



Canadian Rockies: Northern Lights Winter Explorer

9 days, Calgary to Edmonton

Trip code NCCE

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Calgary CEO-led Orientation Walk
- Banff Exploration Tour
- Winter Hike in Johnston Canyon
- Sunshine Meadows Guided Snowshoeing
- Winter Visit to Lake Louise
- Peyto & Abraham Lake Winter Visit
- Local Lodge Lunch Experience
- Icefields Parkway Winter Exploration
- Maligne Lake Visit & Hike
- Introduction to Métis Crossing
- Métis Crossing Wildlife Park Visit
- The Magic of the Skies Experience
- Free time Banff, Jasper, Edmonton, & Métis Crossing
- All transport between destinations and to/from included activities

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 May 2nd, 2025 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

Arrive at any time. Attend a welcome meeting in the evening and afterwards choose to have an optional dinner together as a group.



Accommodation

Ramada Plaza Calgary Downtown (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.

Grab some breakfast on your own at a cozy local spot in town before enjoying an orientation tour of Calgary led by your CEO. See some of the city's winter highlights like the home of the 1988 Winter Olympic Games, Barb Scott Park where ice skaters flock, Inglewood—Calgary's oldest neighbourhood, and East Village; the liveliest. Then, transfer to the magical winter atmosphere of Banff, stopping en route for lunch on your own. Upon arrival see some of the highlights on foot before short walks to either Tunnel Mountain, Bow Falls, or Vermilion Lakes. As darkness comes early, enjoy the festive lights along the iconic main street and find a cozy restaurant for dinner on your own.



Accommodation

Charltons Banff (or similar)

Hotel



Today's Activities

Calgary CEO-led Orientation Walk

Calgary

2h30m

Embark on a CEO-led orientation walk of Calgary. Take in the city under the presence of winter and visit various neighbourhoods and parks as you learn the lay of the land. During this time travellers will be given the opportunity to purchase warmer clothes should this be needed.

Private Vehicle

Calgary - Banff

1h30m-2h

130km

Sit back and relax as you scan the wintry scenery between Calgary and Banff. There will be a stop along the way for travellers to grab some lunch on their own.

Banff Exploration Tour

Banff

4h30m

Enjoy some time to get to know Banff with your CEO. Flanked on all sides by towering mountains, this town is alive with adventure and the winter is no different. The vibrant streets of downtown are lined with fantastic restaurants, shops, and impressive art galleries. Plus, the town is small enough that it's easy to get around by walking. See some of Banff's highlights by minibus and on foot before taking short walks to Tunnel Mountain, Bow Falls, or Vermilion Lakes.

In the morning travel to Johnston Canyon and witness the beauty of this place blanketed in sparkling winter snow and towering icicles. The group will walk on the trail and boardwalk to the frozen Lower Falls and Upper Falls using crampons. Drive back to Banff in time for lunch on your own and then enjoy a free afternoon for optional winter activities. Choose to take the gondola up to Sulphur Mountain or relax in the warmth of Upper Banff Hot Spring. From sleigh rides, to tubing, or skating, there are so many opportunities to get out and explore the gorgeous winter landscape.



Accommodation

Charltons Banff (or similar)

Hotel



Today's Activities

Private Vehicle

Banff - Johnston Canyon

30m

25km

Settle in and scan the scenery from the comfort of your private vehicle between Banff and Johnston Canyon. The drive will take around a half hour.

Winter Hike in Johnston Canyon

Johnston Canyon

2h

5km

Hike through the dramatic winter scenery of Johnston Canyon. Not only will you see towering icicles, but you may also have the chance to observe some ice climbers adventuring at the Upper Falls which happens to be a popular ice-climbing spot. Walk along the trail, boardwalk, and narrow bridges using crampons to both Lower and Upper falls. Round trip this hike is 5km and gains 120m in elevation.

Private Vehicle

Johnston Canyon - Banff

30m

25km

Settle in and scan the scenery from the comfort of your private vehicle between Johnston Canyon and Banff. The drive will take around a half hour.

Free Time

Banff

Spend the afternoon in Banff on your own. Choose from a variety of winter-themed optional activities like going on a sleigh ride, or tubing in Norquay, or renting skates to try one of the indoor or outdoor ice skating rings, or (depending on conditions) Lake Minnewanka. Based on dates you could also potentially watch a hockey game, or attend the Snow Days Festival in January. Other activities you can choose from are a gondola ride up to Sulphur Mountain, soaking in Upper Banff Hot Springs, or a fat-tire e-bike tour around the town.

After dark you can even choose to try, "Wonder of the Sky" for a gondola ride up Sulphur Mountain after sunset.



Optional Activities - Day 3

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.

Depart Banff in the morning and drive to Sunshine Village, a ski resort located on the Continental Divide of the Canadian Rockies within Banff National Park in Alberta and Mount Assiniboine Provincial Park in British Columbia. Here, you will meet your local guide and ride the gondola up to Sunshine Meadows for a half-day snowshoe trip through the pristine winter wonderland environment. Keep an eye out for wildlife as you go. Return to the base of the resort for lunch on your own and then drive to Lake Louise. Enjoy a guided walk with your CEO on the Fairview Lookout Trail and then have time for a self-guided walk around Lake Louise. Take advantage of free time to check out the ice castle or try ice skating on the lake. If you're feeling really festive head out on a sleigh ride. Your overnight stay will be in Lake Louise Village.



Accommodation

Lake Louise Inn (or similar)

Hotel



Today's Activities

Private Vehicle

Banff - Lake Louise

1h30m

85km

Settle in and scan the winter scenery from the comfort of your private vehicle between Banff and Lake Louise. There will be a stop at Sunshine Village along the way for a snowshoeing experience.

Sunshine Meadows Guided Snowshoeing

Banff National Park of Canada

3h-2h

Meet a local guide and snowshoe on top of the world at Sunshine Meadows. Start with a gondola and chairlift ride straight up to the land above the tree line. Then put on your snowshoes and walk through the pristine alpine environment where there are no trails. It's simply miles and miles of powdery wilderness stretching out in front of you. During this half-day excursion you will have access to the beautiful winter backcountry for a mix of fun, challenge, and learning, combined with the simple joy of being outside amid nature and the fresh winter mountain air.

Winter Visit to Lake Louise

Lake Louise

3h

Winter is known as a quieter time at Lake Louise, but no less scenic. Enjoy the far less crowded gorgeous views for yourself on a guided CEO-led walk on the Fairview lookout trail. Begin southeast from the lake shore and head into the trees. 1km later you will step onto a viewing platform poised above the snowy expanse of the lake for an unforgettable view. After, take some time for a self-guided

walk around the shore of the lake with the option to try some ice skating, embark on a sleigh ride, or choose to check out the impressive Ice Castle, open to the public during Ice Magic Festival.

Day 5

Lake Louise/Jasper

Get ready for a winter exploration of the famous Icefield Parkway today. Leave Lake Louise in the morning and stop along the way at Peyto Lake to stretch your legs on a walk. This stunning glacial lake is a serene winter wonderland between December and March, plus it's often less crowded which offers a quieter excursion through nature's vast beauty. Depending on conditions the group may be able to walk on Abraham lake to observe the stunning visual display of the bubbles in the ice. Sit down for an included lunch amid the pristine wilderness surrounding Abraham Lake and enjoy a delicious local culinary experience. Then, hit the Icefield Parkway with stops to Athabasca Glacier, Tangle Falls, and Sunwapta Falls. Arrive in Jasper by early evening and have dinner on your own in town.



Meals included

Lunch



Accommodation

Jasper Inn (or similar)

Hotel



Today's Activities

Private Vehicle

Lake Louise - Jasper

3h30m-4h

325km

Settle in and scan the scenery from the comfort of your private vehicle between Lake Louise and Jasper. The total drive time includes today's stops. There will be a deeper exploration of Icefield Parkway along the route.

Peyto & Abraham Lake Winter Visit

Banff National Park of Canada

3h

Along today's drive the group will make a stop to Peyto Lake for a walk amid the snow-covered landscape. Then, if conditions allow, walk on Abraham Lake to check out the impressive bubbles in the ice. This natural phenomenon is caused by methane gas that becomes trapped in the ice during winter. The gas comes from the organic matter and bacteria breaking down on the lake bottom. As it rises to the surface and freezes it creates a stunning visual display.

Local Lodge Lunch Experience

Cline River

1h

Sit down for a delicious locally made lunch at a secluded mountain lodge nestled in the heart of pristine wilderness with views of the surrounding mountains and lake. Sit in the cozy cabin-like environment and watch the winter scenery from the window while you eat lunch together as a group.

Icefields Parkway Winter Exploration

Alberta

4h

The Icefields Parkway is also known as Alberta Highway 93. This scenic route spans 232km between Lake Louise and Jasper in the heart of the Canadian Rockies. It is renowned for its breathtaking views of ancient glaciers, snow peaked mountains, and ice covered lakes. The group will have plenty of time to enjoy the winter atmosphere with stops to the foot of the Athabasca Glacier, Tangle Falls (where you can check for ice climbers), and a short walk to Sunwapta Falls. It's the perfect way to see as much of the Canadian Rockies natural charm as possible.

After breakfast on your own in town the group will explore the Jasper area via hiking or snowshoeing with your CEO. Then, drive along Maligne Valley up to the lake to walk the 3km Mary Schaeffer loop offering unparalleled winter views. You'll be back in Jasper in time for lunch on your own and a free afternoon for optional activities like an introduction to ice climbing, skiing at Marmot Basin, or a canyon icewalk. In the evening, if you have a clear sky, take a walk to try and see the northern lights accompanied by your CEO.



Accommodation

Jasper Inn (or similar)

Hotel



Today's Activities

Maligne Lake Visit & Hike

Jasper National Park

2h30m

3km

Visit Maligne Lake in Jasper National Park, which is a popular destination for winter activities. Depending on conditions the group will hike or snowshoe with your CEO on the trails in the area and walk along the 3km Mary Schaeffer loop offering gorgeous winter views.

Free Time

Jasper

Spend a free afternoon enjoying all Jasper has to offer its winter guests. From a canyon icewalk to an introductory ice climbing demonstration, and skiing at Marmot Basin, there's plenty of optional activities for travellers to get involved in. Later in the evening if there's a clear sky, opt to take a walk with your CEO to try and catch a glimpse of the northern lights. There's also an optional experience available at the Jasper Planetarium should you want to learn more about stargazing and the aurora borealis.

After having breakfast on your own in Jasper the group will drive to Edmonton for some free time in town before continuing onwards to Smoky Lake. Enjoy a stay at a beautiful lodge overlooking the majestic North Saskatchewan River and become inspired, educated, and familiar with the vibrant spirit of Métis culture. The lodge operated by this local Indigenous nation offers a place to share warmth and space within their rich culture located directly adjacent to their Cultural Gathering Centre. Before an included dinner featuring a 3-course meal of sustainably sourced local ingredients, there will be an immersive introduction to Métis Crossing led by knowledgeable Métis interpreters, taking travellers on a journey through the history, traditions, and river-lot life of the Métis people.



Meals included

Dinner



Accommodation

The Lodge at Métis Crossing (or similar)

Lodge



Today's Activities

Private Vehicle

Jasper - Edmonton

4h

364km

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

Free Time

Edmonton

1h30m

Enjoy some free time in Edmonton to grab lunch on your own.

Private Vehicle

Edmonton - Smoky Lake

1h30m

120km

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

Introduction to Métis Crossing

Smoky Lake

2h

Upon arrival the group will enjoy the signature introduction to the vibrant spirit of Métis culture. Become inspired, educated, and forge deeper connections led by a knowledgeable Métis interpreter. Be taken on a journey through their history and traditions as you witness an immersive explanation of the

Indigenous Métis people. Afterwards, the group will gather together for a sustainably sourced meal. The perfect blend of community and education.

Connect with nature this morning at the Métis Crossing Wildlife Park. Your interpreter will accompany the group on a SUV tour of the paddocks where you can become immersed with the natural beauty of the Métis heritage species, including the rare white bison and elk. Gain a deeper understanding of the interconnected relationships between nature, communities, and natural systems on the Métis land. Head back to the lodge for lunch and downtime before choosing to explore the nearby trails. Strap on snowshoes or skis and set out to explore. This evening hear why the skies were so important to the ancestors of the Métis and observe stars and constellations above. Listen to legends and folklore from this Indigenous community and enjoy a tea ceremony under the dark sky. If conditions allow, you may be able to witness the beautiful Northern Lights.



Meals included

Breakfast | Lunch | Dinner



Accommodation

The Lodge at Métis Crossing (or similar)

Lodge



Today's Activities

Métis Crossing Wildlife Park Visit

Smoky Lake

2h30m

2km

Métis Crossing has its own wildlife park and the group will enjoy a tour within the paddocks this morning alongside their knowledgeable interpreter. This experience showcases the rich culture and traditions of the Métis community and allows travellers to connect with nature while forging deeper understanding of the land and culture present here. See the natural beauty of Métis heritage species, including the rare white bison and elk, woods bison, plains bison, and majestic Percheron horses. And gain more knowledge of the interconnected nature of relationships between communities and the natural environment. Hear more about the significant role of bison within Métis heritage.

Free Time

Smoky Lake

5h

Walking trails, sliding, and a small museum are available on site at Métis Crossing. This afternoon, travellers can chose to strap on some snowshoes and set out to explore the more than 10km of ski trails that wind through the property. With options for both experienced adventurers and leisurely walkers, the area offers the perfect mix for everyone, and plenty of time to enjoy the crisp winter air.

The Magic of the Skies Experience

Smoky Lake

The night skies are filled with stars and constellations that have long served as guiding lights for the Métis. During tonight's activity the group will hear more about why the skies were so important to the Métis in settling the west during the fur trade. Hear more about how they served as a guide relied upon for survival and were used as a clock and calendar to provide critical instructions for understanding when to plant, hunt, and work the land. Travellers will also experience legends and folklore about the local Indigenous community that have been observed and passed down through the culture for generations during a tea ceremony. If you keep looking towards the sky and the conditions are right, tonight is your chance to witness the alluring phenomenon of the Northern Lights.

Day 9

Smoky Lake/Edmonton

After breakfast at the lodge the group will transfer to the Edmonton Airport where the tour ends upon arrival. Please do not book onward travel prior to 2pm.



Meals included

Breakfast



Today's Activities

Private Vehicle

Smoky Lake - Edmonton

1h30m

145km

Settle in and scan the scenery from the comfort of your private vehicle between Métis Crossing and the Edmonton airport.

Departure Day

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

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Calgary CEO-led Orientation Walk
- Banff Exploration Tour
- Winter Hike in Johnston Canyon
- Sunshine Meadows Guided Snowshoeing
- Winter Visit to Lake Louise
- Peyto & Abraham Lake Winter Visit
- Local Lodge Lunch Experience
- Icefields Parkway Winter Exploration
- Maligne Lake Visit & Hike
- Introduction to Métis Crossing
- Métis Crossing Wildlife Park Visit
- The Magic of the Skies Experience
- Free time Banff, Jasper, Edmonton, & Métis Crossing
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Hike through Johnston Canyon past towering icicles and frozen waterfalls, Ride a gondola to Sunshine Meadows for a snowshoe trek through pristine powder, Take in sweeping views of glaciers snow-capped peaks and icy lakes along the Icefields Parkway, Connect with Métis culture during an immersive lodge stay near Smoky Lake, Spot wildlife on a morning excursion across the lands of Métis Crossing, Gaze at the stars and hear ancestral stories during a night of Métis sky lore and constellations

What are the main highlights of this trip?

Hike through Johnston Canyon past towering icicles and frozen waterfalls, Ride a gondola to Sunshine Meadows for a snowshoe trek through pristine powder, Take in sweeping views of glaciers snow-capped peaks and icy lakes along the Icefields Parkway, Connect with Métis culture during an immersive lodge stay near Smoky Lake, Spot wildlife on a morning excursion across the lands of Métis Crossing, Gaze at the stars and hear ancestral stories during a night of Métis sky lore and constellations

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 view a final copy of your Trip Details 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 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. 10.

What meals are included in this trip?

2 breakfasts, 2 lunches, 2 dinners

What are the meals like on this trip?

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

What are the modes of transportation on my trip?

Private Vehicle, Snowshoeing.

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.

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?

Hotels (6 nts), Indigenous Cultural Centre Lodge (2 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 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: 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.

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?

You will be transferred from Smoky Lake to the airport in Edmonton on the final day of your tour. Please do not book departing flight earlier than 2pm.

Are there any additional packing suggestions I should consider?

For days in the outdoors, we recommend warm winter clothing.

It is important to pack clothes for a winter climate.

What should be on my packing list?

Clothing:

- Comfortable sleepwear (that layers for temperature fluctuations)
- Fleece jacket or warm layer
- Fleece pants (\$10 USD)
- Hiking boots/sturdy walking shoes
- Long-sleeved shirts
- Thermal base layer
- Warm gloves
- Warm hat

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.)

Winter Weather:

- Warm winter coat
- Waterproof pants
- Waterproof gloves
- Winter boots/shoes

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 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 people in the sex trade 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 utilize the services of paid sex workers, in any capacity.

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.