NATIONAL GEOGRAPHIC | G Adventures
EXPEDITIONS
JOURNEYS

Last Updated: October 30, 2026



JOURNEYS: DISCOVER THE CANADIAN ROCKIES - WESTBOUND

12 days, Calgary to Vancouver

Trip code NCCNG

WHAT'S INCLUDED

- Your Journeys Highlight Moment: Banff Historical Walking Tour, Banff
- Your Journeys Highlight Moment: Indigenous Cultural Experience, Whistler
- Your G for Good Moment: Squamish Lil'wat Cultural Centre Visit, Whistler
- Your Wellness Moment: Miette Hot Springs Visit, Jasper National Park
- All park fees in Jasper and Banff National Parks
- Scenic ferry to Vancouver Island
- Vancouver, Calgary, Victoria, Whistler, and Banff orientation walks
- River safari through Grizzly Bear Valley
- Stops at Kamloops Lake and Seton Lake
- Mount Robson Visitor Centre stop
- Excursion to the Columbia Icefields and ice walk on the Athabasca Glacier
- 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 September 30th, 2016 - August 12th, 2019

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.

Famed for its entrepreneurial spirit and youthful population, Calgary prides itself on being the heart of the new west while honouring its cowboy heritage.

Please make your own way to the joining hotel. If you are interested in exploring the city and its nearby attractions, it is recommended you book additional pre-trip accommodation nights.

TODAY'S ACTIVITIES

Arrival Day and Welcome Meeting 1h

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. Check for the meeting time on the welcome note at the hotel. After introductions, your Expedition Leader will review the details of your tour. Please note that normal

check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.

Day 2 CALGARY/BANFF

Drive to Banff where we take a walk back in time with an expert from the Whyte Museum, exploring the historical town.

Meals included

Breakfast

TODAY'S ACTIVITIES

Private Vehicle Calgary – Banff 1h30m-2h

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

ACTIVITY

Take a walk back in time with an expert from the Whyte Museum, exploring the historical town of Banff. Retrace the history of the riverside site where Tom Wilson established one of the first outfitting operations in the area, then explore St Georges-in-the-Pines Anglican Church, and past the Luxton home and garden. These and many other intriguing stops reveal the fascinating history of this town and the Canadian Pacific railroad, and how it was the stepping stone of opening up western Canada.

Free Time Banff

Explore the town of Banff in your free time.

Optional Activities - Day 2

Canoeing Banff 57.75CAD 2h-3h

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

Johnston Canyon Hike Johnston Canyon Free 1h30m-2h30m 1-5km

Johnston Canyon is certainly an area that shows the power of nature and time; rushing water carves a path through the limestone canyon and potholes form over the years from plunging waterfalls.

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.

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 BANFF/LAKE LOUISE

Continue to Lake Louise. View the emerald blue waters of this alpine lake and opt to hike to the Tea House.

Meals included

Breakfast

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.

Optional Activities - Day 3

The Fairmont Chateau Lake Louise Visit Lake Louise Free

Visit one of the most iconic hotels in Canada. This beautiful hotel was rebuilt after a fire in 1924 and stands looking out at the breathtaking Lake Louise and the Victoria Glacier.

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 LAKE LOUISE/JASPER NATIONAL PARK

Considered one of the most scenic drives in the world, travel the Icefields Parkway to Bow Lake with a stop at the Columbia Icefield. Walk with an expert guide on the lower Athabasca Glacier to explore and understand the life of this active glacier. Continue on to Jasper National Park.

Along the 300km (186.4 mi) ride, a spectacle unfolds before our eyes: lush coniferous forests, immense mountains, turquoise lakes, high-falling cascades, and humbling glaciers. Numerous stops will be planned along the way for photos, observation, and wildlife encounters.

Meals included

Breakfast

TODAY'S ACTIVITIES

Private Vehicle | Lake Louise – Jasper National Park | 10h | 290km

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

Athabasca Glacier Ice Walk | Athabasca Glacier | 3h-4h | 2km

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

Columbia Icefields Center Visit | Columbia Icefield | 1h-2h

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

Day 5 JASPER NATIONAL PARK

Spend the day at leisure with the option to hike at Maligne Canyon, enjoy a boat cruise, or check out some whitewater rafting. In the evening, we have an included visit to Miette Hot Springs.

Jasper's friendly mountain hospitality, peaceful atmosphere, and the promise of real adventure make any visit unforgettable.

Meals included

Breakfast

TODAY'S ACTIVITIES

Free Time Jasper National Park

An exciting day ahead! Whatever you choose, the scenery will be stunning and the excitement of these optional activities will make this day unforgettable.

ACTIVITY

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

Optional Activities - Day 5

Whitewater Rafting on Athabasca River Jasper National Park 65-110CAD

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

Bald Hills Hike Jasper National Park Free 13km

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

Maligne Lake Cruise Jasper National Park 65CAD

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

Boat Cruise to Spirit Island & Maligne Lake Maligne Lake 75.60-109.20CAD

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

Maligne Canyon Hike Maligne Canyon Free 30m-1h30m 1-4km

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

Canoe Ride Maligne Lake 84-215.25CAD 1h-3h 1-4km

Rent a canoe from the longstanding Boathouse on Maligne Lake.

Day 6 JASPER NATIONAL PARK/BLUE RIVER

View the highest peak in the Rocky Mountains, Mt Robson, with a stop at the visitor centre before crossing the Rockies to reach Blue River. Enjoy a river safari tour through Grizzly Bear Valley and the world's only inland temperate rainforest. Look out for wildlife, which can include grizzly bears, moose, and eagles.

Meals included

Breakfast | Dinner

TODAY'S ACTIVITIES

Private Vehicle Jasper National Park – Blue River 7h 230km

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

Mount Robson Visit Mount Robson 30m-1h 1km

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

River Safari Tour in Grizzly Bear Valley Blue River – Wells Gray Park 1h

Hop on a river safari tour for an unforgettable one hour adventure through Grizzly Bear Valley, right in the heart of the world's only inland temperate rainforest. On top of glimpsing grizzly bears in their natural habitat, we can observe moose, eagles, and many others wild animals.

Day 7 BLUE RIVER/WHISTLER

Pass through the Caribou Mountains into the Coastal Mountains, and enjoy stops at the emerald coloured Joffre Lake and Marble Canyon before arriving to the village of Whistler, host to some of the events of the 2010 Winter Olympics.

Following this extraordinary route, once marked by the gold prospectors, we leave the arid and dry land of the Thompson Okanagan region into the Coastal Mountain Range. We drive through the region where aboriginal peoples led a semi-nomadic life moving between hunting and fishing grounds in the summer and settling into pit houses for the winter. Europeans came at first for fur

trading and later on to establish cattle ranches, farms, and mining operations. The scenery changes dramatically and could even make you feel as if you were in a western movie.

Meals included

Breakfast

TODAY'S ACTIVITIES

Private Vehicle Blue River – Whistler 7h30m-8h

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

Joffre Lakes Visit Joffre Lakes Park 30m-2h 1km

The three Joffre lakes, Upper, Lower, and Middle, are emerald in colour and set against the backdrop of the Coastal Mountain Range.

Marble Canyon Visit Marble Canyon 30m-1h 1km

The clear waters of Turquoise Lake in Marble Canyon PP make it an ideal spot to stop for a swim in the summer.

Orientation With CEO 30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Day 8 WHISTLER

Today is at your leisure. Take a walk through the village with options to ride the gondola up the mountain, hike, or go ziplining.

Whistler and its surrounding provincial parks are places you must discover. It is also a great place to try one of the many optional mountain activities.

Meals included

Breakfast

TODAY'S ACTIVITIES

Free Time Whistler

Enjoy this stunning mountain town.

Optional Activities - Day 8

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.

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.

Day 9 WHISTLER/VICTORIA

Visit the Squamish Lil'wat Cultural Centre on a G Adventures for Good experience. Enjoy a traditional tea ceremony with bannock and explore the grounds and museum with an Indigenous guide who has

come through the centre's training program. After, drive the scenic Sea-to-Sky Highway and catch the ferry to Vancouver Island to reach Victoria, where we take an orientation walk with our CEO.

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.

ACTIVITY

Explore the beautiful grounds of the Squamish Lil'wat Cultural Centre during this National Geographic Exclusive experience and discover the museum with an indigenous guide who has graduated from the training program here. Take an interpretive walk through the forest to understand how the Indigenous ancestors lived, while learning about plant species used for food and medicine. After, join a tea ceremony to sample traditional teas and bannock while listening to ancestral stories and legends.

Private Vehicle Whistler – Horseshoe Bay

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

Ferry Horseshoe Bay – Nanaimo 1h30m-2h 55km

Hop on a ferry from Horseshoe Bay to Nanaimo.

Private Vehicle Nanaimo – Victoria 1h30m-1h45m

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

Orientation With CEO 30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Day 10

VICTORIA

Today is free for optional activities such as a zodiac whale watching cruise, exploring Butchart Gardens, or enjoying high tea at a historic hotel.

Meals included

Breakfast

TODAY'S ACTIVITIES

Free Time Victoria

Enjoy some optional activities but also take time to just wander along the waterfront.

Optional Activities - Day 10

Butchart Gardens Visit Victoria 44.24CAD

Visit this famous National Historic Site of Canada. The Butchart Gardens are absolutely stunning floral show gardens.

Miniature World Visit Victoria 20CAD 1h-3h

Described as the "greatest little show on earth," this place is filled with miniatures of train sets, movie sets, and fairy tales.

Royal British Columbia Museum Visit Victoria 20.16CAD 1h-3h

Filled with local human and natural British Columbian history, the BC Royal Museum always has a unique cultural and artistic exhibit on showcase.

Zodiac Whale Watching Cruise Victoria 173.60CAD

Cruise the sea in a Zodiac boat in search of marine wildlife such as gray whales, sea lions, otters, seals, porpoises, and killer whales.

Day 11 VICTORIA/VANCOUVER

Board the scenic ferry to Vancouver. Here, discover highlights like Stanley Park and Gastown.

Meals included

Breakfast

TODAY'S ACTIVITIES

Private Vehicle Victoria – Swartz Bay 30m-45m

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

Ferry Swartz Bay – Tsawwassen 2h

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

Private Vehicle Tsawwassen – Vancouver 1h

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

Stanley Park Visit Vancouver

Often voted as one of the greatest city parks in the world, this 1,000-acre peninsula filled with luscious gardens, beaches, woodlands, and miles of trails is a highlight of Vancouver's downtown.

Gastown Visit Vancouver 30m-1h

Vancouver's oldest neighbourhood, filled with Victorian buildings and cobblestone streets, is one of the liveliest in the city. It's rich in Canuck culture, food, and fashion.

Day 12 VANCOUVER

Depart at any time.

If you are interested in exploring the city and its nearby attractions, it is recommended you book additional pre-trip accommodation nights.

Meals included

Breakfast

TODAY'S ACTIVITIES

Departure Day

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

What's included

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- Your Wellness Moment: Miette Hot Springs Visit, Jasper National Park
- All park fees in Jasper and Banff National Parks
- Scenic ferry to Vancouver Island
- Vancouver, Calgary, Victoria, Whistler, and Banff orientation walks
- River safari through Grizzly Bear Valley
- Stops at Kamloops Lake and Seton Lake
- Mount Robson Visitor Centre stop
- Excursion to the Columbia Icefields and ice walk on the Athabasca Glacier
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Explore Banff during a walk with an expert from the Whyte Museum, embark on a glacier walk with an expert guide, soak and unwind in natural hot springs, explore the popular resort town of Whistler, search for grizzly and black bears on a float trip at Blue River

What are the main highlights of this trip?

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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 Expedition Leader 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. 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 in Las Vegas or New Orleans is not possible when you are under the legal age, even if you don't plan on consuming alcohol. Drinking laws in both countries are strictly enforced and our Expedition Leaders 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.

4. 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 Expedition Leader. The Expedition Leader 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 Expedition Leader 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, Avg 10.

What meals are included in this trip?

11 breakfasts, 1 dinner

What are the meals like on this trip?

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

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

What are the modes of transportation on my trip?

Private vehicle, hiking, walking, ferry, boat.

How will we travel between destinations?

For this trip we use 15-passenger vans for up to 12 people plus the Expedition Leader. For groups of 8 and more travellers, we also use a trailer to carry luggage. These durable vehicles allow us to drive on most types of roads in North America.

Each van has a front passenger seat and 4 benches that will accommodate 3 people each with mandatory seat belts to keep us secure and safe. No standing is permitted in these vehicles.

This is not a physically demanding journey, but with limited space in the van, long drive days can be difficult. Please take note of the travel times and distances in the above itinerary. There is air conditioning to cool things down on warm days to keep everyone more comfortable. Despite some of the long days, most travellers feel that the diversity of the North American landscape, culture, and wildlife are all well worth the experience!

Is there an extra cost for travelling solo?

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

Where will we stay during the trip?

Hotels/lodges (11 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 Expedition Leader. 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 Expedition Leader 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 Expedition Leader 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 Expedition Leader, 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
- 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:

- 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

Smart Dress:

- Smart outfit (For evenings out)

Warm Weather:

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

Where can I do my laundry on this trip?

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

What are the visas and entry requirements for my trip?

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

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

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

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

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

The Canadian currency is the Canadian Dollar (CAD).

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

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

Do not rely on credit or debit cards as your only source of money. A combination of Canadian Dollars as cash (preferably smaller bills, 5's, 10's and 20's) and credit cards is best.

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

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

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 Expedition Leader for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your National Geographic Expedition Leader 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 Expedition Leader exceeded your expectations, feel free to tip more.

What activities are optional on this trip?

Banff

- Canoeing (57.75CAD per person)
- Hot Springs Soak (17.32CAD per person)

Johnston Canyon

- Johnston Canyon Hike (Free)

Tunnel Mountain

- Tunnel Mountain Hike (Free)

Banff National Park of Canada

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

Lake Louise

- The Fairmont Chateau Lake Louise Visit (Free)
- Lake Agnes Tea House Hike

Jasper National Park

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

Maligne Lake

- Boat Cruise to Spirit Island & Maligne Lake (75.60-109.20CAD per person)
- Canoe Ride (84-215.25CAD per person)

Maligne Canyon

- Maligne Canyon Hike (Free)

Whistler

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

Victoria

- Butchart Gardens Visit (44.24CAD per person)
- Miniature World Visit (20CAD per person)
- Royal British Columbia Museum Visit (20.16CAD per person)
- Zodiac Whale Watching Cruise (173.60CAD per person)

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 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 Expedition Leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your Expedition Leader will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your Expedition Leader will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

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

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

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

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

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

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 prostitutes is completely contrary to this philosophy. Our Expedition Leaders have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

What are the mandatory travel insurance requirements for this trip?

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

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.
G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

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

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

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

How can I share feedback about my trip experience?

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

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

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

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

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

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.