



North America

Trek Tips® 2012

Welcome to the diverse and exciting world of adventure travel!

The following Trek Tips will provide you with the most essential details that you will need to know about your forthcoming trek - it is not intended to be a complete guide. Your tour leader will provide you with much more detailed information at the beginning and throughout your tour.

Undoubtedly, you're excited about your adventure and have a lot of questions about where to go, what to do and what to take. If you would like any more information on your particular tour after reading these Trek Tips, please do not hesitate to contact your local trek office or visit our website at www.grandamericanadventures.com.

We have put a lot of effort into organising your holiday, but its final success depends on you - so be adventurous and make the most of each and every opportunity as it arises. The more you and your fellow travellers put into your trek, the more entertaining, enlightening and fulfilling your holiday will be.

Whatever tour you've chosen to experience, we hope that you bring back some lasting memories of this truly diverse and colourful continent.

Have a great time and keep on Trekking!

The TrekAmerica & Grand American Adventures Team

TREKAMERICA SALES CONTACTS

If you have any questions, after reading through our Trek Tips, please contact the relevant sales office below.

UK / Worldwide Sales Office:

Tel: +44 (0) 208 682 8920

Email: info@trekamerica.co.uk

USA Sales Office:

Tel: 1 (800) TREKUSA (873-5872)

Email: info@trekusales.com

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



TREK VOUCHERS

Once your trip has been paid for in full your Tour vouchers will then be emailed to you. **Accommodation vouchers** for any hotel nights before or after your trek that you have booked will also be available for you to print. For those without email access your vouchers will be posted. Please make sure you have the correct vouchers and take these with you. **If you require hotel accommodation before or after your trek**, but have not booked this yet, visit our website and check our affordable gateway hotel rates. www.grandamericanadventures.com.

If you are leaving your home country early, contact your travel agent or the relevant Grand American Adventures office to arrange for your vouchers to be emailed to you while you are away.

EMERGENCY CONTACT DETAILS

| Treks Departing From: | Contact Numbers: |
|---|--|
| Las Vegas, Los Angeles, San Francisco, & Anchorage: | Toll-Free: 1 (800) 786 - 8735 Int'l: 001 (707) 523 - 1800 |
| Las Vegas (Grand Canyon Rafting only) | Int'l: 001 (435) 644 - 2691 |
| New York, Boston, Atlanta & Chicago: | Int'l: 001 (973) 989 - 7501 |
| Seattle: | Toll-Free: 1 (800) 600 -5343 Int'l: 001 (206) 878 - 0948 |
| Whitehorse: | Int'l: 001 (867) 333 - 4841 |
| Juneau & Ketchikan: | Int'l: 001 (206) 284 - 0300 |

TRAVEL INSURANCE

It is a condition of joining any of our tours that you must be insured against medical and personal accident risks (to include repatriation costs, air ambulance, and helicopter rescue service). Our insurance policy is designed specifically to cover the potential risks on our holidays-particularly the many optional activities offered. If you do not take our policy, you must ensure that the policy you do take offers an equivalent level of protection and covers you for the activities involved - be aware that some policies do not include, or restrict, coverage for this type of travel. There may be cheaper policies available, but this does not mean it may better value - we strongly advise you check fully what will and won't be covered. In particular, cover provided by credit cards is often very restricted.

You will be asked to provide details of your insurance policy, including insurer, policy and phone number before embarking on the trip.

Any claims concerning matters for which you are insured must be directed to your insurers.

FLIGHT ARRANGEMENTS

All international or domestic flights are the passengers own responsibility. Grand American Adventures is unable to delay a tour, or finish a tour early due to your flight times. We recommend you book your flight to arrive into the departure city at least one day prior to your trek's departure, this will allow you some adjustment time and opportunities for sightseeing. We recommend you book your return flight the day after your trek finishes. If you do have to return home on the day your trek finishes, please make sure your flight does not depart before 9pm. In the event you must leave the trek early for your return flight, Grand American Adventures must be informed at least two weeks before your trek's departure.

Grand American Adventures can book flights departing from most UK airports. Please contact us. Grand American Adventures cannot be held responsible for any delays, cancellations or changes to your flights.

HEALTH REQUIREMENTS

If you have any medical condition such as diabetes, epilepsy, asthma, take prescribed medicines, or have a condition that will effect your participation in the trek, you must tell us or your travel agent at the time of booking. Please be aware we may require a doctor's note prior to travel for some conditions. This information is essential in case of emergency. All our vehicles carry a basic first-aid kit, but for everyday use you should bring your own medical supplies, such as, pain relievers, antibiotic cream, upset stomach relievers, in addition to sunscreen and insect repellent.

PASSPORTS & VISAS

It is your responsibility to obtain the proper passport and visa(s) for the country/countries you are visiting - it is important that you apply for each of the necessary visas while in your home country. Please keep in mind that some tours may spend time in more than one country. For visa information visit www.projectvisa.com.

International travellers who are seeking to travel to the United States under the Visa Waiver Program are now subject to enhanced security requirements. All eligible travellers who wish to travel under the Visa Waiver Program must apply for authorisation online at: <https://esta.cbp.dhs.gov>

Please note **all US citizens** will need a valid passport to cross US borders.

IMMIGRATION & CUSTOMS

On entering a country you will need to proceed through customs. As long as you have a valid passport and visa (if necessary) you will have no worries. If you are asked your destination or how you intend to support yourself, show your tour voucher and return airline ticket.

VACCINATIONS

We recommend that you contact a physician or travel medicine clinic at least two months before travel in order to allow enough time for any immunisations that may be required to be completed. This is especially true for those planning travel to tropical areas or developing countries. A health professional will be able to assess your individual need for immunisations or preventative medication depending on your health situation, previous immunisation history and your travel itinerary. Information prior to your consultation with a doctor can be obtained from the 'Fit for Travel' website <http://www.fitfortravel.nhs.uk/>

TREK ITINERARIES

Although each trek follows an itinerary, there is a certain amount of flexibility and from time to time your trek leader may suggest changes. This may be due to road conditions, weather, or a visit to a special attraction that happens to be in progress. Flexibility is key and often a side diversion will be a highlight of the trek.

SLEEPING BAG

Our camping tours require you to take a warm sleeping bag. On Grand American Adventures camping tours we will provide each passenger with a self-inflating mattress. **You do NOT need a sleeping bag if you are joining a Grand American Adventures fully accommodated tour.** Be Prepared! If you are travelling on an early or late season trek, a winter trek or throughout the season in Canada, Alaska and the Northwest, we suggest you bring a mountain climate sleeping bag. The weather can be much cooler with possible rain or snow, so thermal underwear, hat and gloves are also useful. Better to be too warm than too cold!

Purchase a Sleeping Bag.

If your Grand American Adventures camping tour starts in **New York** or **Seattle** and you do not own a sleeping bag, you can purchase a good quality bag on the first day of your trek. We cannot provide sleeping bags from any other departure city. Summer sleeping bags cost US \$45 and winter sleeping bags cost US \$80. If you wish to purchase a sleeping bag from us, please notify Grand American Adventures before joining your trek.

LUGGAGE

Luggage Allowance

One bag, backpack or suitcase (20kg maximum) per person, plus a sleeping bag. A small daypack and camera may also be carried in our vehicle.

Luggage Storage

Grand American Adventures offers secure storage facilities at our operations offices if your tour starts and finishes in either **New York** or **Seattle**. The cost is US \$10 per item, per week and should be paid in cash to the local Grand American Adventures representative. Please notify Grand American Adventures, before the date you wish storage to commence. Your luggage will be returned to the gateway hotel at the end of your trek for you to collect. All stored luggage must be locked and clearly marked with your name, contact telephone number, name of your trek and the dates your trek starts and finishes. This storage service is generally very safe, however, we are unable to insure the contents on your luggage. The company accepts no responsibility for lost or damaged goods.

Packing Tips

Keep in mind that our dress tends to be informal. Take a practical selection of clothes for both hot and cool climates to suit the season. You may encounter a wide variety of temperatures en route due to altitude and unforeseen weather conditions, so be prepared. Please note the airlines have various rules on what can be taken in your luggage. If in doubt check with your airline before travelling.

Besides your essential clothes, here's a checklist of other items you should take:

- ✓ Warm sweater/Fleece
- ✓ Casual 'evening out' clothes
- ✓ Hiking shoes / Boots
- ✓ Hat / Gloves
- ✓ Swim wear
- ✓ Camera
- ✓ Alarm clock / Watch
- ✓ Insect repellent (containing at least 20% DEET)
- ✓ Towel & face cloth
- ✓ Shaving supplies
- ✓ Waterproof jacket
- ✓ Waterproof sandals or flip-flops
- ✓ Comfortable day shoes
- ✓ Sungscreen / Sunglasses
- ✓ Binoculars (optional)
- ✓ Small Flashlight (Torch)
- ✓ Travel power adaptor (optional)
- ✓ Sleeping bag (see notes)
- ✓ Toiletries / Personal medicine

Clothes Washing

You will have the opportunity to wash your clothes while on trek. This can often be done at the campsite, or in a nearby town. Ask your trek leader for local information.

Footwear

Comfortable shoes with good ankle support will make all walking more enjoyable. We strongly recommend walking boots/shoes. If you do not own a pair, sneakers/trainers will suffice.

TREK JOINING INSTRUCTIONS!!!!!!

Most of our treks start at our gateway hotels at 7.30am. There are some exceptions, so please check your vouchers. Make sure you have your bags packed, eaten breakfast and have checked out of your room before meeting your trek leader in the hotel lobby. You will spend a few minutes filling out paperwork and meeting your fellow travellers before departing the hotel.

IF YOU MISS YOUR TREK'S DEPARTURE

The unexpected can happen. Your plane may be delayed or you may even miss it (oops)! If you have missed your trek departure, first check with the hotel to see if your trek leader left you a message. If not, call the relevant emergency number and speak to our staff who will be happy to help you catch up with the group. You are responsible for any extra travelling expenses incurred because of a missed trek, so please be on time.

TREK CONCLUSION

All treks end on arrival at the gateway hotel in the terminating city. If you require accommodation on this last night, it is essential that you book this before your tour departs. Most treks end at our hotel between 5pm to 6pm on the final day. Some tour activities scheduled for the last day may preclude an earlier arrival at the gateway hotel, so you should not book a departure flight that leaves prior to 9pm. You will be responsible for any transportation costs if you have to arrive for an earlier flight.

SPENDING MONEY

We recommend you take at least US\$40/CAN\$40 dollars per day to budget for your optional activities and snacks along the way on all our North American Treks. We suggest you bring US \$150 with you in cash. ATM's and cash machines are readily available throughout North America and major credit cards are widely accepted throughout the country. Traveller's checks are accepted and can be a safe way to take your funds but aren't always the most practical. In some off the beaten track destinations ATM's and cash machines may be limited.

BATTERY CHARGING

Many of our travellers bring mobile phones, music devices and cameras that require frequent battery charging during a tour. On camping tours it is often difficult to find a safe and secure wall outlet to recharge these devices, and therefore we recommend bringing a car charger. Every vehicle has at least 2 outlets for your use, convenience, and safety. For lodging tours car chargers may be used within the vehicle and your hotel room will have an electrical outlet (don't forget your travel plug).

TIPPING

Although it may not be customary in your country, it is normal and expected in North America to tip waiters, bar staff, any type of guide and taxi drivers. Service workers are paid a low wage and depend upon their tips for their livelihood. A minimum of 10% is standard in restaurants.

Your trek leader works long and hard for you. He or she may well become your close friend during the trek, but they also need to pay their bills. If the leader's performance meets or exceeds your expectations we recommend a tip of US \$5 per person, per day.

SECURITY

No matter where you find yourself in the world you need to look after your valuables. Use your best common sense! While in cities, do not leave valuables in the vehicle. While camping, do not leave valuables in tents when away from camp. In general, the safest place for items such as passports, flight tickets and cash is on your person or in a hotel safe where available. When in doubt consult your trek leader.

MEALS

Camping Tours

On all tours, all of the meals are included. Your leader will coordinate local shopping and assist the group in preparing healthy, hearty breakfasts, picnic lunches and delicious dinners.

Accommodated Tours

On accommodated tours, meals are scheduled to be taken in local restaurants where passengers pay individually for each of their meals. Most group leaders will offer their tour members the choice to operate a 'lunch only' food kitty that has proven to be a popular alternative to three daily restaurant meals. Leaders will more fully explain this option and the whole group will have to agree to implement this system.

Please make sure we are aware of any special meal requirements before travelling.

DRINKING AGES / DRUGS

USA & Canada

The legal drinking age in the USA is 21. In most Canadian provinces it's 18, in others it is 19. If you are under the legal drinking age you will be refused entry to bars and most nightclubs. Proof of age (ID) is your passport, so never forget to take your passport on nights out. The trek leader will endeavour to find alternative entertainment for those under 21, but this is not always possible. Obviously these restrictions are not within Trek America's control.

Drugs

Possession of drugs without a proper medical prescription will not be tolerated. If anyone is found with an illegal drug, they will be instantly removed from the trek.

PRE TOUR AND POST TOUR HOTELS

Our gateway hotels are conveniently located and serve as your trek's arrival and departure points. If you are travelling on your own, for most departures we can book you into a twin room sharing with one other passenger for up to 2 nights before and after your trek. Additional nights may be available on a request basis. If you would prefer to have your own room, we can also book single rooms (with the applicable surcharge).

If you have not booked your gateway hotel, call or email us to do so.

ACCOMMODATION ON TREK

Camping Accommodation

Grand American Adventures 'Classic' and 'Family' tours use National and State Park campsites and also a wide assortment of private campgrounds. Most will have flush toilets and hot showers. Many campgrounds charge an additional fee of \$1-\$3 for showers. You will sleep in high quality, heavy duty, four person tents which single travellers share with one other. Most campsites have a quiet time from 10pm to 7am. Please respect your fellow campers who are there for the peace and tranquility of camping. We provide large, comfortable, four person tents which single travellers share with one other traveller of the same sex. Our high quality camping equipment also includes top of the line field kitchens, thick inflatable sleeping pads, food storage and camp lanterns and chairs.

Grand American Adventures Lodging Accommodation

On our lodging tours all accommodation will be in clean, comfortable, tourist class hotels/motels based on a twin share basis (two people per room) with ensuite bathroom facilities. Rooms will have two beds wherever single travellers are sharing. All bedding and towels are provided.

GATEWAY HOTEL DETAILS

All transfer details are based on travel between the closest international airport and our gateway hotel. Prices and transfer times are approximate. These hotels are subject to change so please check your vouchers to confirm this information.

ANCHORAGE HOTEL

Inlet Tower Hotel & Suites
1200 L Street
Anchorage, AK 99501
Ph: 1-907 276 0110
Fax: 1-907 258 4914

Transfer: The hotel offers a 24 HOUR FREE SHUTTLE. Contact the hotel upon arrival using the hotel phone in the baggage claim area, or call the hotel directly. It is normal to tip the "free" shuttle driver \$2 per person.

ATLANTA HOTEL

Fairfield Inn Atlanta Airport NORTH
1255 Walker Avenue
East Point, Georgia 30344
Tel: (404) 767-5374
Fax: (404) 767-5633

Transfer: The hotel provides a free, 24-hr airport shuttle (a tip of US \$2 per person is recommended). Contact the hotel upon arrival by using the courtesy phone located in the baggage claim area, or proceed to the hotel shuttle pick up area outside of baggage claim and look for the Renaissance Hotel shuttle (it also stops at the Fairfield Inn North). The shuttle comes by approximately every 20 mins. (Please be aware that there is also a Fairfield Inn Atlanta Airport South so please be sure you are calling the correct hotel and boarding the correct shuttle).

BOSTON HOTEL

Hampton Inn & Suites Boston
Crosstown Center
811 Massachusetts Avenue
Boston, MA 02118
Tel: 1 (617) 445 - 6400
Fax: 1 (617) 445 - 6411

Transfer: Hampton Inn & Suites offer a FREE shuttle for airport pickups and dropoffs. Airport pickups are outside the baggage claim & can be arranged by using the hotel phones located in the baggage claim area to call the listed number for the hotel. Taxi fare approx \$20. For drop-offs at the airport, clients can schedule times with the hotel front desk. The hotel also offers free daily shuttle departures to designated major attractions within Boston - ask hotel staff for details.

CHICAGO HOTEL

Red Roof Inn Chicago Downtown
162 East Ontario Street, Chicago, IL 60611
Tel: 1-312 787 3580
Fax: 1-312 787 1299

Transfer: "Continental Airport Express" is a private shuttle company and can be found in the airport baggage claim area. Cost is approx. US \$28 per person, plus tip. Transfer takes approx. 45 minutes. If you wish to pre-reserve your shuttle, call within the US toll-free (888) 284-3826 or visit www.airportexpress.com.

DENVER HOTEL

Staybridge Suites Denver Airport
Hotel Code: SDEN
6951 Tower Rd
Denver, CO 80249
(303) 574-0888

Transfer: Complimentary Airport Shuttle - simply call the hotel and they will dispatch a shuttle to pick up guests. You can call the hotel directly at (303) 574-0888 or there is a free courtesy phone near baggage claim. Find the Staybridge Suites on the advertisement above the courtesy phone and dial the corresponding number to reach the front desk.

HOUSTON HOTEL

Crowne Plaza River Oaks
Hotel Code: CPHOU
2712 Southwest Freeway
Houston, TX 77098
Phone: (713) 557-1270

Transfer: The hotel is located 27 miles from the George Bush Intercontinental airport and 13 miles from Houston Hobby airport. From the international airport a **SUPER shuttle** can be taken for a charge of approx \$23 USD. Alternatively a taxi can be taken to the hotel for approx \$60USD.

JACKSON

Lexington at Jackson Hole
285 N. Cache
Jackson Hole
WY 83001
Tel: 1-307-733-2648

Transfer: The hotel is located just 9 miles from Jackson Hole airport and operates a complimentary shuttle service from 7am to 9pm. Call 888 771 2648 or 907 733 2648 to make arrangements. Alternatively taxis are available from the airport.

LAS VEGAS HOTEL

Alexis Park Hotel
375 East Harmon
Las Vegas, NV 89109
Tel: 1-702 796 3300
Fax: 1-702 796 4334

Transfer: From the airport you may catch a taxi for approx. \$10. The CLS Shuttle service also is available for approx. \$7 per person. The trip takes about 5 minutes and transport services operate 24 hours a day.

LOS ANGELES HOTEL

The Hacienda Hotel
525 North Sepulveda Blvd.
El Segundo, CA 90245
Tel: 1-310 615 0015
Fax: 1-310 615 0217

Transfer: The hotel provides a free, 24 hour airport shuttle (a nominal tip of approximately US \$2 per person is recommended). Contact the hotel upon arrival by calling them directly on above number or toll free on 1-800 421 5900, then press 2 when prompted. Transfer takes approximately 20 minutes.

NEW YORK AREA HOTEL

Newark Airport Hilton
1170 Spring Street
Elizabeth, New Jersey, United States 07201
Tel: 1-908-351-3900
Fax: 1-908-351-9556

Transfer from Newark Airport: Take the "Airtrain" to Station P4, then wait for the Hilton Newark Airport Complimentary Shuttle to the Hotel (departs approximately every 15-20 minutes).

Transfer from JFK or LaGuardia Airport: From the Baggage Claim Area of JFK/ LaGuardia Airport, catch a "Super Shuttle" to New York Penn Station which is located in Midtown at 31st and 7th Streets (costs approximately US\$25 including tip). Then take a train from New York Penn Station to the Newark Liberty International Airport (all trains going to Newark Airport are noted as "EWR" on the board, trains depart approximately every 10-15 minutes, the journey is about 22-25 minutes, train ticket costs approximately \$12.50). From Newark Airport, take the "Airtrain" to Station P4, then wait for the Hilton Newark Airport Complimentary Shuttle to the Hotel (departs approximately every 15-20 minutes).

SAN FRANCISCO HOTEL

Hotel Vertigo
Nob Hill at 940 Sutter Street
San Francisco
Tel: 1-415-885-6800

Transfer: Take Super Shuttle from airport to hotel. It takes 30 mins and costs between \$15 and \$20 per person. Alternatively from SFO catch the BART to Powell Station (\$9 and 40 mins). From here it is a 20 minute walk up Powell St to Sutter St. The Vertigo is a few blocks from here. A taxi will cost approximately \$45.

SEATTLE HOTEL

Clarion Hotel
Seattle International Airport
3000 South 176th Street
Seattle, WA 98198
Tel: 1-206 242 0200
Fax: 1-206 242 1998

Transfer: There are courtesy phones in the baggage claim area for hotel shuttle service. You can pick up any of these phones and dial # 38 to request a pick up. Once you have requested this you will need to follow the signs to courtesy shuttle pick up, Islands 1 or 3. (head up the escalators, over the sky bridge and back down ground level where they will need to be at either island 1 or 3). Alternatively the cab fare should be under US \$10.