G Adventures

Last Updated: October 29, 2026



Canadian Rockies & Pacific Northwest Adventure

14 days, Calgary to Seattle

Trip code NCCS

What's included

- Your G for Good Moment: Squamish Lil'wat Cultural Centre Visit, Whistler
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Okanagan Valley Wine Tasting, Kelowna
- Your Discover Moment: Whistler
- Lake Louise visit
- Free time in Banff, Whistler, Vancouver, Portland, and Seattle
- Olympic National Park visit and guided hiking day
- Sunrise Point Lookout in Mount Rainier National Park
- Free time to explore in Portland, Crystal Mountain, and Seattle
- Orientation walks with the CEO in Portland and Seattle
- Ferry ride across Puget Sound
- Hurricane Ridge drive and scenic viewpoints stops
- 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



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 any time.

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 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.

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 2

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 3 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.

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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even hoodoos. Keep an eye out for wolves, grizzly bears, elk, and mountain lions. Banff's blend of towering peaks and flower-strewn meadows make it a dream location to enjoy the great outdoors and mountain scenery.

Private Vehicle | Lake Louise – Revelstoke | 1h-2h | 85km

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

Optional Activities - Day 3

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 4 Revelstoke/Kelowna

Travel to Kelowna in the Okanagan Valley, stopping for 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

Today's Activities

Private Vehicle | Revelstoke – Kelowna | 5h-6h | 350km

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

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 5 Kelowna/Whistler

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

Meals included

Breakfast

Today's Activities

Private Vehicle | Kelowna – Whistler | 6h30m-7h30m | 500km

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

Day 6 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

Optional Activities - Day 6

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 7 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

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.

Day 8 Vancouver/Sequim

Depart Vancouver after breakfast and drive across the border into the United States where the group will then take a ferry ride across Puget Sound. Arrive in Sequim in the early evening and explore Hurricane Ridge in Olympic National Park.

Climb in the van and drive across the border into the United States. From there, continue south towards Edmonds, Washington and board a boat to cross the Puget Sound. There will be time for lunch on your own either before or after the ferry ride. Cap the day off with a stunning drive along Hurricane Ridge to admire the rising mountains in the distance, and experience a great introduction to the Pacific Northwest. The group will be staying in the city of Sequim; a popular spot for outdoor enthusiasts and lovers of all things lavender.

Today's Activities

Private Vehicle | Vancouver - City of Edmonds | 3h | 213km

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

Ferry City of Edmonds – Kingston 30m

Sit back, relax, and enjoy the scenery as you cruise across the Puget Sound between Edmonds and Kingston, Washington.

Private Vehicle Kingston – Olympic National Park 2h-3h

Settle in and scan the scenery as you travel from the ferry terminal to the hotel in Sequim, and then to Olympic National Park.

Hurricane Ridge Drive Olympic National Park 2h30m

Drive into Olympic National Park and stop at the visitor centre at the base of Hurricane Ridge. Then, explore the road, stop at various viewpoints, and then go for a short walk along one of the nearby trails. This easy paved trail offers views of Port Angeles and the Strait of Juan de Fuca.

Day 9 Olympic National Park

Enjoy a full-day immersed in the unique landscapes of Olympic National Park alongside a knowledgable local guide. Visit both the Sol Duc Valley and Lake Crescent areas of the park, enjoy a few guided hikes, and take advantage of free time to try some of the optional activities available like, renting kayaks or booking a day pass to the hot springs at the nearby resort.

Have breakfast at the hotel before driving to Port Angeles to meet up with our local guide. From here, travel to the Sol Duc Valley area where there will be time to choose between booking a day pass at the nearby hot springs or going on a guided hike to Sol Duc Falls shrouded by a canopy of Douglas Firs and Western Red Cedars. Then, move on to the Lake Crescent area where the group can choose to rent a kayak/canoe, walk the trails near the lodge, or set off on a guided hike to the picturesque Marymere Falls through Lowland, Old Growth forest. Finish the visit with a walk along Elwha River to Madisson Falls. Dinner will be on your own in Port Angeles before returning to Sequim in the evening.

Meals included

Breakfast

Today's Activities

Private Vehicle | Sequim | 3h15m | 195km

Settle in and scan the scenery from the comfort of your private vehicle. Travel from Sequim to Port Angeles to meet your local guide for the day, explore Olympic National Park, and then drive back to Port Angeles for free time before reaching Sequim in the late evening.

Olympic National Park Full-Day Experience | Olympic National Park | 7h

Begin the tour of Olympic National Park in the morning with a local guide. Start in the Sol Duc Valley area with a visit to the Hot Spring Resort. Here, there will be two options for members of the group to consider. You can opt to swim in the hot springs (this will require purchasing a day pass), or you can enjoy a guide-led hike to Sol Duc Falls which is about two miles roundtrip.

In the early afternoon, the group will arrive at the Lake Crescent Lodge where they can take time to enjoy the area. Choose to rent a kayak or canoe to get out onto the lake, enjoy the Lodge's property and nearby walking trails, or set off on a guided hike to the beautiful Marymere Falls which is about two miles roundtrip. Finish your time in the park with a drive to the Elwha River for a short, easy walk along the river to Madisson Falls and back.

Free Time | Port Angeles | 3h30m-4h

Enjoy some free time this evening to explore Port Angeles on your own. This seaside-meets-mountain town has plenty of great food and drink options as well as a deep history, rather bewitching beauty, and it's the gateway to the Olympic Peninsula.

Optional Activities - Day 9

Sol Duc Hot Springs | Olympic National Park | 20USD

Since you'll be in the area near the property of the resort, you might as well take a dip in the mineral hot springs on site. There are three soaking pools and one freshwater pool and you can book this at the front desk and length of time in the hot springs is typically an hour and a half.

Canoe or Kayak Rentals in Olympic National Park Olympic National Park

Weather permitting, choose to rent single kayaks, tandem kayaks, canoes, or paddleboards on a first-come first-serve basis and explore the beautiful glacier-carved Lake Crescent. The lake is known for its crystal clear water surrounded by Mt. Storm King in Olympic National Park.

Day 10 Sequim/Portland

Have a slow morning in Sequim to explore the area on your own. Opt to visit one of the nearby Lavender Farms or walk along one of the world's longest sand spits on Dungeness National Wildlife Refuge. Arrive in Portland in the late afternoon for an CEO-led orientation walk and a free night on the town.

Spend the morning in Sequim. Opt to visit one of the nearby Lavender Farms or walk along one of the world's longest sand spits on Dungeness National Wildlife Refuge. Around mid-morning the group will depart for Portland and drive along the scenic Hood Canal. A stop will be made for lunch on your own and we will make it to Portland in the late afternoon. Set off on a CEO-led orientation walk of Portland and then hit the town for dinner at your leisure, or maybe try one of the many great breweries the city is known for.

Meals included

Breakfast

Today's Activities

Free Time Sequim

Bask in a slow, free morning to get to know Sequim. Options you can partake in include, lavender farms or walks along nature trails.

Private Vehicle Sequim – Portland 4h15m 348km

Settle in and scan the scenery en route from Sequim to Portland. Drive south along the scenic Hood Canal, stop for lunch along the way at a local restaurant, and arrive in the city in the late afternoon.

CEO-led Orientation Walk of Portland Portland 1h30m

After checking in to the hotel join your CEO for a walking orientation tour of downtown Portland. The city is known for the uniqueness of its many neighbourhoods, each with quirky, distinct senses of place and spread across six "quadrants". Portland is also known for its great, many breweries and your CEO could suggest some options for tastings after the walk.

Optional Activities - Day 10

Lavender Farm Visit Sequim

Experience the beauty of the Sequim-Dungeness Valley and visit lavender farms located in the rural landscape along Sequim's very own Lavender Trail.

Dungeness National Wildlife Refuge Sequim

Spend time on the northern edge of the Olympic Peninsula and walk along the Dungeness Spit, a haven for wild birds and home to a historic lighthouse. The spit is 5km long you can hike out by the water and watch birds all morning.

Day 11 Portland/Crystal Mountain

This morning explore Portland on your own and opt to join a guided biking tour with a local guide, or you can choose to rent a bicycle by yourself and pedal around the different neighbourhoods. before heading north towards Mount Rainier National Park and the base hotel for the next few days.

Soak up the wackiness of Portland and opt to book one of the optional activities in the area. Grab lunch at one of the many great restaurants or food trucks before driving back north towards Washington and our two-night stay at a resort near Mount Rainier National Park. Dinner will be on your own at one of the restaurants located at the base of Crystal Mountain.

Meals included

Breakfast

Today's Activities

Free Time Portland

This morning in Portland, the choice is yours. You can opt to rent a bike on your own or join guided tour and see parts of the city from two wheels. Or you can visit some great foodie spots for breakfast and walk paths by the Willamette River.

Private Vehicle Portland – Crystal Mountain 3h30m 290km

Settle in and scan the scenery from the comfort of your private vehicle between Portland and Crystal Mountain just outside of Mount Rainier National Park.

Free Time Crystal Mountain

Get to know the resort property and spend the evening on your own. Opt to have dinner at one of the restaurants at the base of the mountain.

Optional Activities - Day 11

Portland Bicycle Tour Guided or Unguided Portland

Opt to join a 2 hour bike tour with a local guide through Portland's neighbourhoods, or rent and ride by yourself along any paths you choose. Departures are 10am daily.

Day 12 Mount Rainier National Park

Witness the stunning (weather permitting) morning light over the wild landscape of Mount Rainier National Park with a truly spectacular 360 degree view of the nearby peaks and thick green forests. In the afternoon, enjoy optional activities back at the hotel property.

Wake up early and depart for the Sunrise area in Mount Rainier to witness the mountains glow orange in the morning light with a truly spectacular 360 degree view from the Sunrise Point lookout. Visit the Sunrise Visitor Centre before returning to Crystal Mountain for a free afternoon. Choose between optional activities like a scenic gondola ride to the top of the mountain where you'll reach the border of Mount Rainier National Park, or perhaps test your fear of heights with an adventure course through the trees. Dinner will be at your leisure at one of the options on the resort property.

Meals included

Breakfast

Today’s Activities

Private Vehicle Crystal Mountain 45m 45km

Drive from Crystal Mountain about 20 minutes into the Park and then travel along the road to Sunrise Point Lookout. Return to Crystal Mountain in the early afternoon.

Sunrise Point Lookout - Mount Rainier National Park Mount Rainier National Park

Today's early wake up will be well worth it for a visit to Sunrise Point, a must-see destination for anyone visiting Mount Rainier National Park. Jutting out from the eastern flanks of Mount Rainier and sitting nearly 3,000 ft about the White River, Sunrise Point's location is best visited early in the morning when the rising sun illuminates the giant volcano and the other peaks that protect the mountain's base. After witnessing the gorgeous spectacle, head to the Sunrise Visitor Centre before heading back to Crystal Mountain.

Free Time Crystal Mountain

Take advantage of the many optional activities available in the area and spend the afternoon at the resort property. Activities you can choose from are, a scenic gondola ride, an adventure course, or you can explore the resort property on your own. Crystal Mountain is the perfect base for getting to know the stunning natural beauty of this area while it is still relatively uncrowded.

Optional Activities - Day 12

Scenic Gondola Ride - Crystal Mountain Crystal Mountain

Rise over 2,400 vertical ft to the summit and border of the national park for gorgeous views of Mount Rainier and the Cascade Range (weather permitting). You will also be close to the Summit House, Washington's highest elevation restaurant and can choose to enjoy a snack or meal there with some great views.This activity is able to be booked online!

Adventure Course - Crystal Mountain Crystal Mountain

Book the Flying Raven Adventure Course and check-in at the base of the resort for the ultimate outdoor aerial challenge. Climb up the tall evergreen trees where the ravens fly and the creek babbles below.

Day 13 Crystal Mountain/Seattle

Travel to north to Seattle and enjoy a day sightseeing in the city with your CEO or on your own. Visit sites like Pike Place Market, Olympic Sculpture Park, Seattle Center, and Chinatown.

Enjoy breakfast at a nearby restaurant before the morning departure from Crystal Mountain to Seattle. Upon arrival, set off on an orientation walk with your CEO through parts of downtown. Start with Pier 57 and take time for lunch on your own at Pike Place Market. For the rest of the afternoon you can choose to keep discovering Seattle with your CEO, or you can book one of the available optional activities like, the Space Needle, Starbucks Reserve Roastery, or Chihuly Garden and Glass. Opt for a group dinner together this evening.

Meals included

Breakfast

Today's Activities

Orientation Walk - Seattle Seattle 30m

Enjoy an orientation walk through Seattle's most talked about places like Pier 57 and Pike Place Market. In the afternoon, choose to continue the tour with your CEO to the Olympic Sculpture Park, Seattle Centre, and Chinatown. Or spend an afternoon on your own.

Private Vehicle Crystal Mountain – Seattle 2h 132km

Settle in and scan the scenery from the comfort of your private vehicle between Crystal Mountain and Seattle.

Free Time Seattle

Pass the remainder of the afternoon on your own and choose from some of the optional activities in the area like, visiting the Space Needle, Chichuly Garden and Glass, or Starbuck Reserve Roastery.

Optional Activities - Day 13

Space Needle Seattle

Visit the Seattle icon, the Space Needle. Built for the 1962 World's Fair, the Space Needle stands today as a major tourist attraction for those looking to get an incredible view of the city from the 518ft tall (158m) observation tower.

Chihuly Garden and Glass Seattle

Visit the must-see Chihuly Garden and Glass that showcases Dale Chihuly's glass blowing artwork. Walk through the gardens smelling of fresh flowers and trees, and spot beautiful vibrant glass pieces throughout. Whether they're coming out of the dirt as though they were plants themselves or hanging from the ceiling mimicking plant vines, this exhibit will be sure to fill you with joy.

Starbucks Reserve Roastery Seattle

Book an experience at the Starbucks Reserve Roastery. Witness the art, science and theater of coffee craft and artisanal baking and enjoy thought-provoking, educational offerings this immersive introduction to all things coffee.

Day 14 Seattle

Depart at any time.

Looking to explore more of Seattle? We strongly recommend booking post-nights to ensure you will have more time in the "Emerald City".

Meals included

Breakfast

Today's Activities

Departure Day

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

What's included

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What are the main highlights of this trip?

Spot alpine wildlife in Banff, Visit the pristine waters of Lake Louise, Sip on local wine and craft beer in the Okanagan Valley, Enjoy a full day guided experience in Olympic National Park and spend time exploring the Lake Crescent and Sol Duc Valley areas, Travel to Sunrise Point Lookout in Mount Rainier National Park for 360-degree views of the surrounding valley and Cascade Range, Experience the laid-back west coast vibes of Vancouver Seattle and Portland

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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 role of the group leader during this trip?

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.

What is the maximum and typical number of participants on this tour?

Max 12.

What meals are included in this trip?

10 breakfasts

What are the meals like on this trip?

All included breakfast will be had at the hotel or pre-arranged if there is an early morning on tour. Most other meals will be up to you and this sort of freedom allows you to choose the best options for your personal preferences in all of the destinations.

What are the modes of transportation on my trip?

Private vehicle, ferry, walking.

How will we travel between destinations?

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 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 (13 nts).

If I choose to purchase My Own Room, are there any exceptions during the trip?

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 should I expect from the accommodations 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 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 should I do if I can't find my airport transfer or experience arrival issues?

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 do I contact for arrival issues or in the event 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 are the packing guidelines and luggage restrictions?

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 I pack for this trip?

Cold weather:

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

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:

- Footwear (required) (Closed toe suggested)
- 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
- 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
- Shorts/skirts (Longer shorts/ skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: The Pacific Northwest is known for it's rainy, wet environment. Please remember to bring a rain jacket with you.

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

Credit cards are accepted almost everywhere in the Canada and US and can be used to purchase small and large items. When purchasing products or services with a foreign credit card in either country, 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

What emergency funds do I need access to 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!

What are the tipping guidelines for this 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

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

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

Olympic National Park

- Sol Duc Hot Springs (20USD per person)
- Canoe or Kayak Rentals in Olympic National Park

Sequim

- Lavender Farm Visit
- Dungeness National Wildlife Refuge

Portland

- Portland Bicycle Tour Guided or Unguided

Crystal Mountain

- Scenic Gondola Ride - Crystal Mountain
- Adventure Course - Crystal Mountain

Seattle

- Space Needle
- Chihuly Garden and Glass
- Starbucks Reserve Roastery

What general safety tips and free-time guidelines should I follow?

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 jewelery 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 are the mandatory group rules regarding laws and behaviour?

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.

What are the mandatory travel insurance requirements for this 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.

What are the age restrictions 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 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.