

EXPLORE!



Best of the Rockies and Yellowstone

CANADA, USA - TRIP CODE WUC

DISCOVERY

Why book this trip?

This trip is a true journey through the Canadian and US Rocky Mountains, encompassing some of the most beautiful national parks in the world including Jasper and Banff in Canada, and Glacier and Yellowstone in the USA. For anyone who loves being in the outdoors this is the perfect adventure. Discover magnificent glaciers, rivers, hot springs and waterfalls, visit explosive geysers and walk amidst mountains and around emerald lakes. Search for the famous Yellowstone wildlife including bison and black bears.





INCLUDED MEALS
Breakfast: 2
Lunch: 1

TRIP STAFF
Explore Tour
Leader / Driver

TRANSPORT
Minibus

ACCOMMODATION
2 nights simple
cabins
10 nights standard
hotel
2 nights simple
hotel

TRIP PACE:
Full on

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 Edmonton (Canada)

Join the trip in Edmonton.



ACCOMMODATION:
Coast Edmonton Plaza Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Drive to Jasper National Park; walk along Maligne Canyon and Lake

This morning we travel from Edmonton towards Jasper National Park. The park's shimmering glaciers, abundant wildlife, crystal clear lakes, thundering waterfalls, deep canyons and evergreen forest, all surrounded by towering mountains, are some of the reasons the park was named a UNESCO World

Heritage Site. It's one of only 15 such sites in Canada. We will take a walk along Maligne Canyon and visit Maligne Lake. Keep your eyes peeled wildlife is frequently seen in this area. Optional activities include renting a canoe to explore Maligne Lake or joining a boat tour on the lake.



ACCOMMODATION:
Tonquin Inn (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 3 - Mount Edith Cavell walk, optional rafting trip on the Athabasca River

We start today by walking near Mount Edith Cavell for spectacular views of the mountain as well as Angel Glacier, Cavell Glacier and Cavell Pond.

In the afternoon, options include rafting on the Athabasca River or taking the Skytram up to the high alpine terrain of Whistler Mountain (named for the whistling sounds of the marmots that live there), or exploring the town.



ACCOMMODATION:
Tonquin Inn (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 4 - Travel along the Icefields Parkway to Lake Louise

We take a drive along one of the world's top scenic highways today, the Icefields Parkway, which cuts its way through a mountain wilderness filled with rivers and stunning glacial lakes. Every kilometre of the parkway boasts spectacular scenery and we are likely to encounter wildlife along the road itself. Possible stops along the route include Peyto Lake and the Bow Lake and Falls, depending on time. We pass the Columbia Icefields Centre where we have the chance to stop at the Athabasca Glacier and Falls. At the Athabasca Glacier, there is the possibility of taking a guided glacier hike or a snow coach tour. Our end destination is Lake Louise.



ACCOMMODATION:
Lake Louise Inn (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 5 - Lake Louise walk and gondola, continue to Canmore

We start today with a short hike from Lake Louise to Lake Agnes Tea house. This hike is certainly the most popular in the area and deservedly so. The first part is through pine forest and as we get higher in elevation there are breaks where we will see glimpses of the lake and then at top, the views of the glacier and lake are astonishing. Before taking a ride in the gondola lift, we enjoy lunch in these splendid surroundings. We then take a ride up the gondola lift at the Lake Louise Ski Resort providing exquisite panoramas of the surrounding peaks and Lake Louise itself. Look out for black bears too as they are often seen from the gondola.

In the afternoon, we travel to Yoho National Park for a walk at the base of Takkakaw Falls. Then, we continue to Canmore on the outskirts of Banff National Park, where we will spend the next three nights.





ACCOMMODATION:
Rocky Mountain Ski Lodge (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: LUNCH

DAY 6 - Explore Banff National Park

Banff National Park is Canada's oldest national park. Walk on Tunnel Mountain for a great view of the Bow Valley before heading to the Hoodoos. Then we continue exploring Banff by walking around Minnewanka Lake, which boasts wildlife viewing opportunities. Next, we travel along Highway 1A toward Johnston Canyon where we enjoy a walk through the canyon.



ACCOMMODATION:
Rocky Mountain Ski Lodge (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 7 - Free day; optionals include Sulphur Mountain or hot springs

Today is free to spend as you wish. 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 simply breathtaking. 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 in this location. Relaxing in these geothermal waters is a wonderful way to while away a few hours. Alternatively, you may choose to explore the town of Banff. For the more active among us, there are numerous optional trips such as canoeing or helicopter trips that can be organised locally.



ACCOMMODATION:
Rocky Mountain Ski Lodge (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 8 - Drive to Glacier National Park (USA)

Where the foothills of the Rocky Mountains meet the Great Plains, we will discover one of the world's oldest, largest, and best preserved buffalo jumps - the UNESCO World Heritage Site of Head-Smashed-In Buffalo Jump. The jump bears witness to a method of hunting practiced by the native people of the North American plains for nearly 6000 years. Then we continue south and cross the border into the USA and Glacier National Park. Described by the Montana Tourist Board as 'Mother Nature's Best Work', we will spend a day and a half discovering this breathtaking environment. The park encompasses over one million acres and includes over 130 named lakes, more than 1000 different species of plants, and hundreds of species of animals. We start at the east side of the park giving us access to alpine prairies, lakes, glaciers and wildlife. We explore the Many Glaciers area with optional walks along emerald lakes.



ACCOMMODATION:
Mountain Pine Motel (or similar)



Grade: Simple Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 9 - Travel along the scenic 'Going to the Sun Road'

On our second day in the park, we travel along the famed 'Going to the Sun Road', one of the highlights of Glacier National Park. This engineering marvel spans 80 kilometres through the park's wild interior,

winding around mountainsides and treating visitors to some of the best sights in northwest Montana. In the afternoon we'll be exploring the park on foot, and there are trails of varying length and difficulty to enjoy. Alternatively there is the option to take a boat trip on one of the park's beautiful mirror lakes, sailing below the pine-tree lined mountains.



ACCOMMODATION:
Mountain Pine Motel (or similar)



Grade: Simple Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 10 - Continue to Bozeman via Great Falls

Today we have a drive of about 6 hours to Bozeman, via Great Falls. The scenic drive takes us through the mountainous Helena-Lewis and Clark National Forest before dropping us on the open road to Bozeman, passing various small communities and towns en route. We arrive in the late afternoon. If there is time, we will be able to wander down Main Street and perhaps visit the Museum of the Rockies.



ACCOMMODATION:
Super 8 Bozeman (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 11 - Explore Yellowstone National Park including Mammoth Hot Springs

We have two full days dedicated to exploring Yellowstone National Park. Sitting on an average altitude of 2400m (which can make the nights cold) and surrounded by five different mountain ranges of the Middle

Rocky Mountains, Yellowstone is a gigantic park covering almost 9000 square kilometres in Wyoming, Montana and Idaho. It is an ancient volcanic plateau home to more than 10,000 geysers, hot springs, fumaroles and mud pots. Buffalo Bill was the first to bring tourists here (often royalty he'd met on his travels) and these visitors, like us, marvelled at the spectacular scenery. The volcanic activity frightened the Native Americans who believed this to be the land of evil spirits, and so the wilderness remained unexplored until it was declared the first National Park in 1872. Although scenery is the primary draw of this area, the park abounds with wildlife. Having been protected from hunters since the park's inception, bear, moose and elk are frequently seen.

Today we enjoy walks around Mammoth Hot Springs, a large complex of hot springs on a hill of travertine. The most well-known is the Minerva Terrace boasting a wide range of bright colours and ornate travertine formations.

You will stay in simple cabins in West Yellowstone. The bathrooms are shared and are in a communal block.



ACCOMMODATION:
KOA Cabins West Yellowstone (or similar)

Grade: Simple Cabins



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 12 - Discover Yellowstone's famous geysers

There are more geysers in Yellowstone than anywhere else on earth. Today we explore some of these including Old Faithful, the most famous and reliable. As the name suggests, Old Faithful never disappoints its spectators - eruptions occur about 20 times a day, reaching a height of 30-55m. Many other geysers will be visited, as well as the Grand Prismatic, the largest hot springs in the park and the third largest in the world. We will take several trails to admire and discover these wonders of nature.

In the afternoon, we will walk along the Grand Canyon of the Yellowstone where two imposing waterfalls fall into a coloured canyon.



ACCOMMODATION:
KOA Cabins West Yellowstone (or similar)

Grade: Simple Cabins



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 13 - Travel to Jackson via Grand Teton National Park

Today we travel through Yellowstone National Park to reach Grand Teton National Park. The Grand Teton area is blessed with some of the most dramatic mountain scenery anywhere in North America - 10 summits, carved by glaciation, tower three kilometres above the valley floor. At the foot of the mountains lie several large lakes providing wonderful reflective pools and great photo opportunities.

We head out to Jenny Lake and follow the shoreline on foot on this scenic walk up to Hidden Falls and Inspiration Point (4 hours return). On the way back, we can take an optional boat ride on the lake. Then we continue to the lively cowboy village of Jackson, where it is possible to enjoy a cold beer at the Million Dollar Cowboy Bar.



ACCOMMODATION:
Virginian Lodge (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 14 - Drive to Salt Lake City; tour the city including the Mormon Temple and Square

We continue to Salt Lake City, Utah's capital, with time to take a stroll around the centre. Founded by a group of believers of the Church of the Latter Day Saints (Mormons) in 1847, the city is now their international headquarters and some of the finest buildings are ecclesiastical. The setting, below the Wasatch Mountains and beside the Great Salt Lake, is superb and makes this a pleasant city to explore on foot.



ACCOMMODATION:
Hampton Inn (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 15 - Trip ends in Salt Lake City

The trip ends in Salt Lake City this morning.



MEALS PROVIDED: BREAKFAST

Trip information

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

USA

Climate

There are great variations in the altitude and terrain of the areas visited and this is reflected in the temperatures. Desert areas can be extremely hot in the summer months (49°), though temperatures can drop dramatically at night. The mountains are cooler and wetter especially in the north of the Rockies. At the beginning and end of the season there may still be some snow around in the high passes and it can be cold, whereas in mid-summer the day time temperatures can soar.

Time difference to GMT	Plugs	Religion	Language
-9	2 Pin Flat	Christian	English

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 tour. These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Jasper - Skytram CAD\$ 50; Maligne boat tour CAD\$ 70; Rafting trip (Athabasca River - class 2 rapids or Sunwapta River - class 3 rapids) CAD\$ 72-103; Canoe hire (Maligne Lake) CAD\$ 63 for 1 hr

Athabasca Glacier - Snowcoach CAD\$ 104;

Athabasca Glacier - Ice walk £90.00. This must be booked and pre-paid at least 60 days before travel or at time of booking if within 60 days before travel, and is non-refundable.

Lake Louise - Canoe rental CAD\$ 100 per half hour, CAD\$ 126 per hour

Banff - Sulphur Mountain Gondola CAD\$ 65; Banff Upper 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.

Glacier National Park - Many Glacier boat tour US\$26

Bozeman - Museum of the Rockies US\$14, Gallatin Historic Museum US\$5

Grand Teton National Park - Snake River float trip US\$65

All optional excursion costs are per person and subject to change at the discretion of the local supplier.

Clothing

Include some long-sleeved shirts; warm clothing for chilly nights in the mountains is essential as is a good waterproof jacket. 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 rafting.

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 soft rather than hard shell.

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

Equipment

Bring a water bottle, torch, sunblock and insect repellent. You will also need to bring your own sleeping bag (3 season or higher) for the two nights in the Yellowstone cabins. Alternatively it is possible to hire one locally (US \$40). This can be arranged with the Explore leader on arrival.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

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.

Lunch price	Dinner price	Beer price	Water price
£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.

USA

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.

Lunch price	Dinner price	Beer price	Water price
£15	£21	£Varies for different towns, average £4.00	£1.1

Foreign Exchange

Local currency

US Dollars.

Recommended Currency For Exchange

Bring your money in US\$ cash.

Where To Exchange

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

ATM Availability

Widely available.

Credit Card Acceptance

Widely accepted just about everywhere.

Transport, Accommodation & Meals

Transport Information

Minibus

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.

I94 - The I94 is a history of entries and exits to the US. You can get this online here for \$6 - <https://i94.cbp.dhs.gov/i94/#/home> - 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.

Please note you must also ensure you get an entry stamp when going through immigration on arrival. In most cases the border agents will provide this stamp automatically but if for any reason they do not provide one, please ensure you request one as you will need this when crossing into the US.

During this trip you will be crossing the border into the US, so you will also need the following:

ESTA - 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.

Please note for your ESTA application you will be required to supply Point of Contact information. This will be provided in your final documentation, which you will receive 3-4 weeks before departure. Explore's USA contact information will be listed as the first nights' hotel in the US. If you are leaving for

the USA before this, please call the Explore team to get this information.

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 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.

USA

Vaccinations

Nothing compulsory, we recommend protection against typhoid, tetanus, diphtheria, polio and hepatitis A. 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

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**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**