

## Discover the Canadian Rockies - Eastbound - NCRNG

12 days: Vancouver to Calgary

### What's Included

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- All park fees in Jasper and Banff National Parks
- Vancouver and Calgary orientation walk
- Scenic ferry to Vancouver Island
- Victoria, Whistler, and Banff orientation walks
- Stops at Joffre Lake and Marble Canyon
- River safari through Grizzly Bear Valley
- Visit Mount Robson Visitor Centre
- Admission to Miette Hot Springs
- Excursion to the Columbia Icefields and ice walk on the Athabasca Glacier
- Banff historical walking tour
- Interesting articles, helpful tips, and photography advice from National Geographic before you depart
- 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 January 1st, 2016 - September 24th, 2017

### Itinerary

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## Itinerary

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### Day 1 Vancouver

Arrive at any time.

Please make your own way to the joining hotel.

#### Arrival Day and Welcome Meeting

1h18:00

The adventure begins tonight. Feel free to explore, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour.

### Day 2 Vancouver/Victoria

Discover the Vancouver highlights of Stanley Park and Gastown then board the scenic ferry to Victoria, where we take an orientation walk with our CEO.

Take a stroll around the city with your CEO to get familiar with your surroundings before you can enjoy the evening on your own.

#### Gastown Visit

Vancouver 30m-1h

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

#### Stanley Park Visit

Vancouver

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

#### Private Vehicle

Vancouver – Tsawwassen 30m-45m

Stretch out and scan the scenery from the comfort of a private vehicle.

#### Ferry

Tsawwassen – Swartz Bay 1h30m-1h45m

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

#### **Private Vehicle**

Swartz Bay – Victoria 30m-45m

Stretch out and scan the scenery from the comfort of a private vehicle.

#### **Orientation Walk**

30m-1h

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

**Meals included: Breakfast**

#### **Day 3 Victoria**

Today is free for optional activities, including a zodiac whale watching cruise, visit to museums and Butchart gardens, or enjoying high tea at an historic hotel.

#### **Free Time**

Victoria Full Day

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

#### **Optional Activities**

##### **Zodiac Whale Watching Cruise**

Victoria

105CAD per person

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

##### **Butchart Gardens Visit**

Victoria

32CAD per person

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

##### **Royal British Columbia Museum Visit**

Victoria 1h-3h

16-26CAD per person

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

##### **Miniature World Visit**

Victoria 1h-3h

20CAD per person

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

**Meals included: Breakfast**

#### **Day 4 Victoria/Whistler**

Catch the ferry back to the mainland and drive the scenic Sea-to-Sky Highway to the village of Whistler, home of the 2010 Winter Olympics.

#### **Private Vehicle**

Victoria – Nanaimo 1h30m-1h45m

Stretch out and scan the scenery from the comfort of a private vehicle.

## **Ferry**

Nanaimo – Horseshoe Bay 1h45m-2h

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

## **Private Vehicle**

Horseshoe Bay – Whistler 1h30m-2h

Stretch out and scan the scenery from the comfort of a private vehicle.

## **Orientation Walk**

30m-1h

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

## **Meals included: Breakfast**

## **Day 5 Whistler**

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

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

## **Free Time**

Whistler Full Day

Enjoy this stunning mountain town.

## **Optional Activities**

### **Rafting**

Whistler 4h-5h

99CAD per person

Get your adrenalin fix on on this exhilarating white water rafting trip. Enjoy the amazing scenery along the way, and keep your eyes peeled for bears.

### **Ziplining and Treetop Adventures**

Whistler 1h-4h

129CAD per person

Spend the day in the sky, floating through Whistler's rainforest on one of Canada's longest ziplines.

### **Peak 2 Peak Gondola Ride**

Whistler 1h30m-3h

53CAD per person

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.

## **Meals included: Breakfast**

## **Day 6 Whistler/Blue River**

Pass through Coastal Mountains into the Caribou Mountains, and enjoy stops at the emerald coloured Joffre Lake and Marble Canyon before arriving in the small community of Blue River.

Following this extraordinary route, once marked by the gold prospectors, we leave the Coastal Mountain Range and set foot into the arid and dry land of the Thompson Okanagan region. Aboriginal peoples led a semi-nomadic life moving between hunting and fishing grounds in the summer and settling into pit houses for the winter. Europeans came at first for fur trading and later on to establish cattle ranches, farms, and mining operations. The scenery changes dramatically and could even make you feel as if you were in a western movie.

## **Joffre Lakes Visit**

Joffre Lakes Park 30m-2h 1km

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

### **Marble Canyon Visit**

Marble Canyon 30m-1h 1km

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

### **Private Vehicle**

Whistler – Blue River 9h

Stretch out and scan the scenery from the comfort of a private vehicle.

**Meals included: Breakfast | Dinner**

## **Day 7 Blue River/Jasper National Park of Canada**

Enjoy a river safari tour through Grizzly Bear Valley and the world's only inland temperate rainforest. Search out wildlife, which can include grizzly bears, moose, and eagles. Head to Jasper National Park, crossing the Rockies, and view the highest peak, Mount Robson, with a stop at the visitor centre.

### **River Safari Tour in Grizzly Bear Valley**

Blue River 1h

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

### **Mount Robson Visit**

Mount Robson 30m-1h 1-3km

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.

### **Private Vehicle**

Blue River – Jasper National Park of Canada 7h 230km

Stretch out and scan the scenery from the comfort of a private vehicle.

**Meals included: Breakfast**

## **Day 8 Jasper National Park of Canada**

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

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

### **Free Time**

Jasper National Park of Canada Full Day

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

### **Miette Hot Springs Visit**

Jasper National Park of Canada 1h-3h

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

### **Optional Activities**

#### **Maligne Canyon Hike**

Maligne Canyon 30m-1h 30m

Free

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.

### **Boat Cruise to Spirit Island**

Maligne Lake

65CAD per person

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

### **Whitewater Rafting on Athabasca River**

Jasper National Park of Canada

65CAD per person

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.

**Meals included: Breakfast**

### **Day 9 Jasper National Park of Canada/Lake Louise**

Considered one of the most scenic drives in the world, travel the Icefields Parkway to Peyto Lake with a stop at the Columbia Icefield. Walk with an expert guide on the lower Athabasca Glacier to explore and understand the life of this active glacier. Continue to Lake Louise to view its emerald blue waters and Victoria Glacier.

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

#### **Private Vehicle**

Jasper National Park of Canada – Lake Louise 10h 290km

Stretch out and scan the scenery from the comfort of a private vehicle.

#### **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.

#### **Athabasca Glacier Ice Walk**

Athabasca Glacier 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.

#### **Lake Louise Visit**

Lake Louise 30m-1h 1km

Visit postcard perfect Lake Louise and take time to savour the emerald blue waters and breathtaking scenery of the Victoria Glacier.

#### **Optional Activities**

##### **The Fairmont Chateau Lake Louise Visit**

Lake Louise

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.

**Meals included: Breakfast**

### **Day 10 Lake Louise/Banff**

Enjoy the morning in Lake Louise with the option to hike to the Tea House. Continue to Banff where we take a walk back in time with an expert from the Whyte Museum, exploring the historical town of Banff.

#### **Private Vehicle**

Lake Louise – Banff 1h-1h30m

Stretch out and scan the scenery from the comfort of a private vehicle.

### **Free Time**

Banff Morning

Explore the town of Banff in your free time.

### **Banff Historical Walking Tour**

Banff Afternoon

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

### **Optional Activities**

#### **Lake Agnes Tea House Hike**

Lake Louise 2h30m-5h

5-10CAD per person

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.

#### **Kicking Horse River White Water Rafting**

Kicking Horse River 3h-4h

85-135CAD per person

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.

#### **Banff Gondola Ride to Sulphur Mountain**

Banff National Park of Canada 2h-3h

40CAD per person

Take a gondola to the famous Sulphur Mountain and enjoy the spectacular view of the whole mountain range and the village below.

#### **Canoeing**

Banff 2h-3h

18-36CAD per person

Rent a canoe and leisurely enjoy the scenery from a calm section of the Bow River.

### **Meals included: Breakfast**

### **Day 11 Banff/Calgary**

Enjoy the morning in Banff, then drive to Calgary for a short tour and opt to visit museums, cowboy bars, and the Olympic Park.

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

#### **Private Vehicle**

Banff – Calgary 2h-3h 130km

Stretch out and scan the scenery from the comfort of a private vehicle.

#### **Orientation Walk**

30m-1h

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

### **Free Time**

Calgary Afternoon

Enjoy this cowboy town, famed for its western spirit.

## Optional Activities

### Canada Olympic Park Visit

Calgary

65CAD per person

Calgary hosted the 1988 Winter Olympics, meaning you can still ride in a four-man bobsleigh reaching speeds of 120kph (85 mph) here. Luge down the track on a wheeled cart or soar across the zipline.

**Meals included: Breakfast**

### Day 12 Calgary

Depart at any time.

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

### Departure Day

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

**Meals included: Breakfast**

## What's Included

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All park fees in Jasper and Banff National Parks. Vancouver and Calgary orientation walk. Scenic ferry to Vancouver Island. Victoria, Whistler, and Banff orientation walks. Stops at Joffre Lake and Marble Canyon. River safari through Grizzly Bear Valley. Visit Mount Robson Visitor Centre. Admission to Miette Hot Springs. Excursion to the Columbia Icefields and ice walk on the Athabasca Glacier. Banff historical walking tour. Interesting articles, helpful tips, and photography advice from National Geographic before you depart. All transport between destinations and to/from included activities.

## Highlights

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Discover Jasper National Park, historic (and beautiful Banff), Lake Louise, and Whistler. Imagine Canada with National Geographic Journeys. [Book here.](#)

## Dossier Disclaimer

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## Itinerary Disclaimer

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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.

## Important Notes

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### 1. TRAVEL DAYS

In order to cover the vast distance in North America to be able to visit several different parks and cities along our trip, we will have a



couple of long driving days.

## 2. HIKES AND WALKS

All walks and hikes proposed by our 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.

## 3. LEGAL DRINKING AGE

Please note that the legal drinking age in the United States is 21 and in Canada, 19 (with Alberta and Quebec at 18). Many bars and clubs will ask for ID at the door, therefore listening to live music in certain bars or spending a night out in Las Vegas or New Orleans is not possible when you are under the legal age, even if you don't plan on consuming alcohol. Drinking laws in both countries are strictly enforced and our 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.

## Group Leader Description

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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.

## Group Size Notes

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Max 12, Avg 10.

## Meals

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

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

## Transport

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Private touring van, hiking, walking, ferry, boat.

## About our Transportation

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We use 15-passenger vans for up to 12 people plus the CEO/Driver for all our of our trips in North America. For groups of 8 and more travellers, we also use a trailer to carry luggage and equipment. These vans are durable vehicles that 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. No standing is permitted in these vehicles, but there is air conditioning to cool things down on warm days and mandatory seat belts to us secure and safe.

This is not a physically demanding journey. However, travelling can be difficult, with long drives and limited space in the van. Please take note of the travel times and distances in the above itinerary. Despite some of the long days, most clients feel that the diversity of the North American landscape, culture and wildlife are all well worth the experience!

## Solo Travellers

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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.

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## Accommodation

Hotel/lodges (11 nts).

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## My Own Room

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

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## About Accommodation

This trip uses comfortable 3 star hotels, lodges and inns, well located in cities or near park entrances. Our chosen hotels vary in size, character, and amenities, but are of a very good standard, and the rooms are double occupancy with a private bathroom.

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## Joining Hotel

Ramada Inn & Suites  
1221 Granville Street  
Vancouver, BC V6Z 1M6  
Phone 604-685-1111

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## Joining Instructions

An arrival transfer is not included on this tour.

Please head to the Arrivals/Baggage Claim Level, from here you have two transport options; Taxi or Public Transit. All transportation is located on the Arrivals/Baggage Claim Level at both International and Domestic Terminals.

### Taxi

The airport is located 14 kilometers from downtown Vancouver. On the Arrivals/Baggage Claim Level continue to the designated taxi zones located right outside the Arrivals Hall on level two. An attendant will be there to help. The approximate fare to downtown Vancouver is between \$28 CAD and \$32 CAD (depending on traffic) plus gratuity.

### Public Transit – Canada Line

The Canada Line is Vancouver's new rapid transit rail link connecting YVR to downtown Vancouver in 26 minutes. It's a fast and easy way to get to the city centres. You can conveniently access trains from both the International and Domestic Terminals. The Canada Line is accessible by elevator from both the arrivals and departures level.

Cash Fare: \$8.75 for an adult

Includes 1 transfer

1. CANADA LINE TO WATERFRONT (approx 25 minutes)

Leaving from YVR-AIRPORT STATION EASTBOUND

Arriving at VANCOUVER CITY CTR STN NORTHBOUND

2. Transfer to 6 DAVIE

Leaving from SB GRANVILLE ST NS ROBSON ST

Arriving at WB DAVIE ST FS GRANVILLE ST

The train station is 0.28km from the hotel. As you get out of the station turn left heading south east on Davie Street to reach Granville Street (next corner). Turn left, your hotel is located at 1221 Granville Street.

Please note that day 1 is an arrival day and no activities have been planned, though a brief departure meeting will be held in the hotel on the evening of day 1. When you arrive at our joining hotel you will find the time and place of the meeting on a welcome note hung in the hotel lobby. If you are unable to find the note, please just ask the front desk staff.

At the meeting you will meet other tour participants and receive information about the trip. If you arrive late and miss the meeting, your CEO will leave you a message detailing what time and where you should meet the next morning.

## Emergency Contact

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Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative or our G Adventures 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.

### EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (Canada based)

24hr emergency number

From outside Canada: +1 514-948-4145

From within Canada: +1 514-948-4145

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

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

Calls from UK: 0844 272 0000

Calls from Germany: 01805 70 90 30 00

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 to Take

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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 to spend hiking as it does not allow for heat or moisture to enter or escape, and it will not dry easily once wet.

We recommend the use of a well-labeled duffel bag, rolling soft bag or backpack (whichever you find easiest to carry). Suitcases or heavy luggage are not recommended for the health of the CEO! A good size day-pack is also essential as you will have the chance to walk and hike in different national parks during these trips. This daypack will be used to carry your personal gear for the day, lunch and 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!

## Checklist

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- Credit and/or debit card (see spending money)
- G Adventures vouchers, pre-departure information and trip details
- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- Any entry visas or vaccination certificates required
  
- Insect repellent
- Flashlight or Head lamp with batteries
- Hand sanitizers/ antibacterial wipes
- Rain Cover or plastic bags for daypacks
- Small towel (pack towels are good) and swim wear
- Sun hat
- Sunblock
- Sunglasses

- Toiletries (biodegradable)
- Reusable water bottle
- Pocketknife
- Watch or alarm clock
- First-aid kit
  
- Weather-appropriate clothing
- 3 or 4 lightweight shirts or T-shirts
- Fleece/jacket
- Windproof/waterproof jacket (rain gear)
- 2 pair of shorts
- 1 pairs of long trousers
- 2 pair hiking pants/track pants
- Quick-dry socks
- Under garments
- Thermal base layer
- Thermal underwear
- Warm gloves
- Warm hat
- Good hiking shoes or boots
- Sport sandals (suitable for water if you are planning on rafting)
- Extra comfortable slip-on sandal or shoes for the campsites

Optional Items:

- Day pack
- Camera with extra memory cards and batteries
- Personal Entertainment
- Binoculars
- Waterproof backpack cover
- Walking poles (Optional)

## Laundry

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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.

## Visas

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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 yourself and understand that you are fully responsible for your own visa requirements.

## Spending Money

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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.

## Money Exchange

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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)

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## Emergency Fund

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!

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## Tipping

It is customary in North America to tip service providers such as waiters, bartenders and taxi drivers, at approximately 15-18%, 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 CAD 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 \$5-10 CAD per person, per day can be used as a guide. If your CEO met and exceeded your expectations, feel free to tip more.

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## Optional Activities

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.

All prices are per person, are in Canadian dollar amounts.

### Victoria

Royal BC Museum \$25

Miniature World Museum \$13.50

Butchard Garden \$33.15

### Whistler

Zipline (Ziptrek Bear Tour) \$123

Rafting Cheakamus River (4,5h) \$107

Peak to Peak Gondola \$52

### Jasper

Maligne Lake Cruise (90 min) \$55

Rafting on Athabasca River (2h) \$64

### Banff

Sulphur Mountain Gondola \$36.70

Rafting on Kicking Horse River \$90.40

(transportation from Banff included)

Canoe rental \$36/first hour, \$20 add hour per boat

Banff Hot Spring \$7.30

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## Safety and Security

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/](http://www.gadventures.com/travel-resources/safety/)

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## Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

The medical questionnaire can be found online at:

[www.gadventures.com/medical-form](http://www.gadventures.com/medical-form).

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## A Couple of Rules

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.

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## Travel Insurance

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.

## Planeterra-The G Adventures Foundation

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Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit [www.planeterra.org](http://www.planeterra.org)

### Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our G Adventures for Good projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

## Feedback

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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 [customerservice@gadventures.com](mailto:customerservice@gadventures.com) and we will send it on to you.

## Newsletter

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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.

## Travel Forum - The Watering Hole

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Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at [wateringhole.gadventures.com](http://wateringhole.gadventures.com).