

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



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.



Meals included

Breakfast | Lunch | Dinner



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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- Signature Moment: Bison Wisdom Park Tour and Meet the Métis, Smoky Lake
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- Engaging Discussions with the National Geographic Expedition Expert throughout
- Portage at hotels and when getting on and off of vehicles
- Tips are included for all activities, meals and portage, except for your Expedition Leader
- All transport between destinations and to/from included activities

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 travel disclaimer for my itinerary I should review before booking this trip?

This compiled itinerary represents our thoughtfully designed plan, provided in good faith and correct at the time of publication. However, to ensure we deliver the most rewarding experience possible, our itineraries remain dynamic; we continuously refine our routes based on research, field insights, and guest feedback, meaning details may evolve between the release of our annual directory and your departure. Flexibility is a cornerstone of our travel philosophy, and while we intend to follow the path described, the nature of exploring unpredictable environments means alterations may occur, and any mention of specific destinations or wildlife encounters cannot be guaranteed. We invite you to view these travel times and details as an approximate guide rather than a strict contract, and we kindly ask that you review a final copy of your Trip Details a few days prior to departure to ensure you have the most current information for your upcoming expedition.

What is the group leader like?

Every National Geographic Signature departure is accompanied throughout by a dedicated National Geographic Expedition Leader, whose purpose is to ensure a seamless experience so you can fully immerse yourself in the destination. Your Expedition Leader offers deep insight into the landscapes you traverse, suggests enriching independent activities, recommends exceptional local dining venues, and connects you with our community friends along the way. Rather than acting as conventional guides, they possess a broad, sophisticated understanding of the historical, cultural, religious, and social tapestry of the region. To offer the ultimate perspective, we complement their expertise with specialist local guides whose deep regional knowledge adds profound depth to specific sites—delivering a masterfully balanced exploration.

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?

To review the specific details of your starting property, please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

A seamless arrival transfer is included for guests landing on the first day of the itinerary, or up to three days prior if your pre-trip accommodations were arranged directly through G Adventures at our starting property. To maintain the exceptional quality and continuity of your experience, all scheduled services must run consecutively.

Upon arriving at the starting property, where check-in begins typically by 3:00PM, please look for a dedicated notice from your National Geographic Expedition Leader at the reception desk. This message will outline the specific details for our evening welcome reception and meeting—typically held between 5:00 p.m. and 7:00 p.m.—where you will gather with your Expedition Leader, Expedition Expert, and fellow travellers to look ahead at the days to come. Should you arrive later in the evening and miss this initial gathering, your Expedition Leader will leave a comprehensive briefing note for you at reception detailing the next morning's schedule.

Please note that the joining day of the itinerary can vary, please refer to your specific itinerary for further details.

What happens if I experience problems when arriving?

While we anticipate a seamless arrival, your peace of mind is our utmost priority. Should any unforeseen circumstances prevent you from beginning your expedition as scheduled, please refer to the essential emergency contact details provided in your documentation and contact us as soon as possible.

Upon landing, if you do not connect with our representative within 30 minutes of clearing customs and immigration, we recommend making your own way to the starting point property by following the Joining Instructions. Rest assured, you may submit a request to your travel professional upon your return to secure a refund for any transport costs incurred during this time.

Who should I contact in case of an emergency?

Should you require urgent assistance during your travels, your first point of contact should be our local representative or regional office. If your call is not answered immediately, please leave a detailed message with your contact information so our team can return your call and assist you as quickly as possible. The numbers can be found below.

EMERGENCY CONTACT NUMBERS

G Adventures Local Representative

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

From within the USA: 514-948-4145

In addition, a dedicated toll-free line is available for guests within North America, connecting you directly to our global operations team during regular business hours. For support outside of standard hours, an emergency mobile line is actively monitored day and night to ensure you are never out of reach. In the rare event that your call is not answered immediately, please leave a detailed message along with your contact information so our team can return your call and assist you as swiftly as possible.

Toll-free (North America only): 1-800-465-5600

From the United Kingdom: 0870 080 1756

International (Outside North America and the UK): +1 416 260 0999

Emergency Mobile: (416) 305-6139

Your included arrival transfer has been meticulously arranged based on the flight details you provided. If you experience a flight schedule change or cancellation within 48 hours of your scheduled arrival, please contact our emergency number immediately with your updated details. Prompt notification ensures we can adjust your transfer; otherwise, you will need to arrange your own transportation to the starting property. Upon arrival, if your transfer representative does not connect with you within 30 minutes of exiting the arrivals area, please take a local taxi directly to the starting property.

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

You will be met at your hotel property and transferred to the airport for your onward travels at the end of your expedition. Please refer to your individual itinerary for more details.

Are there any additional packing suggestions I should consider?

When deciding what to pack, considerations will vary based on your specific itinerary, the regions you are visiting, and the season in which you are travelling. Generally speaking, we recommend packing thoughtfully and keeping your luggage to one checked bag at a manageable weight to facilitate seamless transitions throughout your expedition.

In addition to your primary luggage, you will also require a small day pack or shoulder bag. This smaller bag is essential for keeping your camera, water, and personal items close at hand during day walks, excursions, and daily explorations.

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?

Securing the necessary visas and travel documentation is an essential step in preparing for your upcoming expedition, and remains the responsibility of each individual traveller. Entry requirements fluctuate depending on your nationality and destination; while we strive to provide the most current information, immigration regulations change frequently. We strongly advise verifying all entry protocols directly with the relevant embassy or consulate well in advance of your departure. Please also ensure your passport remains valid for at least six months beyond your scheduled departure date from the country.

For tailored details specific to your nationality and destination, please consult our dedicated pre-departure resource page at

[here](#)

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

While personal spending habits naturally vary, we recommend factoring in your individual preferences for shopping, tipping, and beverages to ensure a seamless experience. In addition to these day-to-day comforts, we kindly ask that you maintain access to a minimum of USD \$200 (or its equivalent) as a dedicated emergency fund; though exceptionally rare, unpredictable circumstances such as changing weather patterns or natural events may occasionally necessitate a shift from our planned route, and this reserve ensures we can navigate any path ahead with peace of mind.

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

The Canadian currency is the Canadian Dollar (CAD).

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

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

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

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

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

What activities are optional on this trip?

- No optional activities

Are there any health considerations I should know before travelling?

Please note that health requirements and recommended inoculations vary by destination. To ensure your well-being, it is your responsibility to consult with a specialized travel physician for up-to-date medical guidance well before departure.

We highly recommend carrying a personal first aid kit, hand sanitizer, and any essential prescription medications. Because our itineraries frequently trace paths through remote regions far from advanced medical facilities, legal regulations prohibit our National Geographic Expedition Leaders from administering any medication, including standard over-the-counter pain relievers. While local pharmacies along our route may stock familiar remedies, they are often produced under regional names, so we advise bringing the generic chemical name of any critical prescription. Before finalising your plans, please carefully review the itinerary and physical requirements to ensure your personal fitness aligns with our style of exploration. To safeguard the well-being of the group, we reserve the right to excuse any traveller from all or part of an itinerary if, in the professional judgment of our Expedition Leader, continuing would pose an undue risk to themselves or their fellow travellers.

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

To ensure your well-being and security throughout our explorations, we recommend consulting your home government's regularly updated international travel advisories prior to departure. For peace of mind while on the move, we strongly advise using a concealed neck wallet or money belt to secure your passport, travel documentation, and currency. We suggest leaving exceptional jewelry at home, as it is unnecessary for our style of travel; instead, make use of the safety deposit boxes available at most of our accommodations. Securing your luggage with a reliable lock is also highly recommended.

When travelling on a departure, your National Geographic Expedition Leader maintains the authority to modify or adapt any portion of the itinerary should environmental conditions or safety considerations require it. Your Expedition Leader accompanies the group on all scheduled activities, but you will also enjoy unstructured time to pursue personal interests, relax, or discover locales at your leisure. While your leader is delighted to suggest local options for these independent periods, please note that these optional choices do not form part of our curated itinerary, and we make no representations regarding their operating standards; we encourage you to exercise your own discerning judgment.

While the destinations we visit are welcoming during the daytime, navigating urban environments at night requires mindfulness. We recommend exploring in small groups and utilizing local taxis when dining out or moving about after dark. Furthermore, should you encounter public demonstrations or political gatherings, please prioritize your safety by leaving the vicinity immediately rather than remaining for photographs, as these situations can evolve rapidly.

Water-based experiences carry inherent risks. To ensure your protection, we recommend participating in aquatic activities only when accompanied by professional guides. Our commitment to safety means that our Expedition Leaders are strictly prohibited from facilitating unguided water activities on your behalf. Please note that swimming and snorkelling are always undertaken at your own risk. For further insights on enhancing your personal safety during your voyage, please visit www.gadventures.com/travel-resources/safety/

What are the trip specific safety considerations?

For peace of mind while on the move, we strongly advise using a concealed neck wallet or money belt to secure your passport, travel documentation, and currency. We suggest leaving exceptional jewelry at home, as it is unnecessary for our style of travel; instead, make use of the safety deposit boxes available at most of our accommodations. Securing your luggage with a reliable lock is also highly recommended.

What rules should I know before joining this trip?

Our philosophy of travel is rooted in deep respect for the people, cultures, and lands we encounter. To ensure the safety of our travellers, staff, and the communities that welcome us, the possession or use of illegal drugs is strictly prohibited on all departures. While certain substances may be woven into local traditions in some regions, they are not permitted within our groups. Furthermore, any form of exploitation, including the solicitation of sex workers, directly contradicts our values. To protect the integrity of the experience and the well-being of the group, our National Geographic Expedition Leader retains the right to remove any traveller who violates these standards.

Is travel insurance required for my trip?

Comprehensive travel insurance is a mandatory prerequisite for participation in all our departures. To safeguard your well-being, your National Geographic Expedition Leader will kindly request to verify your physical policy details before you may officially join your fellow travellers.

When choosing your coverage, please ensure your policy includes full medical protection, featuring a strict minimum requirement of \$200,000 USD for emergency rescue and medical repatriation. For complete peace of mind while exploring, we also strongly advise securing comprehensive coverage for personal liability, trip cancellation or curtailment, and the loss of luggage and personal belongings. If you intend to rely on insurance provided through your credit card, you must supply formal proof of purchase—such as a credit card statement or receipt in your name—along with explicit confirmation from your banking institution regarding the participating insurer, exact policy limits, and their dedicated 24-hour emergency contact 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?

Upon your return, we invite you to share your insights with us. Your valued feedback shapes the future of our itineraries and ensures we continue to deliver meaningful experiences. As a token of our appreciation for your time, we are pleased to offer a 5% savings (up to a maximum of \$100 USD) toward your next expedition with us. Simply submit your evaluation within four weeks of completing your travels to unlock this benefit and join our global community of returning travellers.

*This offer is valid for new bookings only, limited to one per person, and cannot be combined with other promotions or applied to independent itineraries. Maximum value of \$100 USD (or local currency equivalent). This program may be amended or withdrawn at any time.

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.

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.