

# EXPLORE!



## Yellowstone and Western Trails

USA - TRIP CODE YL

WALKING AND TREKKING

### Why book this trip?

---

Follow scenic trails to discover some of the most spectacular scenery of North America's national parks. The variety is endless, from glaciers and rivers, to deserts and canyons, hot springs, waterfalls and dinosaur fossils.

- **Yellowstone National Park** - Explore the spectacular scenery, geysers and mud volcanoes
- **Grand Teton National Park** - Soaring peaks and glacial lakes
- **Canyonlands National Park** - Meander among the hoodoos and rock formations



**INCLUDED MEALS**  
Breakfast: 12  
Lunch: 10  
Dinner: 7



**TRIP STAFF**  
Explore Tour  
Leader / Driver



**TRANSPORT**  
Maxiwagon



**ACCOMMODATION**  
12 nights simple  
cabins  
2 nights standard  
hotel



**WALKING GRADE:**  
Easy To  
Moderate



**GROUP SIZE:**  
8 - 13

## Itinerary

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

### DAY 1 - Join trip in Salt Lake City

The trip begins in Salt Lake City, Utah's capital. Depending on your flight arrival there may be 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:**  
Comfort Inn - SLC (or similar)

**Grade: Standard Hotel**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: NONE**

### DAY 2 - Drive to Yellowstone National Park area

Leaving early we journey north towards the Rockies, aiming to reach the outskirts of Yellowstone National Park. We travel through Utah and Idaho passing through National Forests and the Fort Hall First Nations reservation. The scenery today is on a par with Yellowstone itself, and we plan to stop off at

the magnificent Mesa falls, on the approach we witness the toothy skyline of the Teton Range, which thrusts up 2135 metres from the plains - out to the north you can see Big Bend Ridge, the western flank of a volcano that erupted 1.3 million years ago. We reach West Yellowstone late in the day, our long drive enabling us to make the most of our time here. The elevation of this area is just under 2300 metres, so nights can be cold.



ACCOMMODATION:  
KOA West Yellowstone Campground Cabins (or similar)

Grade: Simple Cabins



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: LUNCH & DINNER

---

### DAY 3 - Exploring Yellowstone NP

We have almost three full days to thoroughly explore the wonderland of Yellowstone National Park by vehicle and on foot. 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 which we pass. There are flowery alpine meadows to explore where wild animals roam. 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. 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 First Nation people 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.

We plan two half day walks in the park. The itinerary is flexible depending on local conditions and the ability of the group but will incorporate areas such as the Grand Canyon of Yellowstone with its beautiful waterfalls, Mud Volcano, Beaver Ponds Trail and Mammoth Hot Springs.

Today's eight kilometre hike on the South Rim Trail is expected to take around three hours with 100 metres of ascent and descent.



ACCOMMODATION:  
KOA West Yellowstone Campground Cabins (or similar)



Grade: Simple Cabins



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

---

#### DAY 4 - Explore Yellowstone NP

Today we continue exploring more of Yellowstone National Park. We drive to Mammoth Hot Springs and walk the Beaver Ponds Trail. Mammoth Hot Springs is 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.

Today's nine kilometre hike is expected to take around three hours with 190 metres of ascent and descent.



ACCOMMODATION:  
KOA West Yellowstone Campground Cabins (or similar)



Grade: Simple Cabins



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

---

## DAY 5 - Visit Old Faithful and drive to Grand Teton NP

There are more geysers in Yellowstone than anywhere else on earth and before leaving the park this afternoon we drive to the Upper Geyser Basin to explore some of these including Old Faithful. As the name suggests, Old Faithful never disappoints its spectators - eruptions occur about 20 times a day, reaching a height of 30-55m. We will take several trails to admire and discover these wonders of nature, walking from Firehole River to Geyser Hill, perhaps diverting to Morning Glory and Biscuit Basin.

In the afternoon we travel on to Grand Teton National Park via Colter Bay where we visit a First Nations Arts museum (optional). We continue to our base, just outside the park, for the next four days. 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 lies a necklace of sparkling lakes. These jagged pinnacles are the inspiring back-drop for our hikes in the park.

Today's seven kilometre hike is expected to take around two-and-a-half hours along a flat route.



### ACCOMMODATION:

KOA South Jackson Campground Cabin (or similar)

Grade: Simple Cabins



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

---

## DAY 6 - In Grand Teton NP; Cascade Canyon

On our first day we drive to Jenny Lake. You may follow the shoreline on foot and follow this scenic walk up to Hidden Falls and Inspiration Point. From here there is the option to continue walking to South Jenny lake on the eastern path or further to Cascade Canyon passing beneath Mount Aven where moose and bear are often spotted. On the return it is possible to take the passenger ferry (optional) which plies across the blue waters of Jenny Lake, back to our transport waiting on the far side - high above hangs the Teton Glacier, a stunning finale to our walk.

Today's eight kilometre hike is expected to take around three hours with 120 metres of ascent and descent. The extension walk to Cascade Canyon is approximately a further six hours return with 300 metres of ascent and descent, there is the option to shorten this by taking the boat from Inspiration Point.



ACCOMMODATION:

KOA South Jackson Campground Cabin (or similar)

Grade: Simple Cabins



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### **DAY 7 - In Grand Teton NP; optional rafting on Snake River**

Our second day is free for relaxing in nearby Jackson, an ideal place to wind down after the last few days. The downtown area still has the boardwalks so typical of the first town in the west and has some good shopping. It is an excellent centre for outdoor activities: grade 3 rafting trips on the Snake River can be arranged or you could perhaps hire a bike for some independent sightseeing.



ACCOMMODATION:  
KOA South Jackson Campground Cabin (or similar)

Grade: Simple Cabins



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

---

### **DAY 8 - In Grand Teton NP; Hike at Amphitheatre Lake**

The final day in Grand Teton can be spent hiking up to Amphitheatre Lake - a challenging trek which rewards the traveller with remarkable views of Jackson Hole and its lakes. For those wishing something easier, it is possible to stroll around one of the many nearby glacial lakes such as Taggart and Bradley.

Today's 16 kilometre hike is expected to take around six hours with 890 metres of ascent and descent.



ACCOMMODATION:  
KOA South Jackson Campground Cabin (or similar)



---

**Grade: Simple Cabins**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

---

**DAY 9 - Drive to Flaming Gorge area**

This morning we drive through the Gros Ventre range onto the Sublette Plateau, heading down through the rich red-hued rock of Flaming Gorge, appropriately named by Major John Wesley Powell whilst on his famous expedition in 1869. Once a hideout for Butch Cassidy, Flaming Gorge is now home to wildlife such as Osprey which are often spotted nesting on craggy rock pinnacles and clifftops and here we explore the Canyon Rim Trail on foot. Tonight we stay near the town of Vernal.

Today's four kilometre hike on the Canyon Rim Trail is expected to take around one-and-a-half hours along a flat route.s.



ACCOMMODATION:  
KOA Vernal Campground Cabins (or similar)

---

**Grade: Simple Cabins**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

---

**DAY 10 - Drive to Moab via Dinosaur National Monument**

Today we traverse the high desert landscape which switches to pine clad mountains as we enter the state of Utah. Here we explore the Dinosaur National Monument, renowned for the exceptional number of dinosaur bones discovered in one single sandstone cliff, including Brontosaurus. We journey across the 2511 m high Douglas Pass to Moab.



ACCOMMODATION:  
Canyonlands Campground Cabins (or similar)



**Grade: Simple Cabins**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

---

## **DAY 11 - Fisher Towers Recreation Site and Canyonlands National Park**

Waking early to take advantage of the brief respite from the desert heat, we drive to the Fisher Towers, one of the most outstanding scenic features of Utah's Colorado Riverway. Rock pinnacles soar above a maze of red and purple hued canyons. The hiking trail along the base of the towers offer excellent views. In the late afternoon, we head to Canyonlands National Park where we explore the arid, canyon incised region set at an altitude of 1800 metres, known as the 'Islands in the Sky'. The plateau is set 600 metres high above the confluence of the Green River and the Colorado.

Today's seven-and-a-half kilometer hike to Fisher Towers is expected to take around three-and-a-half hours with 550 metres of ascent and descent. This afternoon's four-and-a-half kilometre trail to Grand View Overlook is expected to take around one-and-a-half hours.



ACCOMMODATION:  
Canyonlands Campground Cabins (or similar)



**Grade: Simple Cabins**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE





MEALS PROVIDED: BREAKFAST & LUNCH

---

### DAY 12 - Free day in Moab

As well as being ideally located for walks in the nearby parks, Moab is one of the USA's leading adventure centres where you can take advantage of the many activities on offer. The opportunities are boundless, for example taking an optional half day float trip on the Colorado River - a unique way to view the towering canyons and experience the silence and beauty of this remote area. We use inflatable kayaks and will travel over some small rapids, but no experience is necessary. There is also an opportunity to make an optional jeep excursion to visit areas which are inaccessible to other vehicles, perhaps seeing petroglyphs left behind by the Ancient Ones.



ACCOMMODATION:

Canyonlands Campground Cabins (or similar)



Grade: Simple Cabins



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### DAY 13 - Hiking in Arches National Park

Today we visit the extraordinary Arches National Park, where more than 1,600 natural arches have been sculpted over the years by wind, sun, frost and rain, creating a strange rockscape in the desert. Soft Entrada Sandstone - a 91m layer of rock deposited as sand during the Jurassic Period - has been eroded into twisted spires, fins and arches which are particularly beautiful in the morning and afternoon when they take on a fiery glow in the low light. The famous Delicate Arch has become Utah's symbol and seems to defy gravity as the large precariously-balanced boulders hover near the edge of a cliff.

Today's five kilometer walk is expected to take around two-and-a-half hours with 170 metres of ascent and descent.



ACCOMMODATION:  
Canyonlands Campground Cabins (or similar)



Grade: Simple Cabins



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

---

### DAY 14 - Drive back to Salt Lake City

We return 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:  
Comfort Inn - SLC (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### DAY 15 - Trip ends Salt Lake City

The trip ends in Salt Lake City this morning after breakfast.





MEALS PROVIDED: NONE

---

## Trip information

---

### Country information

#### 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.

Colter Bay - First Nations Arts Museum - Foc, donations welcome

Jackson - Teton Village Aerial tram US\$20; Bike Hire US\$50 for 1/2 day; Rafting US\$77-\$138; Guided tour US\$75; Jenny Lake ferry US\$10.00 per adult one way/ US\$18.00 per adult return.

Moab - Float trip US\$75; Jet Boat US\$89 for 1/2 day; Hummer sunset tour US\$90

#### Clothing

This trip covers a variety of altitudes and, being early and later season the temperatures will get cold experience freezing or below freezing temperatures and could encounter snow. Although temperatures in this area can be high during summer - sometimes over 40°.

Bring light and comfortable clothing that can be layered according to the temperature. The weather conditions in the mountains can be changeable, and it can become cool, especially at night, so bring warmer layers. Tops made from wicking materials which keep you drier and warmer are recommended as a base layer, and walking trousers are preferable to trousers of heavier material such as jeans. A waterproof jacket is essential at all times in case of rain and wind.

- Breathable wind and waterproof jacket (you may also wish to bring waterproof trousers)
- T-shirts
- Long sleeved tops
- Sunhat
- Long trousers
- Shorts (if you prefer to walk in them)
- Swimwear and towel
- Midlayer Fleece/pullover
- Socks (liner and thicker pair)
- Insulated jacket
- Scarf
- Hat
- Gloves

## Footwear

We recommend you bring walking boots with ankle support- leather or fabric are both fine. Make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

## Luggage

20kg

### Luggage: On tour

One main bag plus a small daypack for walking and for personal items. Main luggage cannot be accessed during the day. Soft luggage is more practical than a hard shell suitcase for loading into the trailer. Please pack light as you will be expected to carry your own luggage at times. Laundry facilities will be available at various points during the trip. A 20-30 litre day sack is recommended. You will need to carry what you need for the day which may include a raincoat, jumper, camera, sun-cream, water and picnic lunch. On hot days you will carry fewer clothes but more drinking water.

## Equipment

- Sunglasses
- Sun cream
- Small Torch (with spare batteries and bulb)
- Camera
- Walking poles (if you usually use them)
- Personal toiletries

-Personal first aid kit - On each walk a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin and other essentials.

-Insect repellent

-Small waterproof dry bag (for items such as your mobile phone)

-Reusable water bottle (minimum 1 litre) - Get 15% discount on a Water-to-Go bottle  
[www.explore.co.uk/about-us/responsible-travel/water-to-go-discount-with-explore](http://www.explore.co.uk/about-us/responsible-travel/water-to-go-discount-with-explore)

-Lunch bag/Tupperware (for packed lunches)

For camping itineraries also bring:

-Sleeping bag 2 or 3-season (temperature -5°C to 0°C)

-Sleeping sheet or liner (a thermal ground pad is provided)

Please note: Sleeping bags can be purchased from a store for as low as US \$50. Please ask your Tour Leader on 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 US\$5 to US\$10 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.

## 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	Recommended Currency For Exchange
US Dollars.	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**

Maxiwagon

### **Accommodation notes**

The simple Log Cabins are like camping at its best. Cabins have a double bed or twin size bunk beds. They have electricity and heat but no running water or bath facility. You will need a sleeping bag. Water is available nearby outside your cabin. Grills for cooking are also available in front of your Cabin. Restrooms and showers are located in 3 complexes throughout the property. Like many adventures of this type, much of the team spirit and camaraderie is developed through mucking in and helping out with basic responsibilities which may include help with meal preparation, washing and clearing up, loading and unloading of trailer. Be prepared for some early starts and some long days - there is an enormous amount to see!

---

## **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 the USA, you will 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.

ETA - only if transiting via Canada

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.

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.

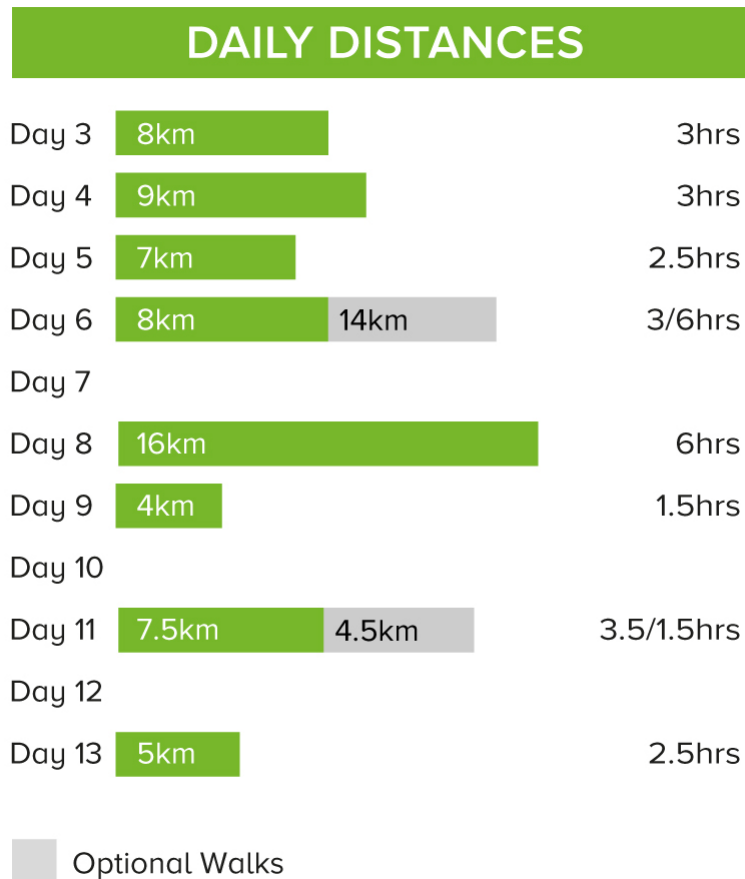
## **USA**

### **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 provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

---

## Walking and Trekking information



### Walking grade

Easy to moderate

### Trek details

Walks on 8 days for between 1.5 to 6 hours each day. The trails are well maintained and easy to follow. On day 8 in Grand Teton there is the option of an alternative easier route to see the lakes.

---

## Additional Information



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**