

# EXPLORE!



## Why book this trip?

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A remarkable journey across the Rockies, combining spectacular mountain scenery with the rugged rainforest found on Vancouver Island. Canada's jagged mountain peaks, magnificent national parks, glaciers and waterways are full of wildlife including bears, moose and whales.

- **Banff National Park** - Including the picture postcard Lake Louise, the vistas from this stunning park are hard to beat
- **Icefields Parkway** - This famous drive covers the stunning landscapes including the mighty Athabasca Glacier, and moose and elk can be found along the way
- **Pacific Rim National Park** - With chances to whale watch or spot bear, this temperate rainforest is an amazing contrast to the Rocky Mountains.



**INCLUDED MEALS**



**TRIP STAFF**  
Explore Tour  
Leader / Driver



**TRANSPORT**  
Ferry  
Minibus



**ACCOMMODATION**  
2 nights standard  
cabins  
10 nights standard  
hotel  
2 nights standard  
lodge



**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 tour in Vancouver

Arrive in Vancouver and check-in to the hotel. Quintessentially Canadian, Vancouver is a modern, cosmopolitan city set amidst some of the most breathtaking scenery on the west coast. Sandwiched between the waters of the Georgia Strait and towering snow-capped peaks it is quite rightly considered one of the most beautiful cities in the world. The city is filled with a dazzling array of highlights, from its abundant museums and galleries and the bustling vibrancy of its impressive waterfront, to the engaging 'Gastown' area, one of Vancouver's oldest districts, which grew up around a saloon opened by an English sailor named 'Gassy' Jack in 1867. The somewhat unfortunate epithet derives from his endless chatter, rather than a persistent wind problem, and the area today is a charming mix of cobblestone streets, 19th century architecture and chic cafes and galleries. The city is also home to Stanley Park, which has been described as one of the best urban parks anywhere on the planet. Comprising some 400 hectares of forest, marshland and beaches, it is a spectacular testament to urban planning, its wild inner regions remaining the domain of raccoons, coyotes, eagles and owls whilst the outer edge is criss-crossed with a network of walking and cycling paths.



**ACCOMMODATION:**  
Ramada Inn Downtown Vancouver (or similar)

**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

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## DAY 2 - Orientation tour of Vancouver, ferry to Victoria

This morning we will take a brief tour of the city, discovering some of its treasures for ourselves, before we take an afternoon ferry to nearby Victoria, the capital of British Columbia and another worthy contender for the title of one of the most appealing cities on the planet. On arrival there will be some free time to explore at your leisure. Based on the southern tip of Vancouver Island, the Hudson Bay Company originally established Victoria as a fur trading post in 1843 and today's old-fashioned tranquility belies its lurid past. During the gold rush years of the 1850s the town was filled with thousands of prospectors, drinking at the 60 or so saloons that filled the Market Square.



ACCOMMODATION:

Howard Johnson Victoria (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

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## DAY 3 - Travel to Pacific Rim National Park

This morning you may wish to take in the world-famous Butchart Gardens, with over 22 hectares of magnificent floral displays. Strolling through the gardens offers some spectacular views as you walk along meandering paths and expansive lawns to the exquisite Sunken Garden, once a limestone quarry but now boasting a lake overhung with willows and blossom trees. There is also the charming Rose Garden, filled with hundreds of blooms, and the formal Italian garden with a lily pond and a fountain brought in Italy by the Butcharts in 1924. Of course you may wish to simply explore this most charming of cities on foot, visiting its shops, galleries and historic sites, perhaps visiting the Royal BC Museum, regarded as one of the best in Canada and containing a magnificent series of dioramas that re-create the sights and sounds of the region's natural history. Following this we head first via the totem poles carved by the First Nations of the North West 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. From here we head into the Pacific Rim National Park, an astonishingly diverse collection of mountains, rainforest, beaches and rocky headlands that presents one of the best areas in the world for whale watching. We will overnight in Ucluelet near Tofino.



ACCOMMODATION:  
Canadian Princess Resort (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

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#### **DAY 4 - Free day for optional whale watching or 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. Please note: Participation in canoeing or kayaking, or rafting requires that you are able to swim 25 metres unaided. Alternatively, there is the chance to go whale watching from one of the coastal villages in the park. The Tour Leader will be on hand to organise these tours and to take those not wishing to do either of the above trips on optional walks along one of the park's many trails. Another alternative may be to take a quiet-water excursion on the comfort and safety of a 24' Zodiac vessel with your knowledgeable guide; you will travel along fjord inlets on Vancouver Island to observe the Black bears coming out of the rainforest to feed on crunchy crab, clams and barnacles.



ACCOMMODATION:  
Canadian Princess Resort (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



### **DAY 5 - Drive to Nanaimo, ferry to the mainland, drive to Whistler**

This morning we will drive to the MacMillan Provincial Park, named after Harvey MacMillan, British Columbia's first real timber magnate. At Cathedral Grove we see one of the most accessible stands of giant Douglas firs in British Columbia, where we find an incredible setting of trees that are nearly a thousand years old, some of them reaching up to heights in excess of 70 metres. From here we continue to Nanaimo, once one of the richest cities in Canada, before the decline of its coal mining industry. From here a ferry

will take us across the George Strait to Horseshoe Bay and back to the mainland, from where we follow the 'Sea to Sky' Highway to Whistler.



ACCOMMODATION:  
Aava Hotel (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

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### **DAY 6 - Free day in Whistler; walk or take a cable car ride**

Whistler is an award winning resort town nestling at the base of the Whistler and Blackcomb Mountains, Whistler is renowned throughout the world as one of the top ski destinations on the planet. It also presents us with a spectacular destination for some summer fun and on arrival we will have some free time to enjoy the town and partake in a number of optional excursions. The town is steeped in the cultural history of the First Nations people, who lived a nomadic lifestyle among the remote landscapes that stretched from northern Vancouver to the Squamish River. It was the arrival of the early trappers and prospectors that gave the town its current name, its rather quirky modern version deriving from the frequent calls of the indigenous hoary marmots that inhabit these mountain regions, their high-pitched warning sounds earning them the name of 'whistle pigs'. This afternoon you will have the opportunity to walk on the many trails in the Whistler area. Surrounded by towering peaks and fed by the icy waters of mountain glaciers, you can choose from a mountain or lake shore trail. This evening we will have an opportunity to experience something of Whistler's renowned nightlife, with a range of bars and restaurants.



ACCOMMODATION:  
Aava Hotel (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

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### **DAY 7 - Head to Clearwater via Spahats Falls**

Today we journey north east to Wells Gray. We will travel through the mountains of interior British Columbia through changing landscapes, stopping en route at several viewpoints such as Seton or Savona Lake where we can do some short walks. This afternoon we will 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 pink-red volcanic rock, and from the observation point you will get some great views down Clearwater Valley.



ACCOMMODATION:  
Helmcken Falls Lodge (or similar)



**Grade: Standard Lodge**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

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

With a free day to enjoy the area, you can choose to do as much or as little as you wish today. Options include canoeing along the North Thompson Valley. Alternatively, you may choose to head to Wells Gray Provincial Park, home to the magnificent Helmkin Falls, the fourth highest falls in Canada, which at 141m are some three times higher than Niagara. The park itself, one of the largest in British Columbia, covers some 5,000sq km of breathtaking wilderness, offering a rich landscape of volcanic plateaus, craggy mountain peaks and shimmering ice fields. Famed for its mountain scenery, during the summer months the park is awash with a vivid blanket of wildflowers that are among the best displays on offer anywhere in the country. Wildlife too is abundant, with bears, caribou, moose, timber wolves and even wolverines finding a rich haven amongst the spectacular diversity of its landscapes. The slower pace of life in these parts is infectious so you may choose to retrace to the lodge and relax.



ACCOMMODATION:  
Helmcken Falls Lodge (or similar)

Grade: Standard Lodge



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

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## DAY 9 - Drive to Jasper National Park via Mount Robson

This morning we head along highway 16, through Mount Robson Provincial Park, passing Mount Robson itself en route. The highest peak in the Canadian Rockies (3954 meters), 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. Jasper National Park is the largest of Canada's Rocky Mountain Parks, spanning nearly 11,000 square kilometers. Part of the UNESCO World Heritage Site, this is glacier country, and the friendly mountain hospitality, peaceful low-key atmosphere and the promise of real adventure make any visit unforgettable. Our base for the next two nights is in Jasper National Park just outside Jasper town. This is elk and bear country and often elk are seen wandering down the main street, so if you do see one, keep a healthy distance. To the east of the town lies the Maligne Lake Valley, whilst the western fringes of the township lie in the shadow of the Monashee Mountains. We will overnight just outside of Jasper.



ACCOMMODATION:  
Pocahontas Cabins (or similar)

Grade: Standard Cabins





SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

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### DAY 10 - Search for wildlife in Jasper National Park

We can start today by visiting Mount Edith Cavell for a spectacular view, weather permitting (occasionally during the months of May and June, Edith Cavell is still closed due to the winter season). We have the full day ahead of us to explore the various highlights of the area around the town of Jasper. Keep your eyes peeled for the wildlife that roam freely here, wapiti, elk, moose and bears! You may want to take the Jasper Tramway to the high alpine terrain of Whistlers Mountain - named for the whistling sounds of the marmots that live there. Hike the Maligne Canyon, or try biking along one of the many trails in the area.



ACCOMMODATION:  
Pocahontas Cabins (or similar)



Grade: Standard Cabins



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

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### DAY 11 - Drive to Canmore along the Icefields Parkway

Off again, this time on the celebrated Icefields Parkway, a breathtaking spectacle of lush coniferous forests, immense mountains (from the road you can see 12 of the 25 highest peaks in The Rockies), turquoise lakes, highfalling cascades and humbling glaciers. Stay alert since many animals and birds can also be seen from the road: elks, black bears, eagles and mountain goats to name but a few. We will make a number of stops along the way, taking in the rich majesty of the Athabasca Falls and Columbia Glacier, the most accessible glacier in North America. There may also be the chance to do an optional trip onto the glacier or a snowcoach tour. We'll also pass by Bow and Peyto Lakes, enjoying a short hike to explore the beauty of the unspoilt, silent, backwoods, before continuing onto our base for the next three nights, the small town of Canmore situated in the picturesque Bow Valley. Described as the 'gateway' to the Rockies, it is the perfect place from which to make our forays in to the nearby Kananaskis country and Banff National Park.







ACCOMMODATION:  
Rocky Mountain Ski Lodge (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

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### **DAY 12 - Walks in Banff National Park including Lake Louise**

Set in the heart of the Canadian Rockies and the site of the country's oldest National Park, Banff is an expansive wilderness of some 6,641 sq km, encompassing a stunning landscape of spectacular mountain vistas, alpine meadows and crystal clear lakes. We will enjoy some hiking in the park today as well as a visit to the world famous Lake Louise, Canada's most photographed area. The blue-green lake and dominating glacier make this view an unforgettable experience. Tom Wilson, the first white Canadian to see Lake Louise, when he was led there by a local native 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 possible to experience the same feelings of awe that Tom Wilson had the first time he saw it. We'll also visit the turquoise waters of the glacial fed Lake Moraine, set amidst the stunning grandeur of a valley hemmed in by ten towering mountains. These are landscapes that truly encapsulate the very best that Mother Nature has to offer and after our visits we return to Canmore for the evening.



ACCOMMODATION:  
Rocky Mountain Ski Lodge (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

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### **DAY 13 - Free day to discover Banff National Park, optional hot springs**

Today has been left free to enjoy the splendours of this magnificent setting at your own leisure. Declared a UNESCO World Heritage Site in 1984, Banff is one of the country's most spectacular wilderness areas. Aside from its majestic landscapes it is home to nearly 60 different species of mammals, including grizzly and black bears, cougars, wolverines, wolves, marmots and moose. It also boasts some 280 species of birds and bald and golden eagles, ospreys, three-toed woodpeckers and white-tailed ptarmigan have all been recorded here. There is an optional today to ascend to the summit of Sulphur Mountain by aerial tram, from where the unrestricted views across the whole range surrounding Banff are visible. This is picture postcard material and there may even be an option to hike back down to the village of Banff below. There are also a number of guided walks available through the area, so the choice is very much yours as to how much, or how little, you want to do today. Banff is also famous for its hot springs, in fact, it was the discovery of the hot springs in 1883 that lead to the building of the settlement in this location. Relaxing in these geothermal waters is a wonderful way to while away a few hours one afternoon.



ACCOMMODATION:  
Rocky Mountain Ski Lodge (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

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## DAY 14 - Explore Kananaskis Country, drive to Calgary

Lying to the southwest of Banff National Park is an area of unspoilt mountain scenery, rich in flora and fauna. This is Kananaskis Country, over 4,000sq km of spectacular wilderness that boasts several provincial parks and one ecological reserve. We will visit the area today, taking in the sumptuous grandeur of its mountains and valleys, perhaps taking a final opportunity to look out for some of the abundant wildlife that resides among these breathtaking landscapes. This afternoon we then head for our journey's

end and the glittering city of Calgary, nestling in the foothills of the towering Rocky Mountains. Home to the world renowned Calgary Stampede, this most dynamic of cities is a rich fusion of modern architecture and traditional heritage, where the pioneering history of the Canadian west is woven into everyday life. We have some free time this afternoon to explore the city and soak up the friendly ambience of this spectacularly located community. 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 those ever present mountains. This evening we will have an opportunity to enjoy the city at night, as we reflect on our journey through some of the most magnificent landscapes on earth.



ACCOMMODATION:  
Ramada Downtown Calgary (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

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### DAY 15 - Tour ends Calgary

The tour ends in Calgary this morning.



MEALS PROVIDED: NONE

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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.

Kananaskis - Helicopter Tour 20 min ride, CAD\$198.50, include a 1 hr wilderness stop for CAD\$69 + 5% taxes.

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)

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

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.

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)

Wells Gray - Canoeing CAD\$ 110 (including lunch)

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

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

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 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 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. Binoculars might also be useful.

## 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.

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.

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## **Transport, Accommodation & Meals**

### **Transport Information**

Ferry, Minibus

### **Accommodation notes**

Accommodation and service levels in Canada are, as would be expected, high. We generally steer clear of the larger hotel chains, although this is not always possible. We use a mixture of hotels and motels, which provide a comfortable base for a night or two but on the whole do not boast additional facilities such as restaurants, pools etc. Meals are normally eaten out at local restaurants and diners.

All of the hotels/motels we use on this tour have private bathrooms. We are in 2 to 3 star hotels, with the exception of Jasper where we use twin or double shared cabins. In Wells Gray we stay at a ranch.

Depending on time of year we might stay in cabins, twin/double shared or in the ranch itself. In Wells Gray Ranch, singles stay in the Ranch, not the cabins and will have to share bathroom facilities.

Hotels/motels are normally located in centre of village or town, but in some exceptions we might be out of the centre. In Victoria and Vancouver we stay in town, but not directly in the centre. We use simple yet comfortable motels in Canmore, Whistler and Ucluelet.

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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 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.

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**