

# EXPEDITIONS



## SIGNATURE: CANADA'S ROCKY MOUNTAINS, BANFF & INDIGENOUS TRADITIONS

9 days, Edmonton to Calgary

Trip code NCECNS

## WHAT'S INCLUDED

- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Edmonton
- Signature Moment: Bison Wisdom Park Tour and Meet the Métis, Smoky Lake
- Signature Moment: Meet Jo-Anne Oucharek & Banff Wildlife Tour, Banff
- Arrival and departure transfers
- Fort Edmonton Historical Park Tour
- Bison Backstage Tour
- Bison Wisdom on the Land and Métis Wildlife Crossing Tour
- Bison Stew Lunch & Buffalo Talk
- Maligne Lake Cruise
- Columbia Icefield Visit and Athabasca Glacier Ice Walk
- Fairview Lookout trail Walking Tour
- Burgess Shale Geoscience Foundation Presentation
- Emerald Lake Hike
- Medicine Walk & Cascade Pond Tour with Indigenous guide
- Banff Wildlife Tour with Jo-Anne Oucharek
- Engaging Discussions with the National Geographic Expedition Expert throughout
- Porterage at hotels and when getting on and off of vehicles
- Tips are included for all activities, meals and porterage, except for your Expedition Leader
- All transport between destinations and to/from included activities

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

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

**VALIDITY:** Valid for all trips departing March 4th, 2026 and onwards

## ITINERARY

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**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

## EDMONTON

Touch down in Alberta's capital, where the vast prairie sky meets an urban heartbeat. After settling into your hotel, meet your National Geographic Expedition Leader and Expedition Expert for a warm welcome reception – an introduction to the wonders that await in the days ahead. As the sun sets over the plains, enjoy a welcome dinner celebrating the start of an immersive exploration into the history, geology, and vibrant cultures of the Canadian West.



### Meals included

Dinner



### ACCOMMODATION

Fairmont Hotel Macdonald (or similar) Hotel



### TODAY'S ACTIVITIES

Arrival Transfer

Edmonton International Airport - Edmonton

30m-30m

35km

You will be met at the airport and transferred to the hotel to start your adventure.

#### ACTIVITY

Your opportunity to meet your Expedition Leader and fellow travelers, and learn more about your tour. 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. Enjoy a reception with wine, beer, and soft drinks, followed by an expert-led "Introduction to Canada" and a welcome dinner.

Day 2

## EDMONTON TO MÉTIS CROSSING

The morning begins with the echoes of the past at Fort Edmonton Park, where the stories of First Nations ancestors come alive through vivid storytelling. After a quiet lunch, head toward Elk Island National Park to join a naturalist for a driving tour through the brush – scanning for the shadowy movement of bison, saved from the brink of extinction through decades of careful conservation. Go behind the scenes at a handling facility to understand how that remarkable recovery was achieved. As dusk falls, the air fills with fiddles and laughter at a traditional Métis kitchen party – a hearty, communal meal that bridges generations and captures the deep spirit of community at the heart of Métis culture.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Métis Crossing Lodge (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle

Edmonton – Fort Edmonton Historical Park

20h

10km

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

Fort Edmonton Historical Park Tour

Fort Edmonton Historical Park

1h30m-2h

The Indigenous Peoples Experience at Fort Edmonton Park is an immersive multimedia tour highlighting First Nations and Métis histories. Guided by Indigenous interpreters, you'll explore Treaty 6 cultures through music, artwork, and oral stories. The journey follows the North Saskatchewan River from pre-contact history to the arrival of Europeans.

Private Vehicle

Fort Edmonton Historical Park – Elk Island

1h

65km

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

Bison Backstage Tour

Elk Island

1h-1h

1km

The Bison Backstage Tour offers a behind-the-scenes look at Elk Island's conservation efforts. You'll walk through the Plains Bison Handling Facility to learn about bison history, their impact on the prairie, and how staff manage the herd. It's an educational glimpse into Parks Canada's role in protecting these wild animals.

Private Vehicle

Elk Island - Smoky Lake

1h

75km

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

Introduction to Métis Crossing

Smoky Lake

3h-5h

Upon arrival the group will enjoy the signature introduction to the vibrant spirit of Métis culture. Become inspired, educated, and forge deeper connections led by a knowledgeable Métis interpreter. Be taken on a journey through their history and traditions as you witness an immersive explanation of the Indigenous Métis people. Afterwards, the group will gather together for a sustainably sourced meal. The perfect blend of community and education.

Day 3

## MÉTIS CROSSING

Wake to the rustle of the prairie grasses and search for rare white bison grazing on rehabilitated land – a living symbol of what careful stewardship can achieve. The morning rotates between the wildlife park and an immersive dive into regional history, with the local Métis sharing the layered story of a culture born from the meeting of First Nations and European worlds. In the late afternoon, enjoy free time to choose from several optional activities at the lodge or simply relax while looking across the prairies where the stories of the past come to life. The day concludes around the amber glow of a campfire, as an Elder shares oral histories that have shaped this land for generations.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Métis Crossing Lodge (or similar) **Hotel**



### TODAY'S ACTIVITIES

#### ACTIVITY

Experience the Bison Wisdom on the Land signature tour, a rare opportunity to witness the majesty of les bufloo as they restore the northern prairie grasslands. Traveling alongside bison caretakers, you will meet the Métis people and hear firsthand how this keystone species shaped their governance and spirituality. This intimate journey through the 1,100-acre sanctuary offers a vibrant lens into Métis identity, connecting the resilience of the buffalo to the ingenuity of a community deeply rooted in the land. To ensure a more intimate and personalized experience, the group will be split into two separate groups for our stay and scheduled activities. This arrangement allows for easier movement throughout the lodge and more meaningful interactions during our guided sessions.

Bison Stew Lunch & Buffalo Talk

**Smoky Lake**

1h-1h30m

Enjoy a traditional bison stew lunch at the Cultural Centre while attending an engaging "Buffalo Talk." You'll learn how Métis families utilized every part of the animal for survival and ceremony, and discover how the bison's return is regenerating the local grasslands. It is a sensory experience connecting history, conservation, and traditional flavors.

Free Time

**Smoky Lake**

Embrace the stillness of Métis Crossing with time to explore the grounds at your own pace. Whether you're wandering the riverbank trails, spotting wildlife, or reflecting over a warm drink, the land invites you to linger and listen to the stories it holds.

Day 4

## MÉTIS CROSSING TO JASPER

Leave the wide-open prairies behind as the horizon begins to ripple with the jagged silhouettes of the Rocky Mountains – a transition that feels almost cinematic, the landscape shifting mile by mile from golden grassland to alpine wilderness. Follow the winding paths of fur traders past, pausing for lunch as the air grows cooler and the trees taller. Visit Jasper House, a National Historic Site that once served as the beating centre of mountain trade. After settling into your lodge, join your Expedition Leader for a gentle stroll around the turquoise waters of Beauvert Lake, the reflection of the peaks on the glass-like surface providing a quietly perfect introduction to Jasper National Park.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Fairmont Jasper Park Lodge (or similar) **Hotel**



### TODAY'S ACTIVITIES

Private Vehicle **Smoky Lake - Jasper** 6h-6h 470km

Drive from prairie farmland to rugged peaks as you head west. The flat forest landscape eventually gives way to the massive Rocky Mountain range rising near the park gates. The final stretch follows the Athabasca River into Jasper, where the scenery transforms into a dramatic wilderness of steep summits and frequent wildlife.

Jasper House Viewpoint **Jasper** 30m-30m 1km

Enjoy an effortless 700m stroll to the Jasper House Viewpoint. This easy walk offers a stunning panoramic look across the Athabasca River, providing a perfect vantage point to see the Jasper House National Historic Site and soak in the area's rich heritage.

Walk around Beauvert Lake **Jasper** 1h-1h 3km

After settling into your lodge, join your Expedition Leader for a gentle stroll around the turquoise waters of Beauvert Lake. The glass-like surface perfectly reflects the surrounding mountain peaks, offering a serene and picturesque introduction to the natural beauty of Jasper National Park.

Day 5

## JASPER

Morning light reveals the staggering scale of the mountains as you head toward the deep blue expanse of Maligne Lake. Board a boat to skim across the water, the surrounding peaks reflected in perfect stillness below. After the cruise, find your own rhythm – explore the charming village of Jasper, or join the Expedition Leader along the Mary Schaffer Loop trail, where the views reward you without effort. The afternoon and evening are at your leisure to soak in the mountain atmosphere and enjoy the stillness of the Rockies. Days like this are where the real transformation of travel quietly happens.



### Meals included

Breakfast



### ACCOMMODATION

Fairmont Jasper Park Lodge (or similar) Hotel



### TODAY'S ACTIVITIES

Maligne Valley Tour Jasper 1h-1h 47km

Explore Jasper's glacier-sculpted landscapes on a guided minicoach tour through the Maligne Valley. As you travel toward Maligne Lake, keep a lookout for native wildlife, including moose, elk, and caribou, in their natural habitat.

Maligne Lake Cruise Jasper National Park 1h-1h30m

The Maligne Lake Cruise takes you through the heart of Jasper National Park. You'll navigate turquoise, glacier-fed waters toward the iconic Spirit Island, surrounded by the towering "Hall of the Gods" peaks. It is the only way to reach this world-famous viewpoint and experience the lake's most dramatic mountain scenery.

Free Time Jasper

Enjoy your free time at the lodge by exploring its sprawling 700-acre grounds. Whether you're paddling on Beauvert Lake, lounging by the heated pool, or relaxing in an Adirondack chair, the resort offers the perfect mix of luxury and mountain serenity to recharge at your own pace.

Walk around Mary Schäffer Loop Trail Jasper 1h-2h 3km

The Mary Schäffer Loop is a gentle stroll through fragrant pine and subalpine fir forests. With no elevation gain, this easy trail leads to a scenic shoreline viewpoint before looping back, offering a tranquil hour or two in nature.

Day 6

## LAKE LOUISE

Prepare for one of the most scenic drives on Earth along the Icefield Parkway, a corridor of hanging glaciers and limestone towers. Feel the mist on your face at Athabasca Falls, where the river thunders into a narrow canyon with raw power. The day's highlight is a private walk onto the Athabasca Glacier. Step onto the ancient glacier ice, hearing it crunch beneath your feet as you learn about its slow, majestic movement. After lunch, continue past the brilliant hues of Peyto and Bow Lakes. Arrive at the iconic shores of Lake Louise, where you can walk the shoreline trail as the peaks turn gold in the fading light.

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### Meals included

Breakfast | Lunch | Dinner

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### ACCOMMODATION

Fairmont Chateau Lake Louise (or similar) Hotel

Fairmont Chateau Lake Louise is an award-winning alpine retreat and a 2024 Green Key leader. This iconic UNESCO site sits on the shores of emerald waters, offering world-class skiing and hiking. Guests can recharge in the heated indoor pool or the Fairmont Spa before an elegant afternoon tea with glacier views. With fine dining at the Fairview Bar, this historic grand hotel provides a soulful and scenic window into the heart of the Rockies.



## TODAY'S ACTIVITIES

Private Vehicle

Jasper - Lake Louise

4h-4h30m

125km

Continue your Icefield Parkway exploration by minicoach, featuring a lunch stop and guided walks at iconic landmarks. You'll visit the vibrant turquoise waters of Peyto Lake, the towering Bow Glacier, and the serene reflections of Herbert Lake, enjoying a blend of scenic vistas and mountain education throughout the journey.

Columbia Icefield Exploration and Athabasca Glacier Ice Walk

Jasper - Lake Louise

3h-3h

Embark on an unforgettable journey along the Icefields Parkway, beginning with the thunderous power of Athabasca Falls. From there, join a Glacier Experience for a sustainable and intimate look at the Columbia Icefield. After a scenic guided approach and a boat ride across the Sunwapta River, you'll step onto the ancient ice for a guided walk, gaining expert insights into glaciology and the majestic alpine environment.

Day 7

## LAKE LOUISE / BANFF

Enjoy a gentle morning walk along the Fairview Lookout Trail before the road leads south to the village of Field. Here, you have a private presentation from the Burgess Shale Geoscience Foundation, on the bizarre creatures frozen in time within these UNESCO-protected fossil beds – a window into an ocean that existed half a billion years ago. After a lakeside lunch at Emerald Lake, a trail walk around the shoreline provides one of the Rockies' most beautiful afternoons before continuing to the vibrant town of Banff, where the towering presence of Mount Rundle makes its first impression.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Fairmont Banff Springs (or similar) **Hotel**

Fairmont Banff Springs is an award-winning mountain retreat and a 2024 Green Key leader. Known as Canada's 'Castle in the Rockies', this UNESCO site blends 1888 grandeur with modern luxury. Guests can rejuvenate in the world-class Willow Stream Spa's mineral pools or tee off on the championship golf course. With over ten dining experiences, including the 1888 Chop House, this historic landmark provides a soulful and scenic window into Banff.



### TODAY'S ACTIVITIES

Fairview Lookout trail Walking Tour

Lake Louise

1h-1h

3km

Enjoy a guided morning walk on the Fairview Lookout trail, a 2.4 km roundtrip hike featuring a 100m elevation gain and stunning views. Alternatively, take the time to relax and enjoy Lake Louise.

Burgess Shale Geoscience Foundation Presentation

Lake Louise

2h-2h

27km

Enjoy a presentation by the Burgess Shale Geoscience Foundation while on the way to Banff. As a cornerstone of a UNESCO World Heritage Site, the Burgess Shale is globally renowned for its exquisitely preserved fossils that capture a pivotal moment in evolutionary history. This session explores how these ancient finds transformed our understanding of life's development, highlighting why this area remains one of the most significant fossil sites in the world.

Private Vehicle

Lake Louise - Emerald Lake Lodge

45m-1h

40km

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

Emerald Lake Hike

Emerald Lake Lodge

1h30m-2h

5km

Following lunch, enjoy a guided walk along the Emerald Lake shoreline trail. This gentle, scenic path circles the lake's vibrant turquoise waters, offering a peaceful way to immerse yourself in the surrounding subalpine forest and towering peaks of Yoho National Park. Your guide will share insights into the local ecology and the unique geological forces that created this iconic mountain landscape.

Private Vehicle

Emerald Lake Lodge - Banff

This 90-minute transfer takes you from the quiet wilderness of Emerald Lake back into the heart of the Rockies. As you travel east, the drive offers expansive views of the mountain ranges and forested valleys, providing a relaxing and scenic conclusion to your time in the high alpine as you approach Banff.

Day 8

## BANFF

Connect with the spirit of the park through the eyes of an Indigenous guide during a storytelling walk at Cascade Pond – the mountains, water, and sky woven into the fabric of First Nations culture in ways that reframe everything you've seen on the journey so far. After free time in town, an award-winning wildlife photographer reveals the patience and passion required to capture the Rockies' most elusive residents. Follow her to secret spots within the National Park, honing your own eye for the raw beauty of the landscape. The expedition concludes with a farewell dinner, sharing memories that stretch from ancient prairie to living glacier.



### Meals included

Breakfast | Dinner



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### TODAY'S ACTIVITIES

Medicine Walk & Cascade Pond Tour with Indigenous guide

Banff

2h-2h

Transfer to Cascade Pond for a private, Indigenous-led Medicine Walk. A knowledgeable guide will share the area's rich history and cultural significance within Banff National Park, offering a unique perspective on the local landscape and its traditional uses.

#### ACTIVITY

Join award-winning photographer Jo-Anne Oucharek for an intimate look at the Rockies through her lens. After an inspiring presentation on her conservation work and artistic journey, you'll head into the field for a one-hour wildlife viewing tour. Visiting her favorite local spots, you'll learn professional techniques for spotting and capturing animals in their natural habitat, offering a rare, expert perspective on Banff's stunning wilderness.

Day 9

## BANFF/CALGARY

Enjoy one last mountain breakfast as the morning light hits the peaks. As you depart the Rockies and head to the Calgary airport, the jagged horizon softens. Take with you the echoes of Elder stories, the crisp memory of glacial air, and a new perspective on the enduring bond between the land and those who call it home.



### Meals included

Breakfast



### TODAY'S ACTIVITIES

Private Vehicle

Banff - Calgary

1h30m-2h

130km

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

## What's included

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## What are the main highlights of this trip?

Witness the restoration of the prairies through Indigenous-led bison reintroductions, Step on the ancient, shimmering surface of the Athabasca Glacier, Capture the raw spirit of the Rockies during a wildlife photography session with an award-winning professional, Uncover the mysteries of prehistoric life with an exclusive presentation on the secrets of the Burgess Shale, Soak in the spectacular Rocky Mountain scenery along the Icefields Parkway en route to Lake Louise.

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

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

**VERY IMPORTANT:** Please ensure that you 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.

## **Is there a travel disclaimer for my itinerary I should review before booking this trip?**

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

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

## **What is the group leader like?**

This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a 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.

## **How large will the group be?**

Max 22, Avg. 16.

## **What meals are included in this trip?**

8 breakfasts, 5 lunches, 6 dinners

## **What are the modes of transportation on my trip?**

Private vehicle, boat, walking.

## **Is there an extra cost for travelling solo?**

Yes, for those travelling solo there is a single supplement

## Where will we stay during the trip?

Hotel (8 nights)

## 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.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Signature Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

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 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 either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. 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.

### AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that: Your arrival transfer has been arranged based on flight information provided to us. Included arrival transfers are provided from the nearest airport to your starting location. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

### 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: 1 800 394 5416

Calls from UK: 0800 041 8146

Calls from Germany: 0800 181 9454

Calls from Australia: 1 800 204 905

Calls from New Zealand: 0800 424 389

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

## What information should I be aware of as the itinerary draws to a close?

You will be met at your hotel and transferred to the airport at the end of your adventure.

# What should be on my packing list?

## 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.)

## 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](http://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!

## What activities are optional on this trip?

- No optional activities

## Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our Expedition Leaders if they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## **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 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.

## **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/](http://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.