

# EXPLORE!



DISCOUNTED

## Simply Rockies and Vancouver Island

CANADA - TRIP CODE QRK

DISCOVERY

### Why book this trip?

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Using a selection of simple wilderness hostels and some well-located campsites, this overland adventure is a low cost way to explore all the stunning national parks that Canada has to offer, combining the temperate rainforest found on Vancouver Island with the lofty peaks and glacial lakes of the Rockies.

- **Banff National Park** - Canada's most beautiful national park, including the picture-postcard lakes Louise and Moraine
- **Jasper National Park** - Visit the mindblowing landscapes up the Icefields Parkway, and search for wildlife including moose and elk
- **Pacific Rim National Park** - Incredible rainforest, rugged beaches and a chance to go bear spotting or whale watching



**INCLUDED MEALS**  
Breakfast: 14  
Lunch: 12  
Dinner: 12



**TRIP STAFF**  
Explore Tour  
Leader / Driver



**TRANSPORT**  
Ferry  
Maxiwagon



**ACCOMMODATION**  
5 nights simple  
camping  
9 nights simple  
hostel



**TRIP PACE:**  
Moderate



**GROUP SIZE:**  
8 - 12

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join trip in Calgary

We arrive into Calgary today and check into our centrally-located hostel. This dynamic city is a rich fusion of modern architecture and traditional heritage, where the pioneering history of the Canadian west is woven into everyday life. You may have some free time today, depending on your arrival time, to explore the city and soak up the friendly ambience. Filled with museums, shops and cafes, the centre of the city is a great place to just wander and take in its majestic setting against the backdrop of the ever present mountains.



**ACCOMMODATION:**  
HI Hostel Calgary (or similar)

**Grade: Simple Hostel**



**MEALS PROVIDED: NONE**

### DAY 2 - Visit Calgary and explore Kananaskis Country

This morning we will take some time to explore Calgary with our local guide, discovering some of the impressive architecture that stands below the mighty Rockies, which rear in the background like a distant tidal wave. These rugged mountains, interspersed with moments of serenity in the form of turquoise lakes

and cascading falls, beg for further exploration and before lunch we waste no time in heading west up into the hills. Our base for the next three nights is a wilderness hostel in Kananaskis Country, an amazing location to explore this mountain playground in the foothills of the Rockies. With hot showers and electricity, this hostel is 'wilderness lite' - but surrounded by nature we'll have a real getaway from the city. This afternoon we'll head out on foot to walk the valleys and trails of this region.

A note on our hostels: all of the hostels that we use throughout the trip are multi-share. You'll be sleeping in dorms with members of the same sex, possibly including other travellers, with shared bathrooms.



**ACCOMMODATION:**

HI Kananaskis Wilderness Hostel (or similar)



**Grade: Simple Hostel**



**MEALS PROVIDED: BREAKFAST, LUNCH & DINNER**

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### **DAY 3 - Free day to walk the trails of Banff National Park**

Over the next two days we will explore the magical Banff National Park, following well-marked trails to discover beautiful lakes, stunning vistas and scented pine forests. Trails vary between 30 minutes to several hours, and our local guide can recommend some of the best. We highly recommend taking an optional excursion by aerial tram to the top of Sulphur Mountain - if the weather is clear, the views across the Rockies are breathtaking. You may also want to spend time in the town of Banff itself. A bustling and lively place, it is easy to get infused with the energy that surrounds you. Banff is also famous for its hot springs. In fact, it was the discovery of the hot springs in 1883 that led to the building of the settlement here. Relaxing in these geothermal waters is a wonderful way to while away a few hours one afternoon. There are also numerous optional excursions, from canoeing on the Bow River to taking a scenic helicopter flight over various of the surrounding mountains, which can all be organised locally.



**ACCOMMODATION:**

HI Kananaskis Wilderness Hostel (or similar)



**Grade: Simple Hostel**



**MEALS PROVIDED: BREAKFAST, LUNCH & DINNER**

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### **DAY 4 - Visit Lake Louise and Moraine Lake**

Today we will be discovering more of Banff National Park, including making a visit to the picture

postcard lakes, Louise and Moraine. Tom Wilson, the first white Canadian to see Lake Louise, when he was led there by a local indigenous person in 1882, wrote 'I never, in all my explorations of these five chains of mountains throughout western Canada, saw such a matchless scene... I felt puny in body, but glorified in spirit and soul'. Despite the increasing number of visitors to the lake, it is still so vast that you can feel quite alone there, experiencing the same feelings of awe that Tom Wilson had the first time he saw it. The brilliant blue-green waters of both Lake Louise and Moraine Lake are guaranteed to give us the quintessential Canadian feeling, surrounded as they are by pine forest and glacier-topped mountains.



**ACCOMMODATION:**

HI Kananaskis Wilderness Hostel (or similar)



**Grade: Simple Hostel**



**MEALS PROVIDED: BREAKFAST, LUNCH & DINNER**

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## **DAY 5 - Drive along Icefields Parkway; see the Columbia Glacier and Athabasca Falls**

The Icefields Parkway is one of the world's greatest scenic drives, and we have the luxury of spending an entire day covering this route on our journey towards Jasper National Park. We leave Kananaskis and Banff behind us, travelling along the Icefields Parkway which cuts its way through a mountain wilderness filled with rivers and stunning glacial lakes. Every kilometre of the Parkway is witness to spectacular scenery and we are likely to encounter wildlife along the road itself such as deer or even bear. We continue northwards and pass alongside the Columbia icefields where we will stop at the Athabasca Glacier and falls. At Athabasca Glacier there is the option of taking a guided glacier-hike or a snowcoach tour onto ancient glacial ice. Mount Edith Cavell's wilderness hostel lies at the end of today's journey - this is true wilderness, with no electricity or running water (log burning fires heat the place in the cool evenings). However, what it lacks in amenities it more than makes up for in the location - the views out to Angel Glacier and Cavell Meadows are breathtaking. This is truly the Canadian wilds.



**ACCOMMODATION:**

HI Mount Edith Cavell Wilderness Hostel (or similar)



**Grade: Simple Hostel**



**MEALS PROVIDED: BREAKFAST, LUNCH & DINNER**

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## **DAY 6 - Search for wildlife in Jasper National Park**

We start today by visiting Mount Edith Cavell for a spectacular view. We then have the full day ahead of

us to explore the various highlights of the area around Jasper. Keep your eyes peeled for the wildlife that roams freely here - wapiti, elk, moose and bear. Aside from hikes in the park, you may wish to take the Jasper Tramway to the high alpine terrain of Whistler Mountain (named for the whistling sounds of the marmots that live there), hike in the Maligne Canyon, try one of the many biking trails in the area or go rafting on class 2 or 3 rapids - suitable for beginners.



ACCOMMODATION:  
HI Mount Edith Cavell Wilderness Hostel (or similar)

Grade: Simple Hostel



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 7 - Drive to Clearwater via Mount Robson and Spahats Falls

Heading northwest this morning we drive towards Mount Robson Provincial Park. We will see Mount Robson itself, the highest peak in the Canadian Rockies (3,954m). It is tall enough to create its own weather patterns, and if we're lucky we'll be able to view this photogenic monolith from top to bottom. From here we enjoy a hike to the base of Mount Robson up to Kinney Lake, before leaving the mountain behind and continuing onto Clearwater, and our campsite for the evening. After setting up camp, this afternoon we head the short distance to Spahats Creek Provincial Park from where we can take an easy walk to the 61m high Spahats Falls. These impressive falls cascade down through layers of pinky-red volcanic rock, and from the observation point we should also have a great view down the Clearwater Valley.

A note on our campsites: all sites used throughout the trip have toilet and shower blocks, and are in beautiful natural locations. You'll help to set up and break camp, as well as loading and unloading the trailer. Meanwhile, your local guide will cook you up some tasty food in the evenings. Campsites include kitchen areas, with some having space for barbecues and fire pits.



ACCOMMODATION:  
Wells Gray Campground (or similar)

Grade: Simple Camping



SINGLE ROOM AVAILABLE



### DAY 8 - Visit Wells Gray Provincial Park, including Helmcken Falls

Wells Gray Provincial Park is an underrated beauty, the numerous glacial rivers and lakes fuelling 39 waterfalls in the wild forests, among which Helmcken Falls, at 141m, stands tall as one of the highest waterfalls in Canada. There are spectacular views from all along the park entrance road and great opportunities for wildlife spotting. The entrance to the short trail to Helmcken Falls is just off the road, and after viewing the roaring torrent we are then free for the rest of the day. The park offers an array of outdoor activities, including hiking and canoeing on amazingly clear lakes (all optional). You can hire a canoe here and feel as if you are really paddling off into the wilderness.



ACCOMMODATION:  
Wells Gray Campground (or similar)



Grade: Simple Camping



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 9 - Journey to Whistler

Today we drive southwest to Whistler, pausing en route at various places to soak up the wonderful views. We will travel through the mountains of interior British Columbia, through different environments and climates, stopping at several viewpoints such as Savona or Seton Lake, where we can do some short walks. Our hostel for the evening is about a 10 minute local bus ride from Whistler town centre, and those who wish can head into town for a drink.



ACCOMMODATION:  
HI Whistler (or similar)



Grade: Simple Hostel



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 10 - Free day in Whistler; walk or take a cable car ride

We have a free day in Whistler to enjoy the variety of activities on offer here, including a ride on the Peak2Peak gondola with spectacular views across the Rockies. There will also be the chance to walk on different trails around Whistler, either up on the mountains or around the peaceful shores of Lake Cheakamus. Trails vary from 30 minutes to several hours, and we can choose with the help of our local guide.



ACCOMMODATION:  
HI Whistler (or similar)



Grade: Simple Hostel



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 11 - Ferry to Vancouver Island, drive to Pacific Rim National Park

This morning we follow Route 99, more famously known as the Sea to Sky Highway, towards the Pacific Coast city of Vancouver. We continue to Horseshoe Bay, from where we will catch the early ferry across to Nanaimo on Vancouver Island. Although the island stretches almost 500km from north to south, it only has a population of 500,000 and with its numerous provincial parks it is easy to escape into the wilderness. En route to Pacific Rim National Park we will stop in McMillan Provincial Park, where we take a short walk to the famous Cathedral Grove, a striking group of huge Douglas Firs. Some of these incredible trees reach up to 70m in height, are 2m thick and are estimated to be up to 1000 years old. We then continue on to the Pacific Rim National Park, which will undoubtedly be the highlight of our time on the island. The 130 km long park encompasses mountains, coastal rainforest, wild beaches and unkempt marine landscapes - all as diverse as they are beautiful. Our campground this evening is right in the middle of the forest, with walking access to a beach on the Pacific Coast, well maintained shower and bathroom facilities, and a firepit for warming up in the evening.



ACCOMMODATION:  
Green Point Campground (or similar)



Grade: Simple Camping



SINGLE ROOM AVAILABLE





MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### **DAY 12 - Free day in Pacific Rim National Park; Optional sea kayaking**

Today we are free to choose from a variety of different activities. The two most popular excursions are both out to sea. The more energetic may wish to take to kayaks and explore this wild coastline of hidden coves and rocky inlets. Alternatively, there is the chance to go whale watching from one of the coastal villages in the park. There is also the opportunity to go black bear watching today from a zodiac boat, or take an optional walk along one of the park's many trails. Our local guide will be on hand to organise these trips and accompany those wishing to choose one of the optional walks.



ACCOMMODATION:  
Green Point Campground (or similar)

Grade: Simple Camping



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### **DAY 13 - See totem poles on the way to Victoria; camp in Goldstream Provincial Park**

We'll drive south today, away from the wilderness of the Pacific Rim National Park and towards the much gentler scenery of Victoria. On the way we will make stops to view the totem poles carved by the First Nations of the Northwest Coast. In 1884 the Federal Government outlawed 'pot latching' and this unique art form nearly died out. Fortunately, in recent times there has been a revived interest in this proud tradition and the totems that can be found along this stretch of coast are strong reminders of the island's native people. This afternoon we have some time to explore Victoria - the Royal British Columbia Museum is highly recommended - before driving to our campsite at the Goldstream Provincial Park. Here, massive trees and majestic waterfalls are found just 16km away from Victoria City.



ACCOMMODATION:  
Goldstream Provincial Park Campground (or similar)

Grade: Simple Camping





SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 14 - Ferry to Vancouver and explore on foot

Vancouver is easily one of the most cosmopolitan and ethnically diverse cities in Canada, with a lively art, theatre and music scene as well as a sporty population who spend their weekends heading into the mountains year-round. Catching the ferry back across from the island this morning, we'll be thrust back into civilisation again. Despite this, the city's setting on the beaches of the Pacific Ocean, and the mountainous backdrop, will remind you that nature is never far away. During the afternoon, we have a brief orientation tour before exploring the city for ourselves. Stanley Park is worth a visit - an enormous public park that borders the downtown area, offering beaches, trails, a scenic seawall and plenty more. This evening, Gastown may be on the agenda, an attractive area offering many restaurants and bars.



ACCOMMODATION:  
HI Hostel Vancouver (or similar)

Grade: Simple Hostel



MEALS PROVIDED: BREAKFAST

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### DAY 15 - Trip ends in Vancouver

Our trip ends this morning in Vancouver.



MEALS PROVIDED: BREAKFAST

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## Trip information

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### Country information

# Canada

## Climate

May-Sep is the best time to visit, when the weather is usually warm, dry and pleasant. Temperatures can be a little cooler on the coast and in the mountains; rain can be expected at any time. Early in the season, there can be snow in some areas which may limit walking possibilities.

Time difference to GMT	Plugs	Religion	Language
-7	2 Pin Flat	Roman Catholic, Protestant	English and French

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## Budgeting and packing

### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

There are a number of exciting optional excursions you can do on your trip. These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract. Part of the joy of Canada is in exploring the parks on foot, for free - so you can do as many or as few of these optional excursions as you wish and have a fantastic experience either way.

Vancouver Island - Whale Watching (3 hours) CAD\$ 109; Wildlife and hot spring (6 hours) CAD\$ 139 + tax (food & drink not included); Sea Kayaking CAD\$ 90 (4 hours); Bear Viewing CAD\$103  
Whistler - Tree Trek - CAD\$ 41; Rafting CAD\$ 95 (\$ 65 for under 16yr olds) (option of class 1 to 2; class 2&3; or class 3&4 rapids); Zip line CAD\$ 109; Gondola CAD\$ 50  
Wells Gray - Canoeing CAD\$ 110 (including lunch)  
Jasper - Skytram CAN\$ 50; Maligne boat tour CAD\$ 70; Rafting trip CAD\$ 72-103 (Athabasca River - class 2 rapids or Sunwapta River - class 3 rapids); Bike hire from CAD\$15 (per hr)  
Athabasca Glacier - Snowcoach CAD\$ 104; Ice walk CAD\$ 110 (payable in cash only)  
Lake Louise - Canoe rental CAD\$100 per half hour, CAD\$126 per hour  
Banff - Gondola CAD\$ 65; Hot Springs CAD\$ 7.30; Canoeing on the Bow River CAD\$ 42 (1hr) CAD\$ 63 (2 hrs); Three Sisters Peaks Helicopter tour CAD\$ 129 (15mins); Royal Canadian Helicopter tour CAD\$ 259 (25mins); Mt. Assiniboine Helicopter tour CAD\$ 314 (30mins)  
Kananaskis - Helicopter Tour 20 min ride, CAD\$198.50, include a 1 hr wilderness stop for CAD\$69 + 5% taxes.

## Clothing

Include some long-sleeved shirts; warm clothing for chilly nights in the mountains is essential, as is a good waterproof jacket and a woolly hat. Also bring swimwear, sunglasses and a sun hat.

## Footwear

Lightweight walking boots with ankle support and sandals or trainers for relaxing. Some footwear that you don't mind getting wet is essential for whitewater rafting or canoeing.

## Luggage

15Kg

### Luggage: On tour

Luggage is stored in the van or in a trailer attached to the back. With this in mind please keep bags as reasonably sized as possible and preferably softshell.

You will also need a day pack for walking and personal items as your main luggage cannot be accessed during the day.

## Equipment

Sleeping mats are provided. Bring a sleeping bag (3 season, down to -7C), water bottle, torch (and batteries), sunblock and insect repellent.

Sleeping bags can be hired in Canada for \$50CAD. Please request them when you book, or no later than 5 weeks prior to travelling. The \$50CAD can be paid to your Tour Leader upon arrival.

## Tipping

### Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. However, you might want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between CAD\$7 to CAD\$14 per person per day as a guideline.

### Local crew

In North America tipping 15%-20% is a recognised part of life across the service industry, including restaurants, activity suppliers, taxis and guides. Local staff will look to you for personal recognition of particular services provided.

Unlike other Explore trips, during our trips in North America our Explore leaders will not operate a tips kitty. However, they will be more than happy to provide guidance throughout the trip on who to tip when and to suggest appropriate amounts.

## Canada

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses

eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

<b>Lunch price</b>	<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£13.00	£20.00	£3.00	£1.10

## Foreign Exchange

### Local currency

Canadian Dollars.

### Recommended Currency For Exchange

Bring your money in Canadian Dollars or US Dollars cash which can be used almost everywhere, although local stores are not keen to change anything over \$50.

### Where To Exchange

Banks or 'Forex' offices in main towns/cities. Your tour leader will advise you on arrival.

### ATM Availability

There are ATMs in the towns.

### Credit Card Acceptance

Widely accepted just about everywhere.

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## Transport, Accommodation & Meals

### Transport Information

Ferry, Maxiwagon

### Accommodation notes

Accommodation throughout is in a range of town/city hostels, wilderness hostels and camping.

The hostel rooms are all multi-share, and you will be split into men/women, sleeping in dorms that may have other travellers in (of the same sex). The hostels are simple, but quirky and sociable places - facilities vary but may include living room areas for socialising, kitchens (where meals will be cooked for the group), pool tables, laundry facilities, log fires etc. The wilderness hostels in Kananaskis and Mount Edith Cavell are in absolutely stunning surroundings, simply perfect for exploring the mountains. Mount Edith Cavell's accommodation does not have running water or electricity. This means that there are no showers or flush toilets.

While camping, we stay in national park campgrounds where all camping equipment is provided except a sleeping bag. You will be sharing a two person tent. Basic camp responsibilities include the setting up and taking down of camp, as well as loading the trailer and helping with meal preparation, washing and clearing up. Like many adventures of this type, much of the team spirit and camaraderie is developed through mucking in and helping out around camp. One great feature of camping is that it really gives us a sense of the nature around us, as we camp under starry skies.

Camping facilities include: toilets, showers, kitchen shelters where we have our meals, picnic tables and

fire pits. Inflatable mats are provided when we camp, as well as camping chairs. The single supplement is for tents only - no single rooms are available in the hostels.

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## **Essential Information**

### **FCO Advice**

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

### **Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### **Price Guarantee**

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### **Visa and Passport Information**

When travelling to Canada, you will need the following:

ETA - Citizens of the UK, New Zealand, Australia and passport holders from several EU countries can apply for an ETA [here](http://www.cic.gc.ca/english/visit/eta.asp) - other nationalities should consult their local embassy or consular office.

ESTA - only if transiting via the USA

Citizens of the UK, New Zealand, Australia and passport holders from several EU countries can apply for an ESTA [here](https://esta.cbp.dhs.gov) - you must have an electronic passport with a digital chip containing biometric information. If you have visited Libya, Iran, Iraq, Somalia, Sudan, Syria or Yemen since March 2011, or dual national of these countries, you cannot travel with an ESTA. In this case you will need to apply for a visa from the nearest US embassy or consulate.

I94 - The I94 is a history of entries and exits to the US. You can get this online [here](https://i94.cbp.dhs.gov/i94/#/home) for \$6 - as each i94 accessed is only valid for border crossings for 7 days, it is best to apply for this when in country - your Explore Leader will assist you with this.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the

United Kingdom.

Read more information about what travel insurance is required.

## Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## Ability to swim

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

## Canada

### Vaccinations

Nothing compulsory, but we recommend protection against tetanus, typhoid, infectious hepatitis and polio. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**