



Canadian Rockies: National Parks Westbound

15 days, Calgary to Vancouver

Trip code NCRU

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Banff
- Entrance fees to all national and provincial parks with walking and hiking excursions
- Stop at Columbia Icefield
- Half-day canoeing excursion in Wells Gray PP
- Half-day Zodiac tour including whale watching
- Self-inflating mattresses and dome tents while camping
- 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 - December 31st, 2017

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.

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.

Optional Activities - Day 1

Welcome Dinner

You've arrived! Why not share a meal and a drink with your new travel mates?

Day 2

Calgary/Banff

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



Meals included

Lunch



Today's Activities

Private Vehicle

Calgary - Banff

1h30m-2h

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



Optional Activities - Day 2

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.

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.

Day 3

Banff/Lake Louise

Gaze at the beauty of Lake Louise, and hike to the Agnes Lake Tea House or along the Six Glaciers Trail.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Banff - Lake Louise

1h30m

90km

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

Lake Agnes Tea House Hike

Lake Louise

2h30m-5h

6km

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.



Optional Activities - Day 3

Plain of Six Glacier Hike

Lake Louise

Free

4h-6h

10-14km

This historic trail follows the shores of Lake Louise, eventually pushing out into a scenic assembly of peaks and glaciers. Stop and enjoy a cup of tea at the cozy, remote Plain of Six Glaciers Tea House.

Day 4

Lake Louise

Head into Yoho National Park and visit the mighty Tekakkaw Falls and Emerald Lake. Opt to go whitewater rafting in the afternoon.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Lake Louise - Yoho National Park of Canada

1h-2h

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

Takkakaw Falls Visit

Takakkaw Falls

Get ready for an awesome sight: Takkakaw Falls is one of the highest waterfalls in Canada, with a free fall of 254m (833 ft)!

Emerald Lake Hike

Emerald Lake Lodge

1h30m-2h

5km

Discover the beautiful wilderness setting of Emerald Lake and its surroundings, popular for sightseeing, canoeing, and hiking. Skirt around the lake and enjoy the incredible scenery.

Private Vehicle

Yoho National Park of Canada - Lake Louise

1h

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



Optional Activities - Day 4

Kicking Horse River White Water Rafting

Kicking Horse River

110-135CAD

3h-4h

Raft on one of the most famous rivers in Canada. The Kicking Horse River is the ultimate whitewater rafting destination in the Rocky Mountains and is guaranteed to provide the thrill of a lifetime.

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.

Grizzly Bear Refuge Visit

Golden

40CAD

Visitors are given the opportunity, as part of a one-of-a-kind interpretive tour, to watch a grizzly bear interacting much as it would in the wild: foraging, hunting, playing, swimming, and, of course, snoozing.

Day 5

Lake Louise/Jasper

Make the stunning drive to Jasper via the Icefield Parkway. Visit beautiful Bow Lake, and stop at Columbia Icefield Centre before arriving in Jasper in the evening.

To travel the icefield parkway is to experience one of Canada's national treasures and most rewarding destinations. Stretching 230km (155 mi) between Lake Louise and the town of Jasper, the parkway offers easy access to one of the most spectacular mountain landscapes on Earth. This is a wonderful journey through the heart of the Canadian Rockies, a vast wilderness of magnificent peaks, pristine mountain lakes, and broad sweeping valleys. Stop at Columbia Icefield for an unforgettable experience. Continue on to Jasper. In the evening, set up your camp and enjoy a nice warm campfire.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Lake Louise - Jasper

9h-10h

290km

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

Peyto Lake Visit

Peyto Lake

30m-1h30m

1km

This astonishingly blue lake will truly take your breath away.

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.



Optional Activities - Day 5

Athabasca Glacier Ice Walk

Athabasca Glacier

112CAD

3h-4h

2-5km

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

Glacier Adventure

Columbia Icefield

99CAD

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

Day 6

Jasper

Stroll through Maligne Canyon and explore the surrounding area of Jasper. In the afternoon, head back to check out the lively mountain town.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Maligne Canyon Hike

Maligne Canyon

30m-1h30m

1km

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

Free Time

Jasper

Stroll the streets of beautiful Jasper.



Optional Activities - Day 6

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.

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.

Day 7

Jasper/Wells Gray Park

Stop at Mount Robson, the tallest mountain in the Rockies, en route to Wells Gray PP.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Jasper - Wells Gray Park

10h

380km

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.



Optional Activities - Day 7

Spahats Creek Falls Visit

Wells Gray Park

Free

Visit an impressive waterfall in Wells Gray Park. Spahats is the First Nations term for bear, which has is the name of the stream that flows to the falls.

Day 8

Wells Gray Park

Head out for an exciting adventure canoeing in the Canadian wilderness. Stop at some of the most beautiful waterfalls in the park, including the world famous Helmcken Falls.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Canoeing in Wells Gray

Clearwater Lake - Wells Gray Park

4h-6h

2km

Get in a boat and start paddling! Enjoy canoeing on beautiful Clearwater Lake with local guide and an included shore lunch.

Dawson Falls Visit

Wells Gray Park

30m-1h

1km

Enjoy a visit to this wide waterfall that spans the Murtle River. In spring and early summer, thousands of litres of water rush over the falls every second -- it's a spectacular sight.

Helmcken Falls Visit

Helmcken Falls

30m-1h

1km

Set in a lush canyon, the world famous Helmcken Falls is the most iconic in the "Waterfall Park" -- it's three times the height of Niagara Falls! Enjoy the spray and beautiful scenery on your visit here.

Day 9

Wells Gray Park/Whistler

Drive through dense woods into the Canadian desert and finally to the beautiful coastal mountains.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Wells Gray Park - Whistler

7h30m-8h

Estimated Travel Time to Whistler: 10 hrs (including lunch stop in Marble Canyon Provincial Park)

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.

You can opt out of today's hike if you'd prefer to spend the whole day exploring other parts of Whistler.



Meals included

Breakfast | Lunch



Today's Activities

Free Time

Whistler

Get out and explore beautiful Whistler.

Whistler Hike

Whistler

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.



Optional Activities - Day 10

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.

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.

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.

Take a ferry across to Vancouver Island. Stroll the trails beneath ancient Douglas firs in MacMillan Provincial Park. Arrive in time for a gorgeous sunset.

In the morning, drive a short distance to the ferry terminal. Taking a ferry to Nanaimo on Vancouver Island is an exciting part of the adventure of getting here. BC Ferries offers an outstanding service that travels through some of the most beautiful scenery in the world. In the afternoon, continue to drive to Tofino, just in time for sunset.



Meals included

Breakfast | Dinner



Today's Activities

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 - Tofino

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

The Old Country Market

Coombs

Come by this beloved Vancouver Island attraction near Parksville to grab a meal, explore the market, and watch the goats on the roof -- yes, really!

MacMillan Provincial Park Visit

MacMillan Park

30m-1h30m

1km

Enjoy a visit to beautiful MacMillan Provincial Park. Cathedral Grove, located in the park, is one of the most accessible stands of giant Douglas fir trees on Vancouver Island. Stroll through a network of trails under the shadow of towering ancient Douglas fir trees, majestic pillars untouched by the modern world, some more than 800 years old.

Day 12

Tofino

Search for orcas and other whales on a half-day whale watching tour by Zodiac. In the afternoon, enjoy free time and take in Tofino's unique blend of fisher-meets-surfer vibe.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Whale Watching Zodiac Tour

Tofino

2h30m-3h

Your excursions take you through the pristine waters of Clayoquot Sound, revealing sensational scenery and wildlife, such as gray whales, sea lions, seals, porpoise and killer whales (orcas).

Free Time

Tofino

Get out and leave no stone unturned.

Day 13

Tofino/Victoria

Travel south down Vancouver Island to British Columbia's capital, Victoria. Take a stroll around the city and absorb the West Coast vibe.



Meals included

Breakfast | Lunch



Today's Activities

Private Vehicle

Tofino - Victoria

6h

325km

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

Free Time

Victoria

Get out and explore Victoria.

Day 14

Victoria/Vancouver

Take a ferry back onto the mainland. Spend the afternoon exploring beautiful, easy-going Vancouver.



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.

Free Time

Vancouver

Don't waste any time -- get out and get exploring!

Depart at any time.

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



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?

Enjoy the gorgeous scenery of western Canada, create a postcard-perfect photo in Jasper National Park, sip lattes and people-watch in Vancouver, be awed by the mighty Rockies, get up close and personal with Canadian wildlife.

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

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Is there an 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.

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

1. PARTICIPATION

An essential part of your trip is participation - from putting up your tent (while camping) or packing it away in the morning, to helping with meal preparation and cleaning up - it is all part of your adventure and when everyone puts in a little effort the trip will run smoothly. Your CEO will do all the meal planning, but we do ask the clients to help with the preparation and washing up. Team spirit is part of the fun! All camping equipment (with the exception of your sleeping bag and pillow) is supplied. We supply dome tents and assembly/disassembly takes only 5 minutes. All tents have built-in insect nets. Comfortable, self-inflating mattresses are also provided, which are approximately 4cm thick.

2. SLEEPING BAGS

Proper sleeping bags are necessary for this tour. Evening temperatures can reach -9°C - 0°C. Please ensure that your sleeping bag is rated to (-17°C for spring and fall trips and 0°C for trips June - Sept). If you prefer you can purchase a proper sleeping bag on the first day of the trip. Prices range from \$60-\$150USD.

3. TRANSPORTATION

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.

4. HIKING

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.

5. 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.

6. 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 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.

7. Please be aware that Parks Canada doesn't allow campers to consume alcohol on long weekends. This affects certain departures throughout the summer between June and September.

What is the group leader like?

This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). The CEO will be the group manager, leader and driver - this person is experienced in the routes travelled and will organize and lead the meal preparations and has experience in cooking a variety of local and international dishes for large groups.

As the group coordinator and manager, the aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. They will also offer suggestions for things to do and to see, recommend great local eating venues and introduce you to our local friends.

We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

How large will the group be?

Max 12, avg 11.

What meals are included in this trip?

12 breakfasts, 11 lunches, 9 dinners

What are the meals like on this trip?

All included meals will be prepared from goods bought en route from supermarkets, local shops and markets. Breakfasts will generally consist of breads and cereals, if time allows a warm breakfast may be prepared. Many lunches will be provided en-route and will be light meals such as sandwiches and/or salads. All evening meals will be freshly-prepared hot meals, and will consist of a variety of continental and local dishes.

What are the modes of transportation on my trip?

Air-conditioned private vehicle, hiking, ferry, canoe, Zodiac

What transportation will we take on this trip?

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

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

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

Is there an extra cost for travelling solo?

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

Where will we stay during the trip?

Hotels/hostels (2 nts, some multi-share), participation camping (12 nts)

Will I get my own room?

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

What kind of accommodation can I expect on this trip?

Accommodation will be varied throughout your adventure. We use a combination of hotels and hostels, but most of the nights on tour are spent camping in tents in public and private campgrounds.

Please note that where we use multi-share hostels, rooming requests of any kind cannot be taken.

All camping equipment (with the exception of your sleeping bag and pillow) is supplied, including comfortable camp mattresses. We supply dome tents that take only 5 minutes to assemble/disassemble. They are good quality, durable, industry-standard, oversized 2-person tents, each with 2 separate and convenient zip-up doors, so that each person has his/her own entrance.

We use 2 types of campgrounds in North America:

1. Private campgrounds: These are privately run sites, usually with all services such as fire pits, picnic tables, drinking water, toilets & shower buildings. Some have small outdoor swimming pools and laundry facilities. These campgrounds are typically located near national park entrances or towns.
2. Public campgrounds: These are park-run sites, usually with basic facilities such as fire pits, picnic tables, and drinking water. In some cases, this type of campground doesn't have showers, only pit toilets and a lake! In other locations, toilet and shower facilities may be located outside the campground, or at times in another location a drive away. Some may have shower fees for onsite facilities (\$2-6/shower).

For our nights camping in Banff there may not be a shower at the campground. If this is the case the CEO will arrange for a trip to town for showers.

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.

Who should I contact in case of an emergency?

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

EMERGENCY CONTACT NUMBERS

G Adventures Local Representative

From outside the USA: 1-514-948-4145

From within the USA: 514-948-4145

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

What instructions should I follow at the finishing point?

Please note this tour ends on arrival into Vancouver. Your flight must depart no earlier than 21:00.

What should I take on my trip?

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

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

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. Heavy luggage is not recommended for the health of the CEO, who will take a lead in loading the storage trailer. Due to space in the trailer, we will not be able to accommodate more than one piece of main luggage per person. A good size day-pack (20-35L) is also essential to carry your personal gear for the day, as access to luggage between destinations will be limited. This daypack will be used to carry your personal gear for the day, your lunch and a water bottle.

It is important to pack clothes for warm days and cool evenings, as well as a light jacket. A set of smart casual clothes is also advisable.

NOTE: Mountains in the Canadian Rockies can have unpredictable weather with snow and heavy rain even in Summer time. Spring time could be snowy (until end of June) and fall season could start as soon as mid-August. Make sure you have equipment and clothing for all conditions!

What should be on my packing list?

Camping:

- Bug net/ bug spray
- Day Pack (with water bladder or refillable bottle)
- Flashlight/torch (Headlamps are ideal)
- Hiking boots/sturdy walking shoes
- Sleeping bag and liner, 4 season
- Small travel towel
- Socks
- Sunglasses
- Sunscreen
- Thermal base layer
- Toiletries (Preferably biodegradable)
- Travel pillow
- Watch and alarm clock
- Waterproof daypack cover
- Windproof rain gear (Rain and Windproof rain gear - pants and jacket)
- Your own inflatable sleeping pad (or you can use the one provided)

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

Warm Weather:

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

When can I do my laundry on this trip?

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

What 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](#)

How much spending money do I need for my trip?

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

How much emergency money should I bring on this trip?

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

Should I be tipping on my trip?

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

Also at the end of each trip if you felt your G Adventures Chief Experience Officer did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline \$10-15 USD per person, per day can be used as a guide. If your CEO(s) exceeded your expectations, feel free to tip more.

What activities are optional on this trip?

- Optional activity prices are subject to change and can fluctuate in relation to the high/low season and the number of people on a specific excursion. Not all excursions listed here may be available, due to season or weather conditions. As generally not a lot of time is spent in start/end cities, you may want to arrange to arrive early, or stay longer after the trip in order to allow sufficient time to participate in optional activities there. Please see the full itinerary for information on optional activities, descriptions and estimated pricing.

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

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

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

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

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

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

What rules should I know before joining this trip?

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

Is travel insurance required for my trip?

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

What is Planeterra?

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

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

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

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

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

How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

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?

Minimum age of 18 years for this trip.

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.