

# Grand American Adventures

USA, CANADA,  
ALASKA AND  
LATIN AMERICA

[www.trekamerica.com](http://www.trekamerica.com)

## Canadian Rockies



### Tour Overview

Departing the Emerald City we cross the border to the majestic Canadian Rockies. See towering Mt. Revelstoke and travel through Glacier National Park along the route to Yoho (a native word meaning awe). Our home for the next two nights is the small town of Golden near the Kicking Horse River. Experience the raging Kicking Horse firsthand with an exhilarating half-day whitewater raft ride or choose to canoe and hike at magnificent Emerald Lake. The challenging trails overlooking the Takakkaw Falls are also an excellent option!

Depart for Banff along the scenic road via Lake Louise. With photo opportunities at every turn, the Banff sunset in particular must be appreciated while soaking in the natural hot springs! Banff's nightlife offers great live music and a fine selection of restaurants, however, the real treat are the activities. Canoe the Bow River, mountain bike or view the scenic grandeur from a helicopter. Outstanding hikes will be available and, with the abundant wildlife, there is always a good chance of seeing bears from a safe distance.

The Icefields Parkway through the heart of the Rockies is surely one of the world's ultimate drives. Peyto Lake's turquoise hues startle with their brilliance. Parker Ridge Trail will reward you with panoramic views of the Saskatchewan Glacier winding through pristine, mountain-studded terrain. Why not traverse a portion of the imposing Athabasca Glacier on a guided glacier hike?! Next is Jasper National Park. Start by taking the cable car to Whistler Mountain for a bird's eye view and the next day go hiking along stunning lakeside scenery, or visit Mt. Edith Cavell for glorious views of Angel Glacier.

Mt. Robson, highest peak (3954m) in the Canadian Rockies, offers a great photo op before arriving at our hotel in Caribou Country. Kick back and enjoy the swimming pool, or hop onto a horse for an afternoon ride. After dinner, a relaxing whirlpool and sauna await.

Crossing the Camelsfoot Range, we parallel the Fraser River en route to Vancouver, Canada's favourite western city. After a tour of Gastown and Stanley Park's totem poles, you will have the afternoon free for exploration, before checking out Vancouver's exciting nightlife.

We finish our journey in Seattle with time to visit the famous Pike Place Market and the Space Needle.

### Tour Itinerary

- 1 Seattle >> Kamloops (HP)
- 2 Yoho NP (HP)
- 3 Yoho NP (HP)
- 4 Banff NP (HP)
- 5 Banff NP (HP)
- 6 Jasper NP (HP)
- 7 Jasper NP (HP)
- 8 Caribou Country (HP)
- 9 Vancouver (HP)
- 10 Vancouver >> Seattle

HP = hotel nights included in the price

### Included Highlights

- ✓ Sulphur Mountain hot springs
- ✓ Sightseeing in Vancouver and Seattle
- ✓ Scenic walks and hikes
- ✓ National and provincial parks - Glacier, Yoho, Banff and Jasper
- ✓ Professional tour leader, equipment and private transportation

### Is This Tour For Me?

Staying for nine nights in beautiful lodges and hotels makes this tour the ultimate way to explore the Canadian Rockies. With a relaxed pace and tranquil surroundings, this tour is perfect for experiencing the great outdoors by day, with home comforts by night.

### Tour Matrix

Please find below our Tour Matrix, designed to rate the focus of this tour. We hope this will help you to choose the tour that is right for you.

Canadian Rockies	Mild Focus	Moderate Focus	High Focus
National Parks Visited			
City Sightings			
Activities			
Hiking Opportunities			
Adventure Level			
Fun, Freedom & Flexibility			



# Canadian Rockies Tour Information

## DESTINATIONS

Please find below more detailed information on the destinations this tour visits. In alphabetical order:

**Banff National Park** - Located in the heart of the Canadian Rockies, Banff National Park is an outdoor enthusiast's paradise with opportunities for hiking, canoeing, white water rafting, mountain biking, or a ride up the gondola to the top of Sulphur Mountain. There is nothing better after a hard day of fun than a soak in the Sulphur Mountain Hot Springs.

**Jasper National Park** - One of the Canadian Rockies' largest National Parks, Jasper is much less developed than other areas of Western Canada. The park's tourist focus, Jasper Townsite, is a relaxing alternative to the resorts lying to the south. Jasper offers many nearby attractions such as Maligne Lake, the Miette Hot Springs, Mt. Edith Cavell and the Icefields Parkway.

**Lake Louise** - With its snow-capped peaks, ancient pine forests and aquamarine waters, Lake Louise is "the gem of the Canadian Rockies". Lake Louise has always been a popular tourist destination, so it is no surprise that it is the most photographed destination in the Canadian Rockies! If you are impressed with the alpine beauty of this area, you will also enjoy some of Louise's less known (and less visited) neighbours like Moraine Lake.

**Seattle** - Seattle is the northwest's largest city and the region's commercial, cultural and industrial hub. In 1962 Seattle hosted the world's fair which resulted in the construction of the Space Needle whose silhouette peaks the city's skyline. Seattle's position on the Puget Sound provides stunning waterfront views.

**Vancouver** - On the edge of the Canadian wilderness lies the metropolitan city of Vancouver. Native American culture is still present here evident by totem poles in the famous Stanley Park. You can roller blade, bicycle or stroll the many shops of the popular Gastown, before enjoying an evening out on the town.

**Yoho National Park** - Overshadowed by the neighbouring parks of Banff and Jasper, Yoho is the hidden gem of the Canada Parks system. A photographer's dream, you will be able to hike amongst Yoho's pristine alpine landscape offering up mountains, lakes and waterfalls for your enjoyment and amazement.

## ARRIVAL & DEPARTURE HOTELS

Our arrival and departure hotels are conveniently located and serve as your tour's start and end points. Rooms are comfortable and spacious, with two double beds and en-suite facilities. They make good bases for sightseeing and offer an opportunity to informally meet with your fellow trekkers.

The tour begins at 07:30hrs in the hotel lobby, where you will meet your group and tour guide. You should have packed your bags and eaten breakfast so that you are fresh and ready to start the journey.

The tour ends between 17:00-18:00hrs on the final day. Please do not reserve flights until at least 21:00hrs or the following day.

If you would like to reserve additional nights in our hotel before or after the holiday, or if you would prefer to have your own room throughout, please contact our sales team for additional information and associated costs.

## LODGING ACCOMMODATION

Designed for those who no longer wish to camp, (or never did!), this tour offers the same great adventure without the camping. All accommodation will be in three star hotels or lodges, chosen for their proximity to the highlights of the region as well as easy access to major sights.

Accommodation is on a twin-share basis, with en-suite bathroom facilities. You will be roomed with a fellow passenger of the same sex. In the event that you cannot be matched with another passenger, there is never a forced single supplement charge with Grand American Adventures!

## FOOD & DRINK

On Grand American Adventures tours, meals are taken in local restaurants where passengers pay individually for food and drinks en route. Average hotel breakfasts cost from \$6-\$12, lunches from \$8-\$15 and dinners from \$13-\$30; this does not include alcoholic beverages. Wine costs approximately \$5 per glass and beer \$3 per bottle. Please be aware that a tip of approximately 15%-20% is added to group meals in North American restaurants. Applicable taxes will also be added to all listed menu prices

## OPTIONAL ACTIVITIES / SPENDING MONEY

There are many opportunities for optional activities during the holiday. Your tour guide will organize these on your behalf and you will pay locally in cash. Featured activities and approximate prices are listed below:

★ Navajo Guided Jeep tour	US \$50-95
★ Western horseback riding	US \$45-115
★ Scenic flights over Grand Canyon	US \$100-275
★ Mountain biking	US \$40-145
★ Canadian Rockies Helicopter Tour	US \$180-295

ATM/Cash points are widely available in all major cities and small towns. Please ensure that your credit or debit cards have international access and a PIN number to access your funds.

We recommend you take at least US \$35 dollars per day to cover local expenses, but it's better to bring more than you need rather than run short on tour. Your spending money needs to cover optional activities, film, souvenirs and snacks along the way.

Additionally, tipping is a way of life in North America and, whilst not compulsory, it is expected. We recommend a tip of approximately US \$5 per passenger / per day to be given in cash to your tour leader at the end of your holiday.

## CLIMATE & CLOTHING

Keep in mind that our dress tends to be informal. Take a practical selection of clothes for both warm and cool climates to suit the season. You may encounter a wide variety of temperatures en route due to altitude and unforeseen weather conditions - so be prepared! Make sure to pack a warm fleece and a waterproof jacket as well as comfortable walking shoes.



# Canadian Rockies Tour Information

## GROUPS

The average group size is 12 passengers.

Passengers come from a range of countries worldwide (average of 4 nationalities per group) and many will be solo travellers. You will find you have many things in common with your fellow trekkers, including a passion for adventure and a strong interest in exploring the national parks.

Grand American Adventures tours are designed for adults over 18 years old. While most passengers are aged 25-55, every year we get many people both above and below this age range. All travellers over the age of 55 will be requested to complete a self-declaration of fitness.

## GROUP PARTICIPATION

Grand American Adventures tours are a unique vacation, and much of your enjoyment will come from the team spirit of your group and the fun you'll have together, as well as from the local setting. We cannot stress too strongly the importance of your own positive attitude, given which even the adversity of a rainstorm can be good fun!

## TRANSPORTATION

All of our private vehicles are designed to ensure your safety, comfort and enjoyment of the tour. In North America, our new 15-seater Fords feature raised ceilings for more headroom, individual captain seats for more comfort and an open centre aisle floor plan, making it easier when getting in and out at those many photo opportunities - during their first two years on the road they've proved incredibly popular. All our vehicles are equipped with CD stereo systems, often iPod-compatible, and air-conditioning, to make travelling a pleasure.

## PASSPORTS & VISAS

This tour visits the USA and it is your responsibility to obtain the proper passport and visa(s). More details are provided in our Trek Tips pre-departure information at <http://www.trekamerica.com/trektips.html>

## HOW TO BOOK YOUR TOUR

Contact Grand American Adventures by telephone, email or via our website to check availability on the tour you want to join. We can normally hold you a seat on 'option' for up to 3 days to allow you time to finalise your flight arrangements and send us your booking form with a deposit payment.

If you are ready to book and pay your deposit, we have a secure, online booking facility where you can pay in most major currencies with a credit or debit card. Check availability early to avoid disappointment.

Check Availability at:

<http://www.trekamerica.com/grandamericanadventures.html>

## PAST PASSENGERS SAY?

When asked, "what was the best part of the tour", passengers said:

*"Glacier walk, group camaraderie." "High standards of hotels used." - Alan from England*

*"People on trip were good fun." "Being driven everywhere with a great guide." - Eileen from England*

## ALTERNATIVE TOURS

If you would prefer to join a different Grand American Adventures tour, we have several other camping tours and a variety of lodging, walking and specialty tours as well as family adventures for you to choose from. Click on the link below for more information.

<http://www.trekamerica.com/grandamericanadventures.html>

## ADVENTURE TRAVEL

All details are provided in good faith. Due to the nature of travel, this information can change and should therefore be taken as an indication only and not as a contractual obligation on the part of Grand American Adventures. If you have any questions, please contact us.

Average High / Low Temperatures in Celsius (°C)

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Banff NP	6/-15	0/-12	3/-8	9/-3	14/1	18/5	21/7	21/7	16/2	10/-1	0/-8	-6/-14
Jasper NP	6/-16	-1/-12	7/-8	10/-3	15/2	19/6	22/8	21/7	16/3	10/-1	0/-9	-6/-14
Seattle	7/2	9/3	11/3	14/5	18/8	21/10	24/12	24/13	20/10	15/7	10/4	7/2
Vancouver	6/0	8/1	11/3	12/4	16/8	19/10	21/12	21/13	18/10	13/6	9/3	6/1

Celsius / Fahrenheit Conversions: -10°C = 14°F 0°C = 32°F 10°C = 50°F 20°C = 68°F 30°C = 86°F 40°C = 104°F

