



JOURNEYS: DISCOVER AMERICAN CANYONLANDS

8 days, Las Vegas to Las Vegas

Trip code NUVNG

WHAT'S INCLUDED

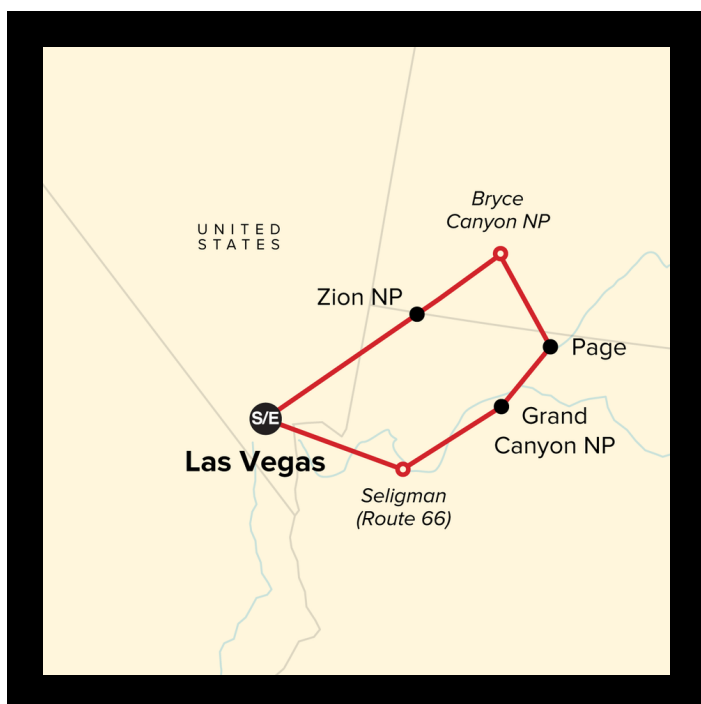
- Your Journeys Highlight Moment: Grand Canyon Exclusive, Grand Canyon National Park
- Your Journeys Highlight Moment: Lowell Observatory Experience, Flagstaff
- National park fees (other than non-resident national park fees)
- Zion National Park visit and guided hike
- Bryce Canyon National Park visit
- Antelope Canyon guided visit
- Horseshoe Bend hike
- Grand Canyon National Park visit
- Route 66 stop
- 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 February 20th, 2023 and onwards

ITINERARY



Itinerary Notes

Please note that the Navajo Loop in Bryce Canyon National Park is closed until further notice due to mudslides and rockfall. As a result, the optional Queen's Garden and Navajo Loop trail cannot currently be completed as a loop. However, it is still possible to hike down the Queen's Garden Trail from Sunrise Point and complete the hike as an out-and-back rather than a loop.

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

LAS VEGAS

Arrive at any time.

There are no planned activities today until the evening welcome meeting, so check out the strip or get tickets to a show for this evening.



ACCOMMODATION

Golden Nugget Las Vegas (or similar) Hotel



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

LAS VEGAS/ZION NATIONAL PARK

Depart for the sandstone slot canyons of Zion, Utah's oldest national park, where monumental cliffs of cream, pink, and red pierce the sky. In the afternoon we get our first glimpse of the park as we hike along The Watchman Trail. This unpaved trail climbs 368 ft (112 m) to a magnificent viewpoint of the Watchman, Temples and Towers, lower Zion Canyon, and the Town of Springdale.



Meals included

Breakfast



ACCOMMODATION

Red Cliffs Lodge (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

Las Vegas - Zion National Park

2h30m-3h

270km

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

Zion National Park Visit

Zion National Park

Admire monumental sandstone cliffs of cream, pink, and red that tower into the sky. Experience diverse plant and animal life, and wade through water in a narrow slot canyon as the park transitions from desert to forest. Gaze at the awe-inspiring beauty of the high plateaus, striking towers, temples, mesas, and the earth's tallest-known sheer sandstone walls.

Day 3

ZION NATIONAL PARK

Set out on an unforgettable guided hike to the famed Narrows. Splash, wade, and swim in the cool water of the river that cuts through this stunning slot canyon. Soak up the beauty of the high plateaus, towers, temples, mesas, and some of the planet's tallest sheer sandstone walls.

The canyon is narrow, and the river covers the bottom in many places, which means you will have to wade or swim to proceed. Prepare to get wet but the cool water makes this hike particularly pleasant during the hot summer months. During the cooler months, there are available gear rentals including Gore-Tex dry pants, canyon shoes, and neoprene socks. Hiking poles are available for rent year-round.

Hiking is not permitted when the river is high from runoff or flash flooding. Runoff mostly occurs in April and early May. Late summer thunderstorms can occasionally produce flooding. If the hike is not possible due to weather, it will be replaced with another activity.

This is a moderate level hike of 4 to 5 hours, during which you are wading through water which could be ankle or waist deep, depending on local conditions. As well, the terrain is often rocky and uneven. We recommend bringing water shoes with a hiking tread.

Should you choose to not do the hike, you can stay and relax at the lodge or discuss with your Expedition Leader other optional activities that may be available (at additional cost).



Meals included

Breakfast | Lunch



ACCOMMODATION

Red Cliffs Lodge (or similar) **Hotel**



TODAY'S ACTIVITIES

The Narrows Guided Hike

Zion National Park

4h-5h

2km

Take a guided hike to the Narrows in Zion National Park. Splash and wade through the cool river which cuts through this stunning slot canyon. You'll mostly be in up to your ankles and in some spots get waist-deep. The Narrows is one of the most popular hikes in Zion National Park, and is considered one of the world's best slot canyon hikes.

Day 4

ZION NATIONAL PARK/PAGE

This morning, hike through Bryce Canyon National Park, famed for its maze of multi-coloured rock pinnacles called hoodoo. Keep your camera at the ready to snap shots of these spectacular natural towers that cover the canyon floor. Continue on to Page, Arizona, the gateway to Antelope Canyon, Horseshoe Bend, and the beautiful Lake Powell.



Meals included

Breakfast



ACCOMMODATION

La Quinta Inn & Suites Page at Lake Powell (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

Zion National Park - Bryce Canyon National Park

2h

140km

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

Bryce Canyon National Park Visit

Bryce Canyon National Park

See a sight like no other at this giant forest of stone made up of collection of massive natural amphitheatres. This park contains hundreds of thousands of eroded spires, pinnacles, and other shapes as far as the eye can see.

Private Vehicle

Bryce Canyon National Park - Page

3h-3h30m

250km

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

Join a local Navajo guide for a thrilling exploration of Antelope Canyon, a stunning natural sandstone cathedral located on Navajo land and accessible only with an authorized guide. Later, go on a short hike to Horseshoe Bend, and stand on steep vermilion cliffs overlooking a spectacular natural bend in the Colorado River. Enjoy lunch at a Navajo-inspired restaurant and trading post, before continuing on to the awe-inspiring Grand Canyon.

Marvel as the Grand Canyon unfolds before you but don't get too close. The land drops almost straight down for more than 1,000m (3,280 ft) into the serpentine canyons below! The gorge is filled with rocky buttes, sheer limestone cliffs, and deep canyons all arrayed in a rainbow of colors. Words defy. This is truly one of the most magnificent sights on earth.



Meals included

Breakfast | Lunch



ACCOMMODATION

Yavapai Lodge (or similar) Hotel



TODAY'S ACTIVITIES

Antelope Canyon Tour

Antelope Canyon

2h

Named for the pronghorn that used to roam the land, Antelope Canyon is a natural sandstone cathedral created by years of flash flooding, wind, and rain. Tour this breathtaking canyon to discover beams of light, flowing rock walls, and spiral arches and soak in the natural beauty of this surreal place.

Horseshoe Bend Hike

Horseshoe Bend

1h

1km

Take a short hike to this spectacular horseshoe-shaped meander of the Colorado River. Stand atop steep orange-coloured sandstone cliffs and look out at Horseshoe Bend. Peer down more than 300m (1,000 ft) at the emerald river below.

Private Vehicle

Page - Grand Canyon National Park

3h-4h

220km

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

Day 6

GRAND CANYON NATIONAL PARK

Spend the day exploring this ancient gorge with an expert from the Grand Canyon Conservancy Field Institute. Set out on foot along the South Rim and gain insights on the unique geology and botany of this geological phenomenon, as well as the local human history. After, view iconic park structures at the Historic Village District, then descend below the canyon rim along the Bright Angel Trail to see 2,000-year-old rock art and 250-million-year-old fossils.



Meals included

Breakfast



ACCOMMODATION

Yavapai Lodge (or similar) Hotel



TODAY'S ACTIVITIES

ACTIVITY

As part of a specially designed experience for National Geographic Journeys travellers, spend a day with a researcher from the Grand Canyon Conservancy Field Institute. Begin with a walk with our expert along the South Rim to hear about the unique geology of the canyon and history of Native Americans here. Then visit the Historic Village District for a stroll past a number of iconic park structures including Hopi House, El Tovar Hotel, and Lookout Studio. Continue down the historic Bright Angel Trail to get a real sense of the feel of the canyon below the rim, viewing 2000-year-old rock art and 250-million-year-old fossils. Then, visit Kolb Studio, home to photography pioneers Emery and Ellsworth Kolb, who shared with the world some of the first pictures of the epic canyon in the August 1914 issue of National Geographic Magazine.



Optional Activities - Day 6

Grand Canyon IMAX Movie

Grand Canyon National Park

14USD

On a giant six-story movie screen, watch the most viewed IMAX film of all time, "Grand Canyon: The Hidden Secrets". Escape, fly, and discover the history and beauty of this awe-inspiring landscape.

Grand Canyon Sunset

Grand Canyon National Park

Head to the rim of the Grand Canyon at sunset. Point your camera in any direction and capture memorable shots as the shifting light plays off the layers of red, yellow, and brown rock. This is truly one of the great wonders. Enjoy the moment.

Day 7

GRAND CANYON NATIONAL PARK/LAS VEGAS

Go on a behind-the-scenes tour of Lowell Observatory to see the giant telescopes and learn about the study of astronomy, as well as enjoy a lecture on Mars. Return to Las Vegas, by way of Seligman, Arizona—the birthplace of Route 66. Check out the historic general store and original motels as you discover the legacy of the U.S.'s early transcontinental highway system.



Meals included

Breakfast



ACCOMMODATION

Golden Nugget Las Vegas (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

Grand Canyon National Park - Flagstaff

2h

150km

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

ACTIVITY

Visit the highly renowned Lowell Observatory in Flagstaff, Arizona for a behind-the-scenes tour of the facility alongside an educator. Established in 1894 (making it one of the oldest observatories in the United States), this centre focuses on educating the general public in astronomical research. Learn about the Clark and Pluto telescopes and enjoy an educational presentation. National Geographic has long supported space research and featured impressive images of our solar system in the pages of National Geographic magazine. As far back as the 1950s, National Geographic has provided funding to astronomers based at the Lowell Observatory to gather important photographic data of Mars.

Private Vehicle

Flagstaff - Las Vegas

5h-6h

400km

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

Seligman (Route 66) Visit

Seligman

Take a trip back in time to the birthplace of Route 66. Established in the early 1900s as the first transcontinental highways in the U.S, Route 66 has a lot of history on it's original length of almost 2,500 miles. Starting in Chicago, Illinois and travelling through Missouri, Kansas, Oklahoma, Texas, New Mexico, and Arizona, before ending at the ocean in Santa Monica California. The creation of the

Interstate system bypassed the majority of Route 66, creating ghost towns along it's original route, though there are a few iconic Americana towns still delivering experiences from the past. Check out the historic general store, original motels, and don't forget to get your kicks!

Day 8

LAS VEGAS

Depart at any time.

Want to spend more time in Sin City? Ask your GCO or Travel Agent about booking post-tour accommodation in the 'Entertainment Capital of the World'.



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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- Route 66 stop

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What are the main highlights of this trip?

Witness the awe-inspiring scenery at Zion NP, check out 2000-year-old rock art and 250-million-year-old fossils, explore Antelope Canyon with a Navajo guide, spend the day with an expert from the Grand Canyon Association Field Institute

Itinerary Notes

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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.

Are there Itinerary notes?

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

1. NON-RESIDENT NATIONAL PARK FEES

Standard entrance fees to the National Parks visited on this trip are included in your trip price. As of January 2026 onward, the US National Park Service is introducing an additional 'US Non-Resident Fee' to enter National Parks included in this trip. This fee is applicable to passengers who are not US residents and separate from the entrance fees included in your trip. These fees range from USD 100 to USD 250 per person. These fees need to be paid locally (USD cash) and are in addition to your trip payment. On Day 1, your Expedition Leader will facilitate the processing of these fees for all travelers who are impacted.

2. 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.

3. WALKS AND HIKES - OPTIONAL

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.

4. 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.

5. 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.

6. LAS VEGAS HOTELS

Las Vegas is known for glitz and glamour, and is an adult's playground for the senses. However, hotel standards are different than in many other cities. Most hotels have thousands of rooms and an onsite casino open 24 hours a day, which can cause large crowds and excessive noise. Smoking is also permitted indoors in casinos. Although we only use non-smoking rooms on our tours and do our best to offer a smoke free environment, please be aware that standards may result in smoke permeating non-smoking areas of hotels.

7. 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?

All G Adventures group trips are accompanied by one of our National Geographic Expedition Leader throughout. The aim of the Expedition Leaders is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends.

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.

While our Expedition Leaders are trained and have resources to assist them along the way, the United States is the fourth largest country on the planet, and it is impossible for them to know everything about this massive country. We recommend 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.

Please note that specific tour guide licenses are required to guide in certain cities and regions, and as such, our Expedition Leaders will oftentimes provide brief orientation walks or drives to point out useful places like supermarkets, main squares and ATMs but for more specific or in depth destination information, an official guided tour is recommended.

How large will the group be?

Max 13, Avg 11.

What meals are included in this trip?

7 breakfasts, 2 lunches

What are the modes of transportation on my trip?

Air-conditioned private vehicle, hiking, walking.

What transportation will we take on this trip?

For this trip we use 15-passenger vans for up to 14 people plus the Expedition Leader/Driver. These vans are durable vehicles that allow us to drive on most types of roads in North America.

With mandatory seat belts to keep us secure and safe. No standing is permitted in these vehicles.

This is not a physically demanding journey. There is air conditioning to cool things down on warm days to keep everyone more comfortable. Travelling can be difficult, with long drives and limited space in the van. Please take note of the travel times and distances in the above itinerary. 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 - 7 nts.

Will I get my own room?

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

What kind of accommodation can I expect on this trip?

This trip uses comfortable 3 star hotels, well located in cities and close to National Parks. 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 Las Vegas airport (LAS), to reach your starting accommodation you can take a shuttle bus, rideshare service or a local taxi.

Shuttle Bus: at terminal 1, group shuttles are located on the west side of baggage claim, outside door exits 7 - 13. At Terminal 3, shuttles are parked outside on Level Zero on both the west and east side of the building. Advance reservations are required.

Rideshare Services: there is a dedicated pick-up spot in each terminal. In Terminal 1, head over to T1 Parking and take the elevator up to level 2M. In terminal 3, head to T3 parking and take the elevator to level V. Follow the signs for Uber / Lyft.

Taxi: available outside the baggage claim areas at Terminal 1, at the door exits 1 to 4. You can also find taxi ranks on Level Zero at Terminal 3.

WELCOME MEETING TIME: 18:00

WELCOME MEETING LOCATION: Golden Nugget - Claim Jumper Restaurant

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 National Geographic 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 happens if I experience problems when arriving?

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

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call the G Adventures Local Representative. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (Las Vegas)

From outside the USA: 1-725-201-1494

From within the USA: 725-201-1494

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

Are there any additional packing suggestions I should consider?

You will be on the move a lot, so our advice is to pack as lightly as possible.

For days in the outdoors, we recommend the use of lightweight, breathable, moisture-wicking fabrics made of wool or synthetic fibers. Cotton is not recommended for days spent hiking as it does not allow for heat or moisture to enter or escape, and it will not dry easily once wet.

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. Heavy luggage is not recommended for the health of the 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.

What should be on my packing list?

Cold Weather:

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

Documents:

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

Essentials:

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

Health & Safety:

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

Smart Dress:

- Smart outfit (For evenings out)

Warm Weather:

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

When can I do my laundry on this trip?

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 United States currency is the US Dollar (USD).

Credit cards are accepted almost everywhere in the US and can be used to purchase small and large items. When purchasing products or services with a foreign credit card in the USA, 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 US Dollars as cash (preferably smaller bills, 5's, 10's and 20's), and credit cards is best. Currency exchange is best obtained prior to travel or at the airport, currency exchange is very difficult to find in the USA and most banks do not accommodate.

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

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

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Should I be tipping on my trip?

It is customary in North America to tip service providers such as waiters, bartenders and taxi drivers, at approximately 18-20%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are times during the trip where there is opportunity to tip any local guides used. Recommendations for tipping local guides would range from \$2-8 USD per activity depending on the quality and length of the service; ask your 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?

Grand Canyon National Park

- Grand Canyon IMAX Movie
(14USD per person)
- Grand Canyon Sunset

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your National Geographic 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 and 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 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 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. Read more about travel safety for ways to further enhance your personal safety while traveling

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our Expedition Leaders have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

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

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

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

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

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

How can I share feedback about my trip experience?

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

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

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

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

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

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

How old must I be to join this trip?

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

Are international flights included in this trip?

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

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

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

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

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

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.