America's Majestic National Parks

ESCORTED TOUR

Plus an optional extension in

The Dakota Badlands

NPT/NPP 2013

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INTRODUCTION

ABOUT THIS HANDBOOK

We've gathered some introductory information that may prove helpful for this Grand Circle itinerary. If you expect to embark on personal exploration, or wish to discover more about the countries you visit, we suggest that you consult your choice of the many in-depth travel guidebooks devoted to your destinations. For detailed and timely information, it's wise to visit appropriate websites and confirm luggage regulations, weather conditions and other variable elements of your trip. Refer to our additional resources section (at the end of the handbook) for alternate sources of insight.

ABOUT GRAND CIRCLE TRAVEL

Grand Circle Travel, founded in 1958 to serve the American Association for Retired Persons (AARP), is the leader in international travel, adventure and discovery for Americans aged 50 and over. Grand Circle vacations have been recommended by *The New York Times*, *Condé Nast Traveler*, *The Los Angeles Times*, *Travel+Leisure*, *The Wall Street Journal*, *Arthur Frommer's Budget Travel*, among other publications. But our most impressive reviews come from the more than one million people who have traveled with us and from readers of *Condé Nast Traveler* who placed Grand Circle Cruise Lines, the cruise branch of Grand Circle, in the Top 10 of the World's Best Cruise Lines for seven years. Grand Circle has earned a spot on the prestigious *Condé Nast Traveler* Gold List for seven consecutive years as well. For 2011 *Condé Nast Traveler* named seven Grand Circle river ships among the 20 best river ships in the world; for 2012 the Grand Circle Cruise Lines was named to their Platinum Circle of top cruise lines.

YOUR GCT PROGRAM DIRECTOR

During your Grand Circle Escorted Tour, you'll have reliable assistance available at all times from an onsite Grand Circle Travel Program Director. Your experienced Program Director can give you an inside perspective on your destinations and may be supported along the way by local tour guides, who guide you expertly through particular sites and cities.

Many Grand Circle Program Directors are graduates of professional education programs for travel guides. In addition, they receive specialized training directly from Grand Circle, training that is based on what we've learned from thousands of past travelers about how to make the trip most enjoyable. Your Program Director offers both a deep knowledge of the region and a commitment to make this a very pleasant, informative, and rewarding travel experience for you.

Your Program Director will provide sightseeing tips, handle all travel details, reserve optional tours you choose to take, oversee your Discovery Series events, and provide any other assistance you may need. You will be in the company of the Program Director throughout your Escorted Tour. If you choose to join our *Dakota Badlands* optional trip extension, you will also have the services of a Grand Circle Program Director to help make your stay memorable.

1. YOUR HEALTH



Keep Your Abilities In Mind

You can encounter unaccustomed challenges on even the shortest journey — this escorted tour, for instance, features an active itinerary with long days of sightseeing, walks that follow steep and uneven pathways, and motorcoach transfers. In addition, terrain can be uneven, rocky or precarious; both included and optional tours can require extended walking to guarantee a truly rewarding experience. Some of the places you visit have not been improved with elevators, escalators, ramps, railings or other aids that you may be used to. This tour also involves higher altitudes than you may be used to. If you have difficulty walking in terms of balance or stamina, or are generally inactive in your daily life consider an exercise program to tone up for your trip. If in doubt, consult your physician describing the length and type of rigors you'll encounter. Please note that this trip is not wheelchair accessible; nor can Grand Circle Travel accommodate motorized scooters of any kind.

Health Check

If you have any ongoing medical conditions or concerns about your health, we highly recommend that you schedule a checkup with your personal physician at least six weeks in advance of your departure date. A loose filling or developing cavity would be difficult to remedy while you are traveling. You may want to have a dental exam before your trip. Discuss with your doctor any aspects of your itinerary, such as the high altitudes of some of our destinations, that may affect your health and be guided by his or her advice. Feeling healthy and confident of your mobility is essential if you want to fully enjoy your trip abroad.

High Altitude

You will be at high altitudes for much of this itinerary—between 7,000 and 8,300 feet above sea level at Yellowstone National Park, the Grand Canyon, and Bryce Canyon. Even at your "lower-altitude" destinations, the elevation is relatively high—4,260 feet at Salt Lake City and 5,280 feet in Denver. During your transfers there will be a number of times where you will reach over 10,000 feet. At high elevations there is not only less oxygen but also lower atmospheric pressure, which can have all sorts of odd effects on the body. These effects vary from one person to the next and physical fitness isn't a factor. Over time the body can adjust on its own, but in the meantime, common altitude sickness symptoms include headaches, nausea, dizziness, and shortness of breath. Eating well, drinking lots of water, getting plenty of sleep, and avoiding alcohol will help reduce the chances of developing altitude sickness. Once you feel sick, however, the only real cure is the passage of time so your body can adjust at its own pace. On arrival at high elevations, we suggest you take things easy at first, and give yourself a chance to acclimate before engaging in physical activities. Consult your physician about medications that may alleviate altitude problems.

Prescription Medications

If you take medications regularly, be sure to pack an ample supply that will last your entire trip, as obtaining refills of your medication can be difficult during your trip. Pack these medications in your carry-on bag, and keep them in their original, labeled containers. To be prepared for any unforeseen loss of your medications, you should also bring copies of the prescriptions, written using the generic drug name rather than a brand name.

2. LUGGAGE REGULATIONS



Size, Number and Weight Restrictions

It may seem early to discuss luggage and packing, but if you know current industry standards for your flights you can start to plan what type of luggage you'll use, how much clothing to bring, etc. The following information can help you in your trip preparations. Note that many hotels on this tour have laundry facilities, so you have the flexibility to pack less.

MAIN TRIP LIMITS				
Pieces per person	One checked bag and one carry-on bag per person			
Weight restrictions	Varies by airline. The current standard is 50lbs for checked bags and 15 lbs for carry-on bags .			
Size restrictions	Varies by airline. Measured in linear inches (<i>length+width+depth</i>). Generally, 62 linear inches is the checked bag limit ; carry-on limit is 45 linear inches .			
Luggage Type	A sturdy, fabric-sided suitcase with built-in wheels and lockable zippers is recommended.			
TRIP EXTENSION(S) LIMITS				

The extensions have the same luggage restrictions as the main trip.

REMARKS / SUGGESTIONS

One suitcase and one carry-on bag per person: Due to the space limitations on bus transfers, you'll be restricted to one suitcase and one carry-on bag per person. This is to ensure that we have room for everyone's luggage. We ask that you abide by this limit to avoid inconveniencing your fellow travelers and prevent additional airlines luggage fees (which are your responsibility). Most airlines now charge to check more than one suitcase per person.

Note: Enforcement of published restrictions by countries and airlines is a matter of governmental and corporate policy. Enforcement may include spot checks and may be inconsistently applied. Expect penalties and fines to be imposed immediately, however, when and if enforced. Before you choose to ignore the published restrictions you should ask: *Do I feel lucky?* And, even if you answer yes, you should make sure that you have the ability to pay the fine.

Should I confirm luggage restrictions with my U.S. airline(s) before departure?

Absolutely, confirm current restrictions about a week or so before your departure. You should take this step because there may be recent changes, such as new security regulations, or an update to the standard weight/size allowances. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our webpage in the *FAQ* section.

You should also check with the airlines on luggage fees—many airlines charge to check luggage. Others may charge a fee if you bring a second carry-on item, like a purse or a laptop. These fees are not included in your trip price; they are payable directly to the airlines. If you are making a connecting flight, you should also confirm if your luggage can be checked through to your final destination. For more information about air travel, see the "Air Travel" section of your *Important Information* booklet.

Airport Security/TSA

Restrictions on what can be included in your carry-on luggage may change. To avoid inadvertently packing restricted items in your carry-on, we suggest that you consult the Transportation Security Administration website at www.tsa.gov/public.

Liquids and your carry on: Follow the **TSA's 3-1-1 rule**: Liquids must be in a 3.4 ounce or less (100ml) bottle (by volume); all bottles must be in a 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. One-quart bag per person limits the total liquid volume each traveler can bring. The 3.4 ounce (100ml) container size is a security measure. Note that this rule is used increasingly throughout the world.

For flights that originate in the U.S:

To reduce the risk of damage to your luggage, do not lock your bags when checking in for flights other than with a TSA approved lock. Transportation Security Administration (TSA) agents may need access to your luggage and will break locks if required.

3. WHEN YOU ARRIVE



When you arrive:

The Holiday Inn Rushmore Plaza offers a free shuttle from the airport that operates 7 days a week, from 5am - 11pm each day. This shuttle is available for all hotel guests. Your Program Director will have coordinated a shuttle transfer for you with the Holiday Inn Rushmore Plaza. If you do not see the shuttle curbside (outside of baggage claim) it may be busy with other transfers and will be available shortly to pick you up. If you have a cell phone you can call the hotel at 605-348-4000 to verify your pickup time. The Airport Express Shuttle, a speedier option, is available at an additional cost of approximately \$18 per person or \$28 for two (less if passengers are in a group.) Use of the Express Shuttle Service is at your own expense, and is not included in your trip cost.

Upon departure:

The Doubletree Hotel offers complimentary shuttle service to the airport. Travel time to the airport is about 30 minutes, and you can schedule service with the hotel's concierge desk. Ask your Program Director for assistance.

Please note: Meet and Greet service and porter service is not available at the airport.

4. MONEY MATTERS



How to Carry Your Money

You'll be well prepared if you carry a mix of U.S. dollars, an ATM card, and two different credit cards.

ATMs and Debit Cards

ATM and debit cards give you a reliable payment method and ready access to currency. We recommend, if possible, that you make withdrawals at ATM machines when you need cash, as it will allow you the flexibility of accessing money at your convenience. (Carrying lots of cash can be risky – you should carry only as much as you need for the day while leaving extra in your hotel room safe.) In the U.S. PLUS, Cirrus, and other bank networks are usually available throughout large cities and small towns.

Note on ATM use: Many banks have begun imposing a fee ranging from \$1 to \$5 every time you use an ATM. You may want to limit the number of withdrawals that you make. Your Program Director/Hospitality Desk Representative can advise you on locations, but when to obtain money is left to your discretion.

Credit Cards

Most major American credit cards are accepted, but you should inquire if your type of credit card is honored before deciding on your purchase. It is also wise to notify the credit card company that you will be using your cards while traveling so they will expect to see activity in your account outside of your usual geographic area. Please be aware that credit cards might not be accepted for small purchases. Also, keep your receipts as proof of purchase for items to be shipped home.

Traveler's checks—not recommended: We urge you not to rely on traveler's checks for personal expenses. They can be difficult to exchange and the commission fee for cashing them is sometimes high. It's most practical to view any traveler's checks you might bring as a last "cash" resort in the event of a special situation.

Please note: Optional tour payments can be made only by credit card and may take up to 3 months to process. For this reason we ask that you use a credit card that does not expire until at least three months following your trip. Because our headquarters are in Boston, charges may appear to be from Boston or might be labeled as "**OPT Boston**" (depending on your credit card company).



It is Grand Circle Travel's goal to identify and provide you with shopping opportunities that highlight unique, locally produced products with good value from reliable vendors. For this reason there may be scheduled visits to local shops during your adventure. There is **no** requirement to make a purchase during these stops, and any purchase made is a direct transaction with

the shop in question, subject to the vendor's terms of purchase. Grand Circle Travel cannot be responsible for purchases you make on your trip or for the shipment of your purchases.

Your purchase decisions are very personal. You must use your best judgment when deciding whether an item is worth the price being asked. If you plan a major purchase, we strongly recommend that you research the prices and quality available at home before your trip. This is the only way to know if you are getting a good price.

Shopping in Rapid City

Best-selling gift and souvenir items offered in the area are Black Hills gold jewelry, Sioux pottery, crafts and artwork of the Lakota Sioux, local gems and minerals, and western antiques. Also available is a range of cowboy boots and western clothing. Many stores and boutiques feature the usual gamut of clothes, accessories, household wares, and decorative arts that shops in any larger American city offer.

The historic district of downtown Rapid City offers a variety of shops, with the most popular near Main St. and St. Joseph. There are also four malls nearby. The Rushmore Mall, just off Interstate 90 at 2200 N. Maple, is the largest mall in the area, featuring 110 stores. Other malls include The Baken Park Shopping Center on the corner of Mountain View and West Main, the Northgate Mall at the intersection of East North St. and Cambell St., and the Haines Street Station Mall.

To Tip or Not to Tip

Sometimes *that* is the question. The good news is twofold: we're fresh out of Shakespearean soliloquies, so no thesauri will get hurt here; and the answer the question "to tip or not to tip (and how much to tip if you so choose)" is *always* a personal decision. Tipping is a common practice both at home and abroad and we offer these guidelines to answer requests for appropriate tipping amounts. It can be useful to have this information on site – when the question *must* be answered – and ahead of time for travel budgeting purposes. Tips below are quoted in U.S. dollars; tips can be converted and paid in local currency (usually preferred) or in U.S. dollars (traveler's checks should *never* be used for tips, but personal checks will be accepted in a pinch).

GCT Program Director: It is customary to express a personal "Thank You" to the Grand Circle Program Director at the end of your trip, especially if he or she has provided you with individual assistance. We recommend \$4-\$6 per person, per day. Please note that tips for our Program Directors can only be in the form of cash.

Motor Coach Driver: Tips are not included in the cost of your trip. We recommend \$2-\$3 per person, per day.

Included Group Meals: Your Program Director will tip waiters for the included meals when the group dines together.

Time at Leisure: During the times that you explore independently, you may dine in a local restaurant, take a taxi, or avail yourself of some other service where tipping is customary. Tip throughout your tour as you normally would at home. Some restaurants will add a service charge to your tab, and, in this case, it is still a nice gesture to add a little more if you have received good service.

5. PACKING FOR YOUR TRIP



In General

Travel light: A good rule of thumb is to gather together everything you want to bring; then take half of that. Eliminate all but the essentials and start packing a few days before you leave. That way, you'll have time to think—not fret—about what you might be

forgetting. To have a varied travel wardrobe, yet keep your luggage light, we recommend you select a color scheme and pack color-coordinated clothing items that can be mixed to create different outfits. As laundry facilities are readily available on this tour, you have the flexibility to pack even lighter.

Pack casual clothes: In today's age of informality, comfortable and informal apparel is perfectly acceptable at each of your destinations. Basic pants, walking shorts, sportswear, everyday dresses/skirts, summery tops, long-sleeve shirts, cotton sweaters, supportive shoes, and functional outdoor clothes that are relatively easy to care for are recommended. Men do not need jackets or ties and women do not need nice dresses—bring these only if you are planning a special night out on your own. The presiding clothing style of this trip is casual.

Be prepared: Plan to dress in layers. Then you can add a layer or peel one off according to temperature fluctuations. Thick knits, light woolens, and a fleece pullover or warm jacket can be useful for cooler evenings. Keep a sweater handy for the air-conditioned motorcoach rides. Your Program Director will advise you ahead of time on appropriate clothing for your departure.

Good walking shoes are essential: The mountain communities, museums, and park trails truly invite exploration by foot. But negotiating the pathways can put great demands on your feet. For your comfort, you'll need supportive walking shoes that offer good traction.

Light rain gear: Rains of any variety (heavy or short-lived) are possible at any of your destinations. A folding umbrella and/or waterproof jacket, preferably with a hood, could come in handy.

Luggage Suggestions

Consider a duffel bag or soft-sided suitcase for your checked luggage. Due to space limitations on our motor coaches, you are allowed one piece of checked luggage per person. Porterage at airports and hotels is provided for **one** bag per person. All bags should have luggage tags.

Consider a daypack or small backpack as your carry-on bag. It will do double duty during excursions and walking trips. A daypack leaves your hands free and distributes its weight onto your back. Packed with daily travel needs (sweater, camera, rain/wind jacket, water bottle, etc.), it will compress to fit the storage space of motorcoaches, and yet still have room for an impulse buy at a local street market.

Inner bags: Packing is easier if you use inner bags to help organize your gear. Use plastic bags, nylon stuff sacks, or packing cubes to organize inside your suitcase. Isolate liquids, store camera gear and important papers in heavy-duty Ziploc style bags.

Tip: Bring a second, empty lockable bag folded into your main suitcase, with a luggage tag and small lock. Use this to carry souvenirs home – but remember that you may incur extra luggage fees. If you're traveling with a companion we recommend "cross-packing," i.e., pack 2 outfits of your clothing in your companion's luggage and vice-versa, in case one bag is delayed.

Packing Your Carry-On

Using a daypack as a carry-on bag for your flights is a smart solution. We **strongly urge** you to pack your carry-on with at least one full change of clothes, your camera gear, medications, changes of socks and underwear, your important travel documents, and other irreplaceable items, in case your checked bags go astray. Store camera gear and important papers in plastic bags to protect them from dirt and moisture. With a daypack you can then remove these items on arrival and load your bag with the gear you'll need on walking tours and excursions.

Clothing Options

We've included information below on the weather you can expect for the regions you'll be visiting on your travels. Taking into account the climate you'll encounter and the general suggestions we offer above will enable you to create a flexible wardrobe that's light enough for sophisticated travel and will guarantee comfort in all the conditions you can expect to encounter. The luggage weight and size restrictions imposed by travel realities today have made traveling light an absolute necessity. With modern fabrics – Gore-Tex, Polarfleece, polypropylene, etc. – lightweight packing for comfort and protection through a wide range of weather is easy. A visit to any on-line or local sporting goods/outdoor stores (L.L. Bean, REI, EMS, etc.) will yield a treasure trove of lightweight, specialized, and fashionable clothing and gear that is readily adaptable to your itinerary.

Travel Gear Suggestions

Though it's often fun to do things as the locals do, it can be frustrating when daily necessities or conveniences from home aren't available. To travel wisely these days you must juggle your personal needs and preferences against the physical constraints of your transportation—whether it's an international airplane, a transfer motorcoach, a small ship or a day-long trek on a camel. You'll have to distinguish between what you **must** have, what you'd *like* to have, whether you can zip your suitcase closed, and what you can reasonably expect to wrestle through airport hallways and security checkpoints. Consult the following items to create your personal checklist – ignoring what you don't need and making the tough decisions over borderline cases. Remember that many airlines today will charge you extra for added luggage.

What not to pack: Do not pack aerosol cans, as they tend to leak during air travel. Avoid packing glass bottles; use plastic containers instead. Leave checkbooks, unnecessary credit cards, valuable jewelry, and anything that you would hate to lose at home.

Consider ... Hotels usually supply soap, body wash, shampoo, and shower caps. If you prefer a certain brand you may want to bring your own. Swimsuit if your hotel has a pool ☐ Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, Compact umbrella deodorant, shampoo/conditioner, shower ☐ Wide-brim sun hat or visor cap, body soap, etc. ☐ Pocket-size tissues ☐ Spare eyeglasses/contact lenses and your ☐ Moist towelettes (packets) and/or antiprescription bacterial "waterless" hand cleanser ☐ Sunglasses with a neck strap Photocopies of air ticket, credit cards ☐ Sunscreen, SPF 15 or stronger (and originals of course) ☐ Insect repellent with DEET at 30%-35% ☐ Written prescriptions for your medicines strength ☐ Moisturizer, lip balm Travel money bag or money belt, to be worn under a shirt/jacket if possible **Medicines** Generally speaking, all over the counter medications and first aid supplies listed below are available locally. ☐ Your own prescription medicines ☐ Stomach upset: Pepto-Bismol/Mylanta ☐ Vitamins ☐ Anti-diarrheal: Imodium ☐ Cold remedies: Sudafed/Dristan ■ Band-Aids, Moleskin foot pads ☐ Pain relievers: Ibuprofen/aspirin/Naproxen Antibiotics: Neosporin/Bacitracin ☐ Laxatives: Senokot/Ex-Lax **Other Gear** Compact binoculars ☐ Hand-wash laundry soap (Woolite) clothespins/travel clothesline/stopper ☐ Toiletry bag with hook and pockets ☐ Travel journal/note pad ☐ Basic sewing kit

Reading materials

☐ Home address book

☐ Collapsible walking staff

6. REGIONAL CLIMATE INFORMATION

We can't predict what the weather will be during your travels, but you'll find historical averages and general information on the climate of your destinations below. As your departure nears it's a good idea to visit the *My Account* feature of **www.gct.com**, where you'll find monthly temperature averages for the countries you'll visit as well as a current 10-day forecast of local temperatures and conditions. Or check Internet weather sites (www.wunderground.com is very comprehensive) for those forecasts.

Weather in the West: Summer days can be quite warm, with highs in the 80s or even 90s, while nighttime temperatures fall to the 40s and 50s due to the high altitude. Afternoon thunderstorms are common over the higher peaks of the Rockies, and from mid-July to mid-September the Southwest region is subject to the North American Monsoon – which can produce dramatic bursts of rain and increased rainfall in general. Overall, however, the summer climate is sunny and pleasant. If you are traveling in late September, the temperatures out West may be quite warm, or somewhat on the cool side, or—even more likely—a bit of both. As you pack for your trip, please keep in mind the possible dramatic changes between day and evening temperatures, and between altitudes.

Here is the data from the weather observation stations closest to our destinations.

	WHAT'S THE TEMPERATURE? Average highs (taken at 2 pm) and lows (taken just before sunrise) in °F.											
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Rapid City, South Dakota												
High	34	38	45	58	68	78	86	86	75	65	47	37
Low	10	15	22	32	43	52	58	57	46	36	23	14
Salt Lake City, Utah												
High	37	43	52	62	72	83	92	90	80	66	50	39
Low	20	24	31	38	46	54	62	61	51	40	30	22

Please note: The data cited above reflect *climate* as opposed to *weather* conditions, and serve only as general indicators of what can reasonably be expected. A 60 degree *average* high temperature means that days may be as warm as 80 or as cool as 40 – but it's most likely you'll encounter temperatures in the 50 to 70 degree range.

7. TRAVEL AND TECHNOLOGY



In General

Cell phone, digital camera, camcorder, PDA, MP3 player: travel today can involve technology that didn't even exist as recently as ten years ago. The variety of digital gadgets and their usefulness when you travel – en route or after you arrive – is enormous. An e-book reader allows you to keep guidebooks for uncounted countries at

your fingertips and not increase your luggage weight by an ounce. (*Tip: you can download this document from the Grand Circle Travel website and import it into your tablet or e-reader, many of which can display PDF files. A large screen is best, however, since PDF documents don't scale like documents designed specifically for e-readers.)* Lightweight digital camcorders and cameras let you bring home high definition movies and still images of the people you meet and places you visit on your travels.

Laptops/netbooks/tablets can keep you connected and promise up-to-the-minute information via Wi-Fi and the Internet, but, as with all gadgets, you'll need to determine if bringing them makes sense. Particularly with laptop computers it's often wiser to rely on Internet cafes or, when available, hotel Internet access than pay the packing weight and space penalty for casual Internet use. And, of course, the more time you spend gazing into gadgetry, the less time you have to relish the local people and sights.

You'll need to coordinate your data storage needs, and the accessories required to recharge/connect/use these devices. As a general rule, it's good to familiarize yourself with the device(s) you bring by reading the owner's manual *before* you depart. Pay particular attention to electrical, charging and storage requirements to ensure that you understand exactly what you need under which circumstances. And remember that thorough preparation is the best guarantee that you'll get the most benefit from your devices.

Regional Electricity

The U.S. uses Type A and Type B plugs and receptacles, with 110 V AC and 60 Hz. If you bring small American appliances, you will not need adapters or a transformer—your appliances should work just as they do at home.



If you use multiple digital devices—cell phone, digital camera, and MP3 player for instance – it's handy to have a travel power strip, perhaps with a surge suppressors and USB-style port for charging cell phones, MP3 players or e-readers without the use of a device-specific plugs.

Cell Phones

Your U.S. cell phone service may vary from what you are used to, in terms of strength and connectivity, as providers have different levels of saturation throughout the country. In general, however, your cell phone should continue to work as it normally does. Costs may vary depending upon your contract.

Phone Calling Cards

When making phone calls, we advise that you use a prepaid calling card because the only additional charge you'll normally incur (besides the prepaid long distance charges) is a local fee of a few cents and possibly a connection fee if you are using your card at your hotel. It is best to check with the hotel's reception desk prior to making phone calls to avoid unexpected charges.

Photo Gear

For many people capturing the highlights of their travel experiences in photographs or movies and sharing them with friends later is one of the most enjoyable aspects of the journey. You can remember your experiences and savor your memories for years to come. Digital cameras and camcorders are excellent travel companions—and many do dual duty by recording movies *and* still images. Fist sized camcorders will capture HD movies and high quality still photos; cameras smaller than a deck of cards are great for snapshots and will capture casual movie clips. With an ample supply of high-capacity memory cards you can record your whole trip with a small, lightweight package.

Be sure to bring enough batteries. Recharging batteries is sometimes impossible, due to a lack of outlets, electrical shortages or outages—and some cameras drain batteries *very* quickly. Whether you need standard (2A or 3A) or proprietary batteries, it's handy to have spares. Be sure your charger will work with the local electrical system, and bring enough memory cards—they may be hard to find and are often pricier than in the U.S. Whatever the storage format (often Secure Digital) memory cards are small and thin and, as with being thin, you can never have too much storage.

Compact cameras are impractical for distant subjects (such as wildlife or architectural details on taller buildings). Some models have a zoom lens of up to 120mm, which is good for middle distances. For distant subjects a *megazoom* (with a zoom lens of at least 300mm) or a single lens reflex (DSLR) camera with up to a 300mm telephoto lens are good choices. With a DSLR you can carry multiple lenses, though as your gear gets more complex you may reach luggage weight and size constraints. Large lenses that need a tripod, or double reflex cameras are impractical for casual travel photography. A single mid-range telephoto lens coupled with a small, fast prime lens (for low light/no flash situations) may be the best system for an effective but compact kit. Or, consider mirrorless interchangeable lens cameras (MILC) that combine small bodies and high quality lenses for both still and HD movie images.

If you use a DSLR or MILC camera, protect the lenses with a UV filter and bring lens caps, covers, cleaning paper and a waterproof bag (a heavy duty Ziploc-style bag is good) to protect your gear. Remember to pack the flash if it's detachable. Be sure your camera has a flash that *can* be turned off, and learn how to turn it off. (At some sites and in many museums, flashes are *not* permitted; flashes can also frighten wary wildlife.)

Disposable cameras are also an option. They are inexpensive and capable of perfectly acceptable photos in light that is not too dim or bright. A panoramic disposable can add a particularly interesting perspective when compared to standard photo formats—and may suggest inventive ways of seeing your subjects. X-rays do not damage the data of digital cameras (in any media format), and so pose no problems for travelers using digital cameras.

8. ABOUT YOUR DESTINATIONS

We're including some handy practical details and a brief introduction to the places you'll visit on your Escorted Tour. If you expect to explore in depth on your own, we recommend that you consult one of the many available book-length guides to your destinations. If you have one or two specific sites, museums or features that you're interested in, an internet search is the ideal way to get-up-to-date information and details. And of course your Grand Circle Travel Program Director or Hospitality Desk Representative will be able to assist you with suggestions and arrangements of activities you wish to participate in during your stay.



Laundry Service

Your Program Director or hotel concierge can assist you with making arrangements for this service. Most hotels offer laundry facilities on this itinerary.



Your Accommodations

Your itinerary brings you to some of the most unspoiled, breathtaking landscapes in America. Hotels, inns, and lodges in these areas are often designed to blend into the rustic scenery, rather than to provide abundant amenities. As such, some have two stories, but no elevator. Park lodges and inns do not have TVs—the scenic outdoor vistas are the main

"show."

Rapid City in Brief—Optional Extension

City Layout and Details

Rapid City, a gateway to the Black Hills of South Dakota, is also a regional shopping and commercial center. Founded in 1876 by a group of unsuccessful miners who wanted to establish a commercial center at the base of the Black Hills to supply gold miners, the town was originally little more than a collection of shacks. It has grown since its early mining town days, and today benefits greatly from the presence of nearby Ellsworth Air Base, home to many of the nation's B-1B long-range bombers. Located at the intersection of I-90 and state highways 44 and 79, the city is a commercial hub for the Black Hills region. This is an easy city to get around in. Fairly small (population 59,600 as of the 2000 census), the city is laid out in a grid pattern with I-90 to the north and Routes 44 and 79 to the south.

Today most homes and businesses in Rapid City are built around and on the large hill that dominates the center of town. Skyline Drive runs around the hill at the city's center and offers good views of the entire city. The city's historic district is downtown and is worth a look. Here, nearly 40 buildings built between 1881 and 1930 provide a glimpse into the past. The Dahl Fine Arts Center at 7th and Quincy is a downtown attraction famous for its cyclorama of American history. On state highway 79 east of the city center, the Museum of geology on the campus of the South Dakota School of Mines and Technology offers talking dioramas that narrate the history of the Badlands and the prehistoric creatures that once lived here. The West Boulevard Historic District is southwest of downtown and is an area of wide tree-lined streets and early 20th-century homes. The Sioux Indian Museum and Minnelusa Pioneer Museum

are nearby and offer historical exhibits. Journey Museum, close to your hotel, is a walk through different periods of time in this region -- from the geology and paleontology of millions of years ago to the Native Americans, Homesteaders and air force base of the more recent past.

Evening Entertainment

The city is a fairly quiet place. There are several excellent eating and drinking establishments downtown, as well as a blend of cozy taverns, sports bars, and billiard lounges. The Rushmore Plaza Civic Center offers concerts (Elvis Presley gave one of his last performances here), movies, occasional theater productions, lectures, and other cultural events. You can inquire about local events and attractions at the office of the town's Visitor's Bureau, located in the Civic Center, 444 Mount Rushmore Road N (toll-free telephone 1-800-487-3223).

Local Transportation

The Rapid Transit System is the only public transportation option in the Black Hills. It is limited to servicing just Rapid City with four routes that do a good job of covering the city. Buses run five days a week from 6:30 am to 5:40 pm, and your inexpensive fare includes free transfers.

Newspapers & Magazines

The *Rapid City Journal* is the city's daily paper. It has an extensive entertainment section that lists weekend events, movies, shows, museums, and restaurants.



9. STATE STATISTICS

Arizona

Area: 113,635 square miles

Capital: Phoenix

Entered Union (rank): February 14, 1912 (48)

Motto: *Ditat Deus* (God enriches) **Nickname:** Grand Canyon State

State Symbols: *flower:* Flower of saguaro cactus (1931)

bird: cactus wren (1931)

colors: blue and old gold (1915) song: "Arizona March Song" (1919)

tree: palo verde (1954) gemstone: turquoise (1974)

Time zone: Arizona does not switch to daylight savings time; from November to May it is on Mountain

Time; from April to October, it is on Pacific Time.

Colorado

Area: 103,717 square miles

Capital: Denver

Entered Union (rank): August 1, 1876 (38)

Motto: *Nil sine Numine* (Nothing without Providence)

Nickname: Centennial State

State Symbols: *flower:* Rocky Mountain columbine (1899)

bird: lark bunting (1931) colors: blue and white (1911)

song: "Where the Columbines Grow" (1915)

tree: Colorado blue spruce (1939) *gemstone*: aquamarine (1971)

Time zone: Colorado is on Mountain Time.

South Dakota

Area: 75,885 square miles

Capital: Pierre

Entered Union (rank): November 2, 1889 (40)

Motto: Under God the People Rule

Nicknames: Mount Rushmore State, Coyote State

State Symbols: *flower:* American pasqueflower (1903)

bird: ring-necked pheasant (1943) colors: blue and gold (in state flag) song: "Hail! South Dakota" (1943) tree: black hills spruce (1947) gemstone: fairburn agate (1966)

Time zone: The eastern half of South Dakota is on Central Time; the western half is on Mountain Time.

Utah

Area: 82,144 square miles **Capital:** Salt Lake City

Entered Union (rank): January 4, 1896 (45)

Motto: Industry

Nickname: Beehive State

State Symbols: *flower:* sego lily (1911)

bird: California gull (1955)

song: "Utah, This is the Place" (1953)

tree: blue spruce (1933)

gemstone: topaz

Time zone: Utah is on Mountain Time.

Wyoming

Area: 97,100 square miles

Capital: Cheyenne

Entered Union (rank): July 10, 1890 (44)

Motto: Equal Rights (1955) **Nickname:** Equality State

State Symbols: *flower:* Indian paintbrush (1917)

bird: meadowlark (1927) song: "Wyoming" (1955) tree: cottonwood (1947) gemstone: jade (1967)

Time zone: Wyoming is on Mountain Time.

10. ADDITIONAL RESOURCES



Books, Maps, and Movies

A River No More by Philip L. Fradkin (History)

Historical and political account of the Colorado River.

The New Encyclopedia of the American West edited by Howard Roberts Lamar (History)

Compiled by a professor at Yale University, this volume contains over 2,400 entries by more than 300 contributors on all aspects of the American West, from prehistory to the present.

Men to Match My Mountains: The Story of the Opening of the Far West by Irving Stone (History) An entertaining history of those who first settled California, Nevada, Utah, and California.

Wind in the Rock by Ann Zwinger (Natural History)

A naturalist explores the canyon country in the four corners area where Arizona, New Mexico, Utah and Colorado meet.

The Magnificent Mountain Women: Adventures in the Colorado Rockies by Janet Robertson

(Travel Writing). The stories of three dozen women who from the 1850s to the 1980s ventured into the mountains to pursue their own aims largely independent of male assistance.

A Thief of Time by Tony Hillerman (Mystery)

Tony Hillerman's Joe Leaphorn and Jim Chee characters investigate the desecration of Native American archaeological sites. Hillerman's 18 books featuring the Navajo Tribal Police sets Native American characters squarely in contemporary American society and carefully delineates the interplay of history, tribal and cultural beliefs, and modern culture in the Four Corners region of the American Southwest.

House of Rain by Craig Childs (Archaeology, Natural History)

Combining scholarship, history, oral tales and traditions, and walking hundreds of miles in the landscape, Craig Childs attempts to solve the disappearance of the Anasazi of 800 to 1000 years ago. He explores how this ancient civilization converged on places like Chaco Canyon and Mesa Verde, where its culture flourished, and offers some insight into why its people disappeared into the wind. There are no definite answers, but Childs' has an engaging way of asking the questions.

Desert Solitaire by Edward Abbey (Natural History)

An account of Edward Abbey's seasons as a ranger at Arches National Park outside Moab, Utah. Abbey reflects on the nature of the Colorado Plateau desert, on the condition of our remaining wilderness, and on the future of a civilization that cannot reconcile itself to living in the natural world. Along the way he meets scorpions and snakes, obstinate tourists and obdurate bureaucrats, and, most powerful of all, with his own mortality.

Down the Great Unknown: John Wesley Powell's 1869 Journey of Discovery and Tragedy Through the Grand Canyon by Edward Dolnick

Powell, an ambitious, one-armed Civil War veteran, and a pick-up crew—none with white water experience—are the first people known to descend the Colorado River. This story of courage, naiveté, hardship, uses not Powell's rosy-written version, but entries from the actual men's journals for a tale that catches the great uncertainty of running a wild and unknown river for the first time.

Guidebooks:

Your Program Director Leader will be happy to provide recommendations and suggestions during the trip, so a guidebook is not a necessity. But a good one can be invaluable as a one-stop reference, so for those travelers who have asked for suggestions, we offer these guidelines. Since different guidebook series each have their own target audience and structure, it is well worth your time to browse your local library or bookstore to find the one(s) you like best. To get you started, here is some general information on the most popular series:

Culture Smart! - Focuses on local customs and etiquette instead of sights, dining, etc.

DK Eyewitness – Innovative visuals make these books easy to use and a nice souvenir once the trip is over. The focus is primarily on the sights and activities.

Fodor's – A classic guidebook with strong information on activities, shopping, and dining. Good mix of upscale recommendations and budget suggestions.

Frommer's – A comprehensive guide series that is known for its restaurant recommendations.

Insight – Offers more information on history and culture than usual, nice visuals, good maps.

Lonely Planet – Practical guides geared towards a more adventurous traveler on a budget.

National Geographic – From the same company that publishes the magazine. Excellent photographs, good information on history, nature, and culture.

Rough Guides -For the independent traveler on a budget. Particularly known for their maps.

Maps:

Most hotels will provide maps free of charge at the reception desk or in your room. These maps are usually sufficient for our travelers, but if you plan on any independent exploration, you may wish to consider purchasing a map before your departure. This can be especially useful in a country that doesn't use the Roman alphabet as the hotel maps may only be printed in the local language.

Some recommended map series include: Rand McNally maps (especially the StreetWise series), Insight's FlexiMaps, and Rough Guide's destination maps. We suggest that you visit your local bookstore or library to get a better sense of which type of map is best for your needs before making a purchase.

Suggested Movies

Here are few of our favorite movies that are about, or set in, or from the region you'll be traveling. Most are available at movie rental stores and websites—or even your public library. Sometimes films produced outside of the US may be hard to find, but they are usually available online. Lists are highly subjective—if your favorites are missing, start a chat with fellow travelers and you'll likely find even more treasured movies to share.

United States

Ken Burns: The National Parks: America's Best Idea

A six-episode series produced by Ken Burns and Dayton Duncan. Filmed at some of nature's most spectacular locales - from Acadia to Yosemite, Yellowstone to the Grand Canyon, the Everglades of Florida to the Gates of the Arctic in Alaska. It is also the story of people who were willing to devote themselves to saving some precious portion of the land they loved.

Shane (George Stevens, 1953) Starring Alan Ladd, Jean Arthur

This movie is generally considered one of the great Westerns. Shane (Alan Ladd) rides into the middle of a range war between farmers and cattlemen, and quickly sides with the "sod-busters." While helping a kindly farmer (Van Heflin), Shane falls platonically in love with the man's wife (Jean Arthur). The showdowns are exciting and the story straightforward but emotionally involving. The photography highlights the landscape near Jackson Hole, Wyoming, and won an Oscar.

Stagecoach (John Ford, 1939) Starring John Wayne, Claire Trevor

The landmark 1939 Western that began the John Ford/John Wayne film relationship. Stagecoach was the first mature Western that is both mythic and poetic. The plot involves a cross-section of passengers unraveling under the strain of Indian attack and it contains all of Ford's storytelling trademarks. The landscape of Monument Valley is featured throughout. Actors include: Thomas Mitchell, Claire Trevor, Donald Meek, Andy Devine, and John Carradine.

Once upon a time in the West (Sergio Leone, 1968) Starring Henry Fonda, Charles Bronson

Sergio Leone's monumental epic is as big as its Monument Valley locations, as grand as its distinguished cast, as tough and bawdy the Old West itself. Henry Fonda plays the blackest character of his career, and he's utterly convincing as Frank, a ruthless, murderous psychopath who suffers no conscience pangs after annihilating an entire family. Jason Robards, Charles Bronson and Claudia Cardinale round out the cast.

A River Runs Through It (Robert Redford, 1992) Starring Craig Sheffer, Brad Pitt

Robert Redford cinematic take on Norman Maclean's 1976 autobiographical novella of the same name is set in early 20th century rural Montana. It's a coming-of-age story about brothers who are sons of a Scottish Presbyterian minister. Raised with love, sternness, and a deep understanding of the beauty of their land the brothers inherit, in Maclean's words, a belief that "there was no clear line between religion and fly fishing." Filmed in Montana and Wyoming, the cinematography won a 1993Oscar.

Dances With Wolves (Kevin Costner, 1990) Starring Kevin Costner, Mary McDonnell

Sent to a remote outpost in the Dakota territory wilderness during the American Civil War, Lieutenant John Dunbar (Costner) encounters, and is eventually accepted into, the local Sioux tribe. Named by the tribe "Dances with Wolves" he becomes increasingly a part of the tribe, and falls in love. As the army advances, he is forced into a decision that will affect both him, and the natives he now calls his people.



Grand Circle Community & Useful Websites

If you have access to the Internet, the following sites offer a wealth of information:

Visit the Grand Circle Community website for a world of travel news and information: www.gct.com/community

Government websites:

International health information: CDC (Centers for Disease Control)

www.cdc.gov/travel

U.S. Customs & Border Protection: traveler information

www.cbp.gov/xp/cgov/travel

Transportation Security Administration (TSA): agency responsible for screening luggage in U.S.

www.tsa.gov/public

National Passport Information Center (NPIC): for passport information

www.travel.state.gov

General travel information websites:

Travel books

www.amazon.com

www.barnesandnoble.com

World weather

www.intellicast.com

www.weather.com

Travel tips: packing light, choosing luggage, etc.

www.travelite.org

Net café guide: 100s of locations around the globe

www.cybercafes.com

ATM locators

www.mastercard.com/atm for Cirrus ATMs www.visa.com/pd/atm for PLUS ATMs

Country, national parks, canyons, and other attractions information:

www.az.gov Arizona

www.colorado.gov Colorado

www.state.sd.us South Dakota

www.utah.gov Utah

www.state.wy.us Wyoming

www.nps.gov/badl/ Badlands National Park

www.nps.gov/brca/ Bryce Canyon

www.custerstatepark.info/ Custer State Park

www.thecanyon.com Grand Canyon

www.grand.teton.national-park.com Grand Teton National Park

www.lakepowellmag.com Lake Powell

www.nps.gov/meve/ Mesa Verde National Park

www.monumentvalley.areaparks.com Monument Valley

www.nps.gov/moru/ Mount Rushmore

www.rapidcitycvb.com Rapid City

www.yellowstone-natl-park.com Yellowstone National Park

11. HOTEL-ONLY PASSENGER FLIGHT INFORMATION

(Please disregard this form if Grand Circle is arranging your flights)



If you have chosen the Hotel-Only package, you are responsible for arranging your own flights. It would be very helpful for your Program Director to know your flight information, so that your arrival may be anticipated.

Please take a moment to fill out this form and return it to the address listed below at your earliest convenience. We must receive it at least 30 days prior to your departure date.

Grand Circle Travel
Attn: N. A. Operations, 5th Floor
347 Congress St.
Boston, MA 02210

HOTEL-ONLY PASSENGER FLIGHT INFORMATION: NPT/NPP 2013

PROGRAM NAME:						
INVOICE #:	DEPARTURE DATE:					
NAME(S): (1)						
: (2)						
ADDRESS:						
CITY:	STATE:	ZIP:				
TELEPHONE:						
HOME CITY AIRPORT:						
AIRLINE:						
FLIGHT # /DEPARTURE TIMI	E: (Home City)					
FLIGHT #/ARRIVAL TIME: (I	Rapid City)					
FLIGHT # /DEPARTURE TIMI	E: (Denver)					
FLIGHT # /DEPARTURE TIMI (Optional post-trip extension)	E: (Denver)					