coastline and lush forests. Then take the short ferry ride to Alert Bay and pay a visit to the World's Tallest Totem before visiting the U'mista Cultural Centre, whose mandate is to ensure the survival and preservation of the cultural heritage of the Kwakwaka'wakw. Walk on some of the trails dotting this tiny island before transferring back to Port McNeill for more free time and an optional happy hour at a local spot. Continue on to Port Hardy in the early evening and check into your hotel.

Please note for any dates on tour when the U'mista Cultural Centre happens to be closed, another activity will take its place within the itinerary.



### Meals included

Breakfast



### Accommodation

Kwa'lilas Hotel (or similar)

Hotel



### Today's Activities

Private Vehicle

Campbell River – Port McNeill

2h-2h15m

195km

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

Ferry

Port McNeill – Alert Bay

45m

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Visit to U'mista Cultural Centre

Alert Bay

Enjoy a visit to the U'mista Cultural Centre where the mandate for the cultural society is to ensure the survival of the cultural heritage of the Kwakwaka'wakw. In November of 1980 the centre opened and featured the permanent collection of "Potlatch". Other exhibits on display include origin stories of the

Kwakwaka'wakw villages as well as historical and contemporary objects that were of importance to their day to day lives.

Ferry

Alert Bay - Port McNeill

45m-1h

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Free Time

Port McNeill

Spend free time in Port McNeill exploring on your own. Before driving back to Port Hardy the group will meet up at a local restaurant where you can opt to buy dinner.

Private Vehicle

Port McNeill - Port Hardy

30m

43km

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

Day 4

## Port Hardy/Prince Rupert

Embark at dawn for a day-long ferry ride through the famous Inside Passage. The glacial fjords provide spectacular scenery along the route and a safe haven for all types of wildlife, including orcas and porpoises.

The ride is long, but spectacular. With a full day to relax, enjoy the scenery, read a book, or dine at the onboard restaurants. Reach Prince Rupert late in the evening.

Due to ferry schedules, there may be layovers at certain stops along the route.



### Meals included

Breakfast



### Accommodation

Prestige Oceanview Hotel Prince Rupert (or similar)

Hotel



### Today's Activities

Inside Passage Cruise

Port Hardy - Prince Rupert

17h-18h

524km

Relax aboard the ferry through the stunning Inside Passage. Spot wildlife and soak in the views on one of the most scenic stretches of coastline in the world.

Day 5

## Prince Rupert/Smithers

Drive one of the most scenic roads in the world from Prince Rupert to Smithers and discover the First Nations cultures of Northern BC on a day tour around Smithers. Visit the Gitanyow Totems, Battle Hill, and 'Ksan Museum & Historical Village.



### Meals included

Breakfast



### Accommodation

Prestige Hudson Bay Lodge (or similar)

Hotel



### Today's Activities

Private Vehicle

Prince Rupert - Smithers

4h

350km

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

First Nations Day Tour

Hazelton

Get immersed in the First Nations culture of Northern BC. Start by visiting the Gitwangak National Historic Site and learn about the fort and battles fought by the warrior Nekt on Battle Hill. After, stop at the Hazeltons, an area with one of the highest concentrations of totem poles in the world, with over 50 standing poles. Wrap up the day with a tour of the Ksan museum and historical village.

Day 6

## Smithers

Enjoy a free day to explore the wilderness around Smithers. Opt to visit Moricetown Canyon or hike one of many trails in the area.

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### Meals included

Breakfast

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### Accommodation

Prestige Hudson Bay Lodge (or similar)

Hotel

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### Today's Activities

Free Time

Smithers

Take advantage of free time in the Canadian wilderness. Opt to visit a Provincial Park or go for a hike.

Day 7

## Smithers/Prince George

Enjoy a visit to Twin Falls after breakfast and then spend free time in Smithers before travelling to Prince George, the largest city in Northern British Columbia.

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### Meals included

Breakfast

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### Accommodation

Coast Prince George Hotel by APA (or similar)

Hotel

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### Today's Activities

Free Time

Smithers

Take advantage of a final morning for outdoor activities around Smithers.

Private Vehicle

Smithers - Prince George

5h-6h

370km

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

Day 8

## Prince George/Jasper

Travel to Jasper National Park. En route, stop at the tallest mountain in the Canadian Rockies, Mount Robson. Visit the Interpretation Centre, and go for a short hike to take in the views.

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### Meals included

Breakfast

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### Accommodation

Jasper Inn (or similar)

Hotel

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### Today's Activities

Private Vehicle

Prince George - Jasper

4h30m-5h30m

375km

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

Mount Robson Visit

Mount Robson

30m-1h

1km

Stop at the visitor centre and, if it's a clear day, see the top of the Mount Robson, the tallest peak in the Canadian Rockies.

Day 9

## Jasper

Enjoy a free day to explore Jasper National Park. Opt to hike at Maligne Canyon, cross the lake on a boat cruise, or join a scenic river rafting tour. In the evening, visit the Miette Hot Springs.



### Meals included

Breakfast



### Accommodation

Jasper Inn (or similar)

Hotel



### Today's Activities

Free Time

Jasper National Park

Prepare for an exciting day! With lots of optional activities and incredible scenery, you're guaranteed to have an unforgettable day in Jasper.

#### ACTIVITY

Enjoy the stunning landscape of lakes and mountains as you drive to the hot springs. Soak in one of the four pools as you take in the peaceful panoramic views.

Jasper National Park Visit

Jasper National Park

Jasper National Park might be less known, but no less mighty. As the largest park in the Canadian Rockies, Jasper is wild in every sense of the word. Experience mountain landscapes complete with waterfalls, canyons, glacier lakes, and the Columbia Icefield. Get out and explore on rugged backcountry trails chock-full of wildlife and take part in outdoor activities like, mountain biking or kayaking to experience the true essence and beauty of this impressive park.



### Optional Activities - Day 9

Maligne Lake Cruise

Jasper National Park

65CAD

Glide across the beautiful blue waters of Maligne Lake, the Canadian Rockies' largest glacial fed lake, on your way to the famous Spirit Island.

Bald Hills Hike

Jasper National Park

Free

13km

The Bald Hills hike has a fairly steep incline. The 10km (6.2 mi) round trip will showcase the best panoramas of Maligne Lake and numerous mountains surrounding the lake.

Canoe Ride

Maligne Lake

84-215.25CAD

1h-3h

1-4km

Rent a canoe from the longstanding Boathouse on Maligne Lake.

Maligne Canyon Hike

Maligne Canyon

Free

30m-1h30m

1-4km

Maligne Canyon follows an interpretive trail with several bridges. Hover over the Maligne River that, over thousands of years, has eroded the canyon to over 60m (197 ft) in some spots.

Whitewater Rafting on Athabasca River

Jasper National Park

65-110CAD

Pass through many small sets of rapids and calm stretches, which allow your National Park Licensed guide to point out the natural and human history of Jasper. The Athabasca River is the same route that was used by the fur traders many years ago.

Day 10

## Jasper/Canmore

Travel to Canmore via one of the most scenic drives in the world, the Icefields Parkway. Stop at the Columbia Icefield en route.

Along the 300km (186.4 mi) ride, a spectacle unfolds before our eyes: lush coniferous forests, immense mountains, turquoise lakes, high-falling cascades, and humbling glaciers. We stop a number of times along the way to take in the scenery and search for wildlife.



### Meals included

Breakfast



### Accommodation

Quality Chateau Canmore (or similar)

Hotel



### Today's Activities

Private Vehicle

Jasper - Canmore

8h-10h

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

Columbia Icefields Center Visit

Columbia Icefield

1h-2h

View one of the Rockies' largest and most accessible active glaciers. The Athabasca Glacier recedes at a rate of nearly 5m (16.4 ft) a year. See this natural beauty while you still can.

Icefields Parkway Drive

Banff - Jasper

The Icefields Parkway is a breathtaking drive situated between Banff and Jasper National Parks in Alberta, Canada. Experience the wild beauty of the Canadian Rockies on a winding drive through jagged mountain peaks and past glaciers feeding into brilliant blue lakes. Along the way expect to see postcard mountain vistas, huge valleys, and loads of hiking trails that will get you out and about in this truly incredible area.



### Optional Activities - Day 10

## Athabasca Glacier Ice Walk

Athabasca Glacier

112CAD

3h-4h

2-5km

At the Columbia Icefields, enjoy a glacier walk with an expert guide on the lower Athabasca Glacier to explore and understand the life of this active glacier. Walking on this glacially carved landscape is an experience you won't soon forget.

## Glacier Adventure

Columbia Icefield

99CAD

Travel onto the glacier in an oversized ice rover. Get out and experience the stunning alpine glacial vistas at the mid-point of your journey. Afterwards, bask in the view of a lifetime on the epic Glacier Skywalk, a glass bottom viewing platform stretching out into the Rockies.

Day 11

## Canmore/Calgary

Travel to Calgary, a modern city that honours its cowboy roots. Opt to visit museums, the Olympic Park, or wet your whistle at a cowboy bar.



### Meals included

Breakfast



### Accommodation

Ramada Plaza Calgary Downtown (or similar)

Hotel



### Today's Activities

Private Vehicle

Canmore - Calgary

1h30m-2h

100km

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



### Optional Activities - Day 11

Canada Olympic Park Visit

Calgary

78.80CAD

Calgary hosted the 1988 Winter Olympics, meaning you can still ride in a four-man bobsleigh reaching speeds of 120kph (85 mph) here. Luge down the track on a wheeled cart or soar across the zipline.

Day 12

## Calgary

Enjoy a free day to explore Calgary. This evening, opt to meet new members of the group at a welcome meeting.

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### Accommodation

Ramada Plaza Calgary Downtown (or similar)

Hotel

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### Today's Activities

Free Time

Calgary

Take advantage of free time to explore.

Day 13

## Calgary/Banff

Discover the beautiful town of Banff; opt to view wildlife, take a gondola ride, or hike up a mountain for spectacular views.

With free time upon arrival, Banff has tons to offer. There are plenty of optional activities for all interests and activity levels. It's also just as pleasant to wander the main streets, pop in and out of shops or walk along the river.



### Accommodation

Charltons Banff (or similar)

Hotel



### Today's Activities

Private Vehicle

Calgary - Banff

1h30m-2h

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

Free Time

Banff

Enjoy free time in this iconic Canadian town.

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.



### Optional Activities - Day 13

Hot Springs Soak

Banff

17.32CAD

Take a dip in Banff's world famous hot spring mineral pools, which have brought weary travellers to this place since the 1800's. There's no better way to unwind after a long day of exploring than to simmer in these water's with an epic mountain view.

Sulphur Mountain Hike

Banff

Switchbacks on the slopes of Sulphur Mountain provide a steady uphill hike to a summit renowned for its expansive mountain views. At the top, enjoy the 0.5 km boardwalk along the ridge ending at Sanson Peak. Here, you will find the Sulphur Mountain Cosmic Ray Station National Historic Site and the 1903 weather observatory. From the boardwalk, return on the same trail to the parking lot. Alternatively, you can take an old fire road known as the Sulphur Mountain Westside Trail (5.4 km) to Sundance Trail, ending at the Cave and Basin National Historic Site (2.6 km).

Canoeing

Banff

57.75CAD

2h-3h

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

Cycling

Banff

36.75-93.45CAD

1h-3h

1-10km

Rent a bicycle to see a bit more of Banff. Be sure to be on the lookout for elk and deer on the trails.

Tunnel Mountain Hike

Tunnel Mountain

Free

2h-3h

1-5km

Hike up the well marked trail for a central view of the town of Banff and the surrounding mountains.

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 14

## Lake Louise/Revelstoke

Continue to Lake Louise, view the emerald blue waters of this alpine lake, and opt to hike to one of the Tea Houses.

Lake Louise is that iconic Canadian Rockies locale. Don't miss the chance to snag the perfect photo.



### Accommodation

Stoke Hotel By Best Western (or similar)

Hotel



### Today's Activities

Private Vehicle

Banff - Lake Louise

1h30m

90km

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

Lake Louise Visit

Lake Louise

30m-1h

1km

Visit postcard perfect Lake Louise and take time to savour the emerald blue waters and breathtaking scenery of the Victoria Glacier.

Banff National Park Visit

Banff

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Private Vehicle

Lake Louise - Revelstoke

1h-2h

85km

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



### Optional Activities - Day 14

Lake Agnes Tea House Hike

Lake Louise

2h30m-5h

6-7km

Originally built in 1901 by the Canadian Pacific Railway, the Lake Agnes Tea House has been serving fine loose-leaf teas to visitors for over one hundred years. Hike along a forested trail as you make your way past Mirror Lake and cascading waterfalls, to the shores of Lake Agnes. This lovely log building serves up a great cup (over 100 loose-leaf teas!) as well as finger food. The hike to the Tea House is free, but it costs between 5-10 CAD if visitors wish to buy loose-leaf tea while there.

Day 15

## Revelstoke/Kelowna

Travel to Kelowna in the Okanagan Valley, stopping for a picnic lunch at Kaloya Regional Park, then a tasting at a local winery en route. Kelowna has become a foodie haven in recent years – opt to visit one of the many craft breweries in the city this evening.



### Meals included

Breakfast | Lunch



### Accommodation

Prestige Kelowna (or similar)

Hotel



### Today's Activities

Private Vehicle

Revelstoke – Kelowna

5h-6h

350km

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

Picnic Lunch

Lake Country

Enjoy a picnic lunch prepared by your CEO at Kaloya Regional Park, a beautiful lake-side park and swim spot.

#### ACTIVITY

Visit a local winery in the Okanagan Valley, near Kelowna. Learn about the local grape varieties, wine making process, tour the vineyard, and have a sample (or two).

Day 16

## Kelowna/Whistler

Drive through the beautiful coastal mountains to the village of Whistler, one of the locations of the 2010 Winter Olympics.

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### Meals included

Breakfast

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### Accommodation

Aava Whistler Hotel (or similar)

Hotel

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### Today's Activities

Private Vehicle

Kelowna - Whistler

6h30m-7h30m

500km

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

Day 17

## Whistler

Enjoy a free day to explore Whistler. Opt to ride a gondola to the top of the mountain, hike, or zipline.



### Meals included

Breakfast



### Accommodation

Aava Whistler Hotel (or similar)

Hotel



### Optional Activities - Day 17

Rafting

Whistler

145.60-196.00CAD

4h-5h

Get your adrenaline fix on on this exhilarating white water rafting trip. Enjoy the amazing scenery along the way, and keep your eyes peeled for bears.

Whistler Hike

Whistler

Free

Hike on your own along one of the many beautiful trails in the Whistler area. The scenery here is stunning. You can also opt for the Train Wreck Trail or take the peak to peak gondola to hike one of the many alpine trails accessible from the summit. Your CEO will NOT be guiding you on this hike. You can opt to do it solo or with your group. Ask your CEO to point you in the right direction.

Peak 2 Peak Gondola Ride

Whistler

95.20CAD

1h30m-3h

Soak up the scenery with 360-degree views of mountains, lakes, and glaciers. Hop out at the top and take a short hike or grab a coffee and snack at the mountaintop restaurant. Catch a glass bottom gondola to get an even better view.

Ziplining and Treetop Adventures

Whistler

155.68CAD

1h-4h

Spend the day in the sky, floating through Whistler's rainforest on one of Canada's longest ziplines.

Day 18

## Whistler/Vancouver

Visit the Squamish Lil'wat Cultural Centre and go on an interpretive guided tour of the museum, before enjoying free time in the laid-back mountain town of Whistler. Travel to Vancouver, and spend the afternoon in this beautiful, easy-going city.



### Meals included

Breakfast



### Accommodation

Century Plaza Hotel & Spa (or similar)

Hotel



### Today's Activities

#### ACTIVITY

In the picturesque setting of Canada's Coast Mountains, the First Nations people have come together to establish the Squamish Lil'wat Cultural Centre. This facility showcases unique customs, art, and music and provides opportunities for local youth to train in the tourism industry. As a non-profit organization, the centre relies on visitors to help fund their ongoing programs, meaning everyone who comes here helps make this important work possible.

Private Vehicle

Whistler - Vancouver

2h-3h

120km

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

Free Time

Vancouver

Enjoy time on your own to explore Canada's vibrant west coast city.

Depart at any time.

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## Meals included

Breakfast

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## Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

## What's included

- Your G for Good Moment: Squamish Lil'wat Cultural Centre Visit, Whistler
- Your Welcome Moment: Meet Your CEO and Group
- Your Wellness Moment: Miette Hot Springs Visit, Jasper National Park
- Your Foodie Moment: Okanagan Valley Wine Tasting, Kelowna
- Your Discover Moment: Whistler
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## **What are the main highlights of this trip?**

Travel by ferry through glacial fjords, Discover the First Nations cultures of Northern BC, Hike through Jasper National Park, Grab a pint at Calgary's cowboy bars, See the picturesque waters of Lake Louise

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

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## **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. TRAVEL DAYS

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.

## 2. HIKES AND WALKS

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.

## 3. 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.

## 4. LEGAL DRINKING AGE

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 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.

## 5. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

# 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, avg 11.

## What meals are included in this trip?

15 breakfasts, 1 lunch

## 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, ferry, walking.

## 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.

This is not a physically demanding journey, but with limited space in the van, long drive days can be difficult. 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 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.

## Where will we stay during the trip?

Hotels (14 nts), lodges (4 nts).

## **Will I get my own room?**

Please note that if you have booked the "My Own Room/Tent" option for this tour, you will receive your own single room/tent for all nights.

## **What kind of accommodation can I expect on this trip?**

This trip uses comfortable 3 star hotels, lodges and inns, well located in cities or near park entrances. Our chosen hotels vary in size, character, and amenities, but are of a very good standard, and the rooms are double occupancy with a private bathroom.

## **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 Vancouver airport (YVR), to reach your starting accommodation you can take the Canada Line or a local taxi.

Please go to the airport information desk for assistance.

Please note, the Canada Line is a rapid transit rail link connecting Vancouver Airport to Downtown. You can access the trains from both the International and Domestic Terminals.

**WELCOME MEETING TIME: 18:00**

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## 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

## 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?

## 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.)

**Warm Weather:**

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

## 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, 5's, 10's and 20's) 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](http://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?

## Jasper National Park

- Maligne Lake Cruise (65CAD per person)
- Bald Hills Hike (Free)
- Whitewater Rafting on Athabasca River (65-110CAD per person)

## Maligne Lake

- Canoe Ride (84-215.25CAD per person)

## Maligne Canyon

- Maligne Canyon Hike (Free)

## Athabasca Glacier

- Athabasca Glacier Ice Walk (112CAD per person)

## Columbia Icefield

- Glacier Adventure (99CAD per person)

## Calgary

- Canada Olympic Park Visit (78.80CAD per person)

## Banff

- Hot Springs Soak (17.32CAD per person)
- Canoeing (57.75CAD per person)
- Cycling (36.75-93.45CAD per person)
- Sulphur Mountain Hike

## **Tunnel Mountain**

- Tunnel Mountain Hike (Free)

## **Banff National Park of Canada**

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

## **Lake Louise**

- Lake Agnes Tea House Hike

## **Whistler**

- Rafting (145.60-196.00CAD per person)
- Peak 2 Peak Gondola Ride (95.20CAD per person)
- Ziplining and Treetop Adventures (155.68CAD per person)
- Whistler Hike (Free)

## 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 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:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## 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: 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.

## 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/](http://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. Minimum age of 18 years for 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.