
Northwest National Parks

LAND TOUR

Plus two optional extensions in

Seattle; Victoria

CRG/CRW 2013

Grand Circle Travel Handbook

Northwest National Parks

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INTRODUCTION

ABOUT THIS HANDBOOK

We've gathered some introductory information that may prove helpful for this Grand Circle itinerary. 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. 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. Refer to our additional resources section (at the end of the handbook) for other 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 DIRECTORS

During your Grand Circle Land Tour, you'll have reliable assistance available at all times from an on-site 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 Land Tour, as well as during the optional trip extensions in Victoria and Seattle, if you decide to take them.

1. PASSPORT, VISAS AND TRAVEL DOCUMENTS



Passport Required

U.S. citizens need a passport for this itinerary. Bringing a passport will help to avoid delays for the entire group when crossing the border. *(Please note that if you are taking the optional pre-trip extension you will be entering Canada by sea).*

Important Note

Your passport must be valid for at least six months following your scheduled return to the United States. Also, you must have 1 blank page available in your passport for entry into Canada. If you are taking the pre-trip extension to Victoria you will need 2 blank pages, as you will enter Canada twice. Keep in mind this page must be labeled “Visas” at the top (blank “Amendments and Endorsements” pages are not acceptable). If both of these requirements are not met, you may be refused admittance to Canada and, consequently, required to return to the U.S. immediately.

Contact the National Passport Information Center (NPIC) at **1-877-487-2778** or visit their web site at **www.travel.state.gov** for information on obtaining a new passport, renewing your existing passport, and for general tips on traveling abroad. You can renew your passport by mail if it is not damaged, you obtained it within the last fifteen years, and it's in the name you want on your new passport. Many local post offices carry forms for renewing by mail or obtaining extra pages. Allow several weeks for processing your passport.

Visa Not Required

U.S. citizens do not need a visa for entry into Canada.

Backup Photocopies

The smartest security precaution you can take is to make photocopies of your passport's personal information pages, your air tickets, your traveler's check serial numbers (if you're using them), and your credit cards. Also, bring extra passport-sized photos. Make a list of the phone and fax numbers for reporting lost credit cards, your travel protection plan company (if you have an optional travel protection plan) and medical emergency network. Keep these documents separate from the originals, and they can save you immeasurable time, money, and trouble if your originals are lost or stolen as you travel. In addition, scan these photocopies and email them to your email address; you can then print out replacement copies if necessary.

2. YOUR HEALTH



Keep Your Abilities In Mind

You can encounter unaccustomed challenges on even the shortest journey — this land 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. 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. Discuss with your doctor any aspects of your itinerary, such as the high altitudes in the Canadian Rockies, that may affect your health and be guided by his or her advice. 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. Feeling healthy and confident of your mobility is essential if you want to fully enjoy your trip abroad. Please consider this program only if you are in good physical condition. If you have a condition that requires special equipment or treatment, you must bring and be responsible for all necessary items related to your condition.

High Altitude

You will be at high altitudes—up to 7,200 feet above sea level—for portions of your itinerary. Additionally, the towns of Banff and Sun Peaks have altitudes at or near 5,000 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.

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.



Jet Lag Relief

You will feel better on the first days of your trip if, shortly before you leave home, you start to adjust to the different time zone of your destination. Since you will cross several time zones to reach your destination, you may lose many hours of regular sleep. On arrival, your body then will have to suddenly adjust to new sleeping and eating patterns. The result is jet lag. Its symptoms are fatigue—often compounded by insomnia and general restlessness—irritability, and vague disorientation. You cannot totally avoid jet lag; but you can minimize it. Here's how:

- Start your trip well rested. Begin a gradual transition to your new time zone before you leave.
- Switch to your destination time zone when you get on the plane. Attempt to sleep and eat according to the new schedule.
- Try to sleep on overnight flights.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight.
- Drink plenty of water and/or fruit juice while flying.
- Stretch your legs, neck, and back periodically while seated on the plane, and make an effort to get up and walk about the cabin a few times to keep your blood circulation normal.
- After arrival, avoid the temptation to nap.
- Don't push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

3. LUGGAGE REGULATIONS



Size, Number and Weight Restrictions

It may seem early to discuss luggage and packing, but if you know current industry standards for international 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. We'll remind you to confirm your U.S. luggage limits (and update regional limits, if applicable) in your final documents (arriving about two weeks before your departure).

| 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. |
| PRE-TRIP EXTENSION LIMITS | |
| Two night stay in Victoria: carry-on (or use a packed, empty duffel) | |
| Pieces per person | One carry-on bag per person |
| Weight Restriction | Not to exceed 50 lbs |
| Luggage Type | We recommend the use of your carry-on for your two-night stay in Victoria. Your hotel will store your larger luggage and you can pick it up as you begin your main trip. |
| POST-TRIP EXTENSION LIMITS | |
| Same restrictions as main trip | |
| REMARKS / SUGGESTIONS | |
| <p>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.</p> <p>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: <i>Do I feel lucky?</i> And, even if you answer yes, you should make sure that you have the ability to pay the fine.</p> | |

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 no matter if your vacation has a lower limit than the average international flight or not, 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, sometimes even on international flights. Others will 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.

4. WHEN YOU ARRIVE



GCT Air Travelers

Airport transfers are provided for those travelers who have purchased GCT Air. The transfer cost, including gratuity and tipping is included in your tour.

GCT Air Seattle arrivals/departures

If Grand Circle made your flight arrangements go to the appropriate baggage claim area upon arrival and collect your luggage and then proceed outside the baggage claim doors, where a driver from Able Town Car will be waiting with a “Grand Circle” sign. If you are unable to locate the driver, please call 206-354-4925 to verify the driver's location. Your departure transfers are also included and will be made to the airport per your flight schedule – with the intention to be at the airport 2 hours prior to departure.

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

Independent Seattle arrivals/departures

If you have made your own air arrangements, please be aware that you are responsible for all transfers between the airport and the pier or hotel, at the beginning and the end of your trip. Grand Circle is not responsible for flight delays or cancellations.

The most convenient way to get to and from your hotel or the airport is to take a taxi cab. Taxi Cabs and limousines meet travelers on the third floor of the airport Parking Garage. To arrange for a taxi or limo, use one of the curbside phones, Information Boards, or visit the Ground Transportation Center, located on the third floor of the Parking Garage. Taxi fare to downtown Seattle is around \$40 per trip.

The Seattle Airport can be quite confusing. You can see maps of the airport before you arrive on the internet at: <http://www.portseattle.org/about/maps/#airport> and you'll find a menu listing the different areas of the airport — click on any location for a detailed map and instructions on how to get around (you can print them out if you'd like). If you have any problems upon arrival at the airport, look for volunteers in blue shirts or jackets and *Pathfinders* in purple shirts and red jackets located throughout the airport who will assist you.

Please note: *Shuttle and taxi fares are subject to change without notice.*

5. MONEY MATTERS



How to Carry Your Money

Traveler's checks: Traveler's checks issued in U.S. dollars are universally accepted by Canadian banks and major commercial establishments (be prepared to show your passport), although there may be shops and restaurants that do not accept them. To be safe, copy down your check numbers in two places; this assures you of having records of your checks should they get lost. Please note there may be a transaction fee assessed when exchanging traveler's checks.

Note on traveler's checks: Please do not obtain traveler's checks in Canadian dollars. They are not accepted in the U.S. and if you don't use them all on your trip, you'll pay a substantial fee to reconvert them to U.S. dollars.

U.S. dollars have an advantage. Cash is more readily exchanged and accepted than traveler's checks, and sometimes commands a better exchange rate. You'll be well prepared if you carry a mix of U.S. dollars, local currency, an ATM card, and a credit card.

There is no need to obtain local currency before your trip. You can change money at banks, most hotels, and money exchange offices. Canadian bank hours are similar to those in the U.S., generally 9 am to 3 or 4 pm. Please note that torn, dirty, or taped bills may not be accepted.

Currency

Americans should have little difficulty understanding the Canadian currency system: both countries have money systems based on 100 cents to the dollar, although the U.S. dollar and the Canadian dollar are not equal in value. The Canadian dollar relative to the U.S. dollar can fluctuate daily, though the U.S. dollar is consistently stronger. In major tourist centers like Banff, Jasper, and Vancouver many stores will accept U.S. currency, but the exchange rate for the cash dollar is typically lower than that offered for credit card transactions.

Currency exchange rates fluctuate daily. Your Program Director will advise you of the exchange rate upon your arrival. For current exchange rates, please refer to the our website, or the financial section of your newspaper. On our website select the region and then click on the country you'll be visiting. A link to the currency converter is included in the menu on the page of each individual country.

ATMs and Debit Cards

ATM and debit cards give you a reliable payment method and ready access to local 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 without relying on bank hours for money exchanges. When traveling, typically PLUS, Cirrus, and other bank networks are available throughout large cities and small towns.

Always notify your bank before you leave home that you are going abroad so that they may remove any blocks on your account and also ask them about the number of withdrawals you may make abroad. For cash withdrawals, don't forget to memorize the actual digits of your card's 4-digit PIN (Personal Identification Number), as many keypads at foreign ATMs do not include letters on their numeric keys, they only display digits.

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

Credit Cards

Though major American credit cards are accepted abroad, always inquire if your type of credit card is accepted before deciding on your purchase. When using a major credit card you may receive a different exchange rate than if you pay with cash; inquire about the rate first. Please be aware that credit cards might not be accepted for small purchases or in the markets. Note that the Discover credit card is not widely accepted outside the U.S. Keep your receipts in case you have questions about the conversion or exchange rate. Also, keep your receipts as proof of purchase for items to be shipped home.

***Please note:** Optional tour payments made by credit card may take up to 3 months to process. For this reason we ask that you use a credit card that will not expire until 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).*

Sales Tax

- **Washington state** sales tax is 7.9%.
- **British Columbia** sales tax is 12% on all goods and services (including meals greater than \$7 Canadian).
- **Alberta** has no provincial sales tax.
- **Canada** levies a federal goods and services tax (GST) of 5% throughout Canada.



Shopping

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. Just one visit to an import shop will put you way ahead when you go shopping. This is the only way to know if you are getting a good price.

Shopping by Destination

Seattle

Pike Place Market: Located on 1st Avenue at Pike Street, this open market is a Seattle institution, begun in 1907 when the city issued permits allowing farmers to sell produce from the wagons parked at Pike Place. Urban renewal almost closed the market, but citizens rallied and voted it a historical asset. Sold here are fresh seafood (which can be packed in dry ice for your flight home), vegetable and fruit produce, cheese, Northwest wines, jams made from mountain berries, bulk spices, teas, coffees, and arts and crafts.

Pioneer Square: This eight-block area features a concentration of art galleries, specialty boutiques, bookstores, and craft studios.

Westlake Center/Nordstrom/The Bon: A popular shopping complex, this three-story steel-and-glass building is located at 1601 5th Avenue and offers 80 or so upscale shops. Covered walkways connect to Seattle's major department store, Nordstrom. From the Westlake Center, you can pick up the Monorail to Seattle Center.

Pacific Place: Situated at 6th Avenue and Pine Street, this complex features a variety of good restaurants and shops, as well as a cinema center.

University District: This area is on University Avenue, north and south of 45th Street, and offers an eclectic mix of imports, a few designer shops, and the city's largest concentration of bookstores.

Victoria

Popular souvenirs include hand-knitted Cowichan sweaters; Native Indian art and craftwork, such as moccasins, carvings, and prints; antiques; and Victoria-themed bric-a-brac. There are a number of craft shops along Douglas and Government Streets that sell Native crafts, but do peruse the goods first; quality items are expensive and mixed in are lots of imitations.

For general shopping there's the Bay department store, at 1701 Douglas Street; and Market Square, on the corner of Johnson and Wharf Streets, which has two stories of shops and restaurants. In addition, specialty stores and an array of boutiques are scattered throughout the downtown area.

U.S. Customs Regulations and Shipping Charges

Exemption Amounts

Articles totaling \$800, at fair retail value where they were acquired, may be imported free of charge if you bring them with you. A flat rate of duty—usually a percentage—will be applied to the next \$1,000 worth (fair retail value) of merchandise. The U.S. Customs Inspector determines the value of your items when you enter, and is not bound by your bill of sale. In almost every case, however, a genuine bill of sale will be honored.

Fees on Items Shipped Home

Items shipped home are *always* subject to duty when received in the U.S. There will also be charges for shipping. Although some shops abroad may offer to include shipping and duties in the price, this typically means shipping to the customs facility closest to you and payment of the *export* duties (the fee to remove an item from its country of origin) not door-to-door shipping or *import* duties (the fee the U.S. government charges to bring an item into the U.S.). All additional duties or shipping charges would be the responsibility of the purchaser—you.

Therefore unless the item is small enough to mail or to be sent by a global parcel service (like FedEx) you should be prepared to pay customs duties and for shipping or pick-up from the nearest customs facility. This is why the U.S. Customs & Border Protection service states: “The most cost-effective thing to do is to take your purchases with you if at all possible.”

Illegal Items

It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins. For more information on what you may or may not bring back into the United States, you can obtain the publication “Know Before You Go” from the U.S. Bureau of Customs & Border Protection by phone, mail or from their website:

U.S. Bureau of Customs & Border Protection
1300 Pennsylvania Avenue NW
Washington, DC 20229
Tel. **1-877-227-5511**
www.cbp.gov/xp/cgov/travel/

Problem with a Purchase?

The best way to address a problem with a purchase is to not have one in the first place! So don’t forget to examine merchandise before paying for it, check contracts or agreements before signing, and review your receipt before leaving the shop. For major purchases, don’t hesitate to ask in advance about the return policy—local practice may vary from U.S. standards, so don’t assume that you have a certain number of days after the purchase to speak up.

But what if you do discover an issue with an item later on? In that case, your best recourse is to contact the vendor directly. For this reason we recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop’s contact information. Expect that any resolution will take longer than it would in the U.S. due to delays in communication, the complexities of international shipping/customs duties, and even cultural differences in how business is conducted.



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 to 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 (personal/traveler's checks should *never* be used for tips).

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.

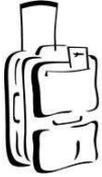
Airport/Hotel/Pier Portage & Transfers: If you are using GCT transfer services, tips to hotel, airport, and pier porters are included in the cost of your trip. Tips to the driver for your airport/hotel/pier transfers are also paid by GCT.

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. (*During your visit to the Lonesome Dove Ranch, however, donations are welcomed. Your Program Director will provide further details.*)

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 in the U.S. and Canada much 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.

6. 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.

Pack casual clothes: In today's age of informality, comfortable and informal apparel is perfectly acceptable at each of your destinations. Basic pants, shirts, walking shorts, sportswear, everyday dresses/skirts, 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.

Warm clothes are essential year-round: Plan to dress in layers. Then you can add a layer, or peel one off, according to any temperature fluctuations. Thick knits, light woolens, and a fleece pullover or warm jacket are essential for evenings, regardless of your month of travel, as temperatures always drop in the mountains once the sun goes down. Keep a sweater handy for the air-conditioned motor coach rides.

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 downpours or short-lived drizzle) are possible at all your destinations. A compact umbrella and/or waterproof shell, preferably with a hood, may 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 foreign 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

Use your daypack as your carry-on bag for your flights. We **strongly urge** you to pack in your carry-on case at least one full change of clothes, your camera gear, all medications, changes of socks and underwear, your important travel documents, and other irreplaceable items, in case your checked bags are delayed. Store camera gear and important papers in plastic bags to protect them from dirt and moisture.

NOTE: Restrictions on what can be included in your carry-on luggage change frequently. To avoid inadvertently packing any restricted items in your carry-on luggage, we strongly suggest that you consult the Transportation Security Administration website, at www.tsa.gov which keeps a current list of restricted items. From the main website click on *Our Travelers*, then *Air Travel*, and then you will see a link for *Prohibited Items*.



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 at home checkbooks and any credit cards not essential for your trip, valuable jewelry, and anything that you would hate to lose.

Consider ...

Hotels supply soap, body wash, shampoo, and shower caps. If you prefer a certain brand you may want to bring your own.

- Daily essentials: toothbrush, toothpaste, floss, hairbrush/comb, shaving items, deodorant, shampoo/conditioner, shower cap, body soap, etc.
- Spare eyeglasses/contact lens and your prescription
- Sunglasses with a neck strap
- Sunscreen, SPF 15 or stronger
- Insect repellent with DEET at 30%-35% strength
- Travel money bag or money belt, to be worn under a shirt/jacket if possible
- Moisturizer, lip balm
- Swimsuit if your hotel has a pool
- Compact umbrella (Totes)
- Wide-brim sun hat/visor
- Pocket-size tissues
- Moist towelettes (packets) and/or anti-bacterial waterless hand cleanser
- Photocopies of passport, air ticket, credit cards (and originals!)
- Extra passport-sized photos (to replace your passport in case of loss)
- Written prescriptions for your medicines

Medicines

All over-the-counter medications and first aid supplies listed below are available locally in Canada and stores frequently carry U.S. brands.

- Your own prescription medicines
- Vitamins
- Cold remedies: Sudafed/Dristan
- Pain relievers: Ibuprofen/aspirin/Naproxen
- Laxatives: Senokot/Ex-Lax
- Stomach upset: Pepto-Bismol/Mylanta
- Anti-diarrheal: Imodium
- Band-Aids
- Moleskin foot pads
- Antibiotics: Neosporin/Bacitracin

Other Gear

- Camera gear
- Compact binoculars
- Hanging toiletry bag with pockets
- Basic sewing kit
- Reading materials
- Hand-wash laundry soap (Woolite), clothespins/travel clothesline/stopper
- Travel journal/note pad
- Home address book
- Collapsible walking staff



7. 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.

Seattle: The summer season is the driest time of year in Seattle; temperatures then are usually in the 70s (F), though on occasion they may reach into the 90s. Most nights dip below 65°. Spring and fall are wetter; temperatures are cooler, but it rarely gets very cold in these seasons. Moderate weather is a year-round trait of this region of the United States.

Canadian Rockies: The Rocky Mountains boast a pleasant summer climate with low humidity and average temperatures in the high 60s and low 70s (F). Be prepared for light rains, but don't expect them; and remember: nights tend to be chilly. Fall comes early and brings brisk weather in the 40s and 50s, though spells of warm, sunny days still occur. In Banff and Jasper, be prepared for cooler temperatures during some sightseeing excursions, particularly during your SnoCoach ride over the Columbia Icefield.

Vancouver: The coastal region of British Columbia has the mildest weather pattern of any region in Canada. The range of temperatures is not as great as in other provinces, varying between the 30s in the winter and high 60s and 70s in summer. Spring and autumn are cooler, but still pleasant. Comfortable evenings rarely dip below 50°, except during peak winter months. Showers, of course, are a year-round event, though they tend to be short-lived, and rarely spoil the day. Downpours, in fact, only pass through on occasion. Light drizzles and misty fog are what Vancouver is famous for.

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

| WHAT'S THE TEMPERATURE? | | | | | | |
|--|-----|-----|-----|-----|-----|-----|
| <i>Average highs (taken at 2 pm) and lows (taken just before sunrise) in °F.</i> | | | | | | |
| | MAY | JUN | JUL | AUG | SEP | OCT |
| Seattle, Washington | | | | | | |
| High | 64 | 69 | 74 | 74 | 68 | 60 |
| Low | 48 | 53 | 56 | 56 | 53 | 48 |
| Banff, Alberta | | | | | | |
| High | 58 | 65 | 73 | 70 | 59 | 48 |
| Low | 33 | 39 | 43 | 41 | 35 | 29 |
| Jasper, Alberta | | | | | | |
| High | 60 | 69 | 74 | 72 | 63 | 51 |
| Low | 34 | 41 | 45 | 44 | 37 | 30 |
| Vancouver, British Columbia | | | | | | |
| High | 61 | 66 | 70 | 70 | 65 | 56 |
| Low | 48 | 53 | 56 | 56 | 52 | 45 |
| Victoria, British Columbia | | | | | | |
| High | 61 | 66 | 70 | 70 | 66 | 57 |
| Low | 45 | 50 | 52 | 52 | 48 | 43 |

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.

8. TRAVEL AND TECHNOLOGY

In General

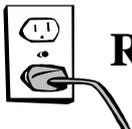


Smartphone, tablet, digital camera/camcorder, MP3 player: travel today can involve technology that didn't exist even five years ago. The usefulness of digital devices is enormous: smartphones can keep you connected and offer up-to-the-minute information via your cell plan or a local Wi-Fi connection. With a tablet (or smartphone) you can store multiple country guidebooks, access maps and connect to the internet in a small, lightweight device. (*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.*)

Compact and lightweight, digital camcorders and cameras take high definition movies and still images of the people you meet and places you visit. For robust use a laptop may be effective; for occasional use it's wiser to rely on Internet cafes or a tablet and hotel Internet access rather than shoulder the heft and size of a laptop.

To use these devices you should first consider the services available at your destinations. You'll encounter a range of electrical standards, varied plug configurations to access the local current, erratic availability (electricity and internet access), and differing technological standards.

You'll need to assess your power and data storage needs, and the accessories required to recharge/connect/use these devices. Finally, it's smart to read the owner's manual *before* you depart. Pay particular attention to electrical, power and storage requirements to ensure that you understand exactly what you need. Thorough preparation is the best guarantee that your devices will work up to their potential.



Regional Electricity

Both Canada and the U.S. use Type A and Type B plugs and receptacles, with 110V AC and 60 Hz. If you bring small American appliances, you don't need adapters or transformers—you appliances should work just as they do at home.



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



Smartphones

It will require some effort to get the most out of your smartphone when you travel. Even with an international roaming plan, costs can add up quickly – those handy apps often pile up download fees. The simplest solution is to shut down all cell phone functions, automatic data feeds and roaming options, and take advantage of your phone via any available Wi-Fi. With an Internet VOIP app (like Skype) you can make inexpensive calls. If necessary, turn international roaming back on and your phone will work as usual – albeit at added cost. If your phone doesn't support international roaming (most smartphones do), some carriers offer loaners.

App quality, availability and costs vary – as do platforms (iPhone, Android, Blackberry ...), so again you'll need to do some legwork. Apps come in all forms: packing lists, currency converters, language translators, maps, journals, Wi-Fi hotspot finders ... one problem is going to be searching through the vast array of available apps to uncover what works best and what you're likely to use most. Smartphones have a lot to offer, but their small size can be a drawback for some uses (maps, extended reading, etc.)

Cell Phones

When traveling over the Canada-U.S. border, your U.S. cell phone switches from its U.S. network to the Canadian cell phone network partner. Your cell phone will still function in Canada -- but you may be charged high roaming fees by your U.S. phone plan. You can contact your provider to get specifics on your cell phone plan while you travel in Canada. Some service providers offer "North American" plans that let you to make calls in both countries without roaming fees. You can also purchase a short-term Canadian cell phone plan if you plan to use the phone heavily in Canada.

Calling Canada from the U.S., or vice versa, follows the same process as making a long-distance call within the U.S. Simply dial "1" + area code + 7-digit number.

Phone Calling Cards

If you don't carry a phone, you can use a prepaid calling card to call the U.S. with minimal additional charges. Besides the prepaid long distance charges, you might have a local fee of a few cents and possibly a connection fee if you are using your card at a hotel. Check with the reception desk prior to using it to avoid unexpected charges.

Calling cards purchased locally are usually less expensive than those purchased in the U.S. and are more likely to work with the local system. Note that dialing a U.S. 1-800 number outside the continental United States will incur costly long distance fees, since 1-800 does not work outside the U.S.



Photo Gear

For many people, capturing the highlights of their travel experiences in photographs or movies and sharing them is one of the most enjoyable aspects of the journey. Remember, however: some individuals and cultures are less tolerant of photography than others. It's always best to respect local customs. And in some countries you might be charged for photography at specific sites, or banned from taking any photographs at all.

Digital cameras and camcorders are excellent travel companions—and many do dual duty by recording movies *and* still images. Fist sized camcorders can capture HD movies and high quality still photos; cameras the size of a deck of cards are great for snapshots and casual movie clips. With an ample supply of high-capacity memory cards you can record your whole trip with a small, lightweight package.

But you must remember the batteries. Recharging batteries is sometimes impossible, cameras can drain batteries *very* quickly, and replacements may be unavailable. Whether you need standard or proprietary batteries, it's wise to have spares. Be sure your charger will work with the local electrical system, and bring more than enough memory cards—they may be hard or impossible to find. Memory cards are small, thin and light: you can never have too much storage.

Compact cameras are impractical for distant subjects and are often weak in dim light. 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 use multiple lenses, though your gear can quickly get complex, weighty and cumbersome. Cameras or lenses that need a tripod are impractical for travel photography. A single mid-range telephoto lens (18-200mm) coupled with a small, fast prime lens (for low light/no flash situations) is an effective, flexible and compact kit. Consider mirrorless interchangeable lens cameras (MILC), which combine small bodies and multiple, small lenses with high quality 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. Be sure your camera has a flash that you can turn off, and if it's detachable, remember to pack it. (At many sites and museums, flashes are *not* permitted.)

Consider disposable cameras, as well. They are inexpensive and capable of acceptable photos as long as the light is not too dim or bright. X-rays do not damage the data of digital cameras (in any media format), and so pose no problems for travelers using digital cameras.

9. ABOUT YOUR DESTINATIONS

We're including some handy practical details and a brief introduction to the places you'll visit on your Land 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.



Drinking Water

Tap water is considered safe to drink throughout your trip.



Laundry Service

Your Program Director or concierge can assist you with making arrangements for this service. Some hotels have self-service washers and dryers.

Seattle in Brief—Optional Extension



City Layout and Detail

Metropolitan Seattle encompasses a large area, but the downtown, despite steep hills, is good for walking and sightseeing, as are several neighborhood areas. Downtown Seattle is bounded by the Safco Sports Complex to the south, the Seattle Center to the north, the Space Needle to the east, and the waterfront to the west. You can reach most points by foot, bus, or the Monorail.



Evening Entertainment

In recent years, Seattle has gained a reputation as a world-class theater town; it also has a strong music and dance scene, with local, national, and international artists. The Seattle Symphony and Northwest Chamber Orchestra present classical concerts year-round; and the Seattle Opera, considered one of the top ten companies in America, presents productions during its August-May season. The Pacific Northwest Ballet is a resident company and school that presents 60-70 performances annually.

Jazz, rock, blues, R&B, and comedy clubs are plentiful. On any given night, you'll be able to find live music of almost any variety. Bars with waterfront views and background music are also popular.

Current listings of performances and cultural events can be found in Seattle newspapers. You can research Seattle newspapers at your local library or on the Internet to find out what shows will be in town during your visit, and reserve tickets beforehand with Ticketmaster (Telephone: 1-206-628-0888).



Local Transportation

Bus: *Metropolitan Transit* provides extensive service in the metropolitan area, plus it provides a Free-Ride Service in the downtown-waterfront area.

Monorail: Built for the 1962 Seattle World's Fair, the elevated Monorail runs the two miles from the Seattle Center Space Needle to the edge of downtown. It leaves every 15 minutes from Westlake Center.

Boat: Seattle Harbor Cruises (Pier 55, Telephone 1-206-623-1445) offers one-hour tours of Elliott Bay and the port of Seattle.



Newspapers & Magazines

The *Seattle Times*, a daily, publishes "Tempo" magazine, which includes the coming week's events, on Fridays. The *Seattle Visitors Guide* is also available at newsstands. Both the *Times* and the *Seattle Post Intelligencer* have on-line websites as well.

Victoria in Brief—Optional Extension



City Layout and Detail

Victoria, the second largest city in the province and the provincial capital, lies at the southeastern end of Vancouver Island, 54 miles southwest of Vancouver. Although bounded on three sides by water, it is sheltered from the Pacific Ocean by the Olympic Peninsula across the Juan de Fuca Strait in Washington state. It is actually closer to the U.S. than to the Canadian mainland.

A gentle and genteel town-like city, full of British flavor, Victoria's downtown area is simply laid out and relatively small. It is bounded on two sides by water and has very few high-rise buildings, so you can see a long way. The focal point is the Inner Harbour, a section of Victoria Harbour, which is overlooked by several of the city's most important structures, including the enormous provincial Parliament Buildings and the Empress Hotel. In between the two, on the corner beside the Netherlands Centennial Carillon, is the Royal BC Museum. To the east of the museum is Thunderbird Park, with its totem poles, and south of this is Beacon Hill Park, the city's largest. Encircling the park and extending down to the ocean are well-kept residential houses with gardens.

Along Wharf Street, north of the Empress Hotel, is the central Travel Infocentre, on the corner of the Inner Harbour. Following Wharf Street along the water will take you through the Old Town, the original area of Victoria that has now been restored. Meeting Wharf Street at right angles are Fort, Yates, and Johnson Streets. Just up a few steps from Wharf Street is Bastion Square, the Old Town's square, lined with historic buildings. Parallel to Wharf Street and a couple of blocks east is Government Street, one of the major downtown thoroughfares. One block east is Douglas Street, the main commercial street of Victoria. The area around Douglas Street, Government Street, and Bastion Square is the center of the business area, with banks, offices, and department stores.



Evening Entertainment

Victoria has a number of live theaters that provide venues for plays, concerts, comedies, ballets, and operas. There are also cinemas, nightclubs that host live bands, and plenty of pubs (that brew their own beer). The Travel Infocentre at 812 Wharf Street, by the water at the Inner Harbour across from the Empress Hotel, has information on what's current. You can also check local newspapers for listings of performances and cultural events.



Local Transportation

Bus: Victoria's city buses cover a wide area and run quite frequently: every 10 to 30 minutes. All-day passes are available at various outlets, such as convenience stores, around town.

Ferry: Victoria Harbour Ferry runs an enjoyable, albeit short, round-trip ferry ride of about half an hour, from Inner Harbour to Songhees Park (in front of the Ocean Pointe Hotel), Fisherman's Wharf, and Westbay Marina. The boat takes just a dozen people per trip and is an inexpensive way to see the area from an onboard perspective.



Newspapers & Magazines

Where Magazine, the free weekly entertainment paper, has extensive coverage of events and activities of interest in the city. You can pick up a copy at various spots around town or in your hotel room.

10. STATE & PROVINCE STATISTICS



Washington

Area: 66,582 square miles

Capital: Olympia

Entered Union (rank): November 11, 1889 (42)

Motto: *Al-Ki* (Indian word meaning “by and by”)

Nickname: Evergreen State

State Symbols:
flower: coast rhododendron
bird: willow goldfinch
song: “Washington, My Home”
tree: western hemlock
gemstone: petrified wood

Time zone: Washington State is on Pacific Time, three hours behind Eastern Time.

Idaho

Area: 82,751 square miles

Capital: Boise

Entered Union (rank): July 3, 1890 (43)

Motto: *Esto perpetua* (It is forever)

Nickname: Gem State

State Symbols:
flower: syringa
bird: mountain bluebird
song: “Here We Have Idaho”
tree: white pine
gemstone: star garnet

Time zone: The upper half of Idaho State is on Pacific Time, three hours behind Eastern Time.

Montana

Area: 145,556 square miles

Capital: Helena

Entered Union (rank): November 8, 1889 (41)

Motto: *Oro y plata* (Gold and silver)

Nickname: Treasure State

State Symbols:
flower: bitterroot
bird: Western meadowlark
song: “Montana” (1945)
tree: ponderosa pine
gemstone: sapphire and agate

Time zone: Montana State is on Mountain Time, two hours behind Eastern Time.

Canadian Province of British Columbia

Area: 948,596 square kilometers

Capital: Victoria

Government: Federation of ten provinces and three territories

Entered Confederation: July 20, 1871

Languages: English, French (both official)

Religions: Roman Catholic, 46%; United Church, 16%; Anglican, 10%

Time zone: British Columbia is on Pacific Time, the same as the West Coast of the United States.

Canadian Province of Alberta

Area: 661,185 square kilometers

Capital: Edmonton

Government: Federation of ten provinces and three territories

Entered Confederation: September 1, 1905

Languages: English, French (both official)

Religions: Roman Catholic, 46%; United Church, 16%; Anglican, 10%

Time zone: Alberta is on Mountain Time, two hours behind Eastern Time in the United States.

11. ADDITIONAL RESOURCES



Books, Maps, and Movies

If your local store or library doesn't stock the books or movies below, the Internet offers a wide variety of options for finding older or rare stock – try AbeBooks (abebooks.com), Alibris (alibris.com), Amazon (amazon.com) or Barnes & Noble (bn.com) — or any of the smaller websites. Of course, this selection is not meant to be comprehensive, and is offered as a starting point for your personal enjoyment and research.

The Great Divide: the Early History of Western Canada by Brian Patton (History)

Chronicles the early events that shaped the western Canadian provinces, including British Columbia and Alberta.

The Illustrated History of Canada edited by Robert Craig Brown (History)

The only one-volume history of the entire nation. The text was compiled by seven of Canada's leading historians, and is accompanied by hundreds of pictures of all sorts—photographs, maps, posters, cartoons, lithographs, etc. The 1997 edition has been fully updated to include events of the 20th century's last decade.

Island Sojourn: A Memoir by Elizabeth Arthur (Memoir)

A married couple recalls their retreat to the wilderness of British Columbia, and share introspective observations on nature, wildlife, and the wilderness.

Men for the Mountains by Sid Marty (Memoir)

A former warden at Banff National Park writes with humor, insight, and reverence about his days as a caretaker of the Canadian Rockies. His observations and anecdotes evoke the "sights, sounds, and smells of mountain life [and are] guaranteed to arouse nostalgia or anticipation." —*Book Review Digest*

People of the Totem by Hunt N. Bancroft (Culture)

Bancroft's history of the art and culture of the Indians of the Pacific Northwest—from Alaska to upper Washington and through British Columbia—is also an honest exposé of the white man's damaging impact on Indian civilizations.

Puget's Sound: A Narrative of Early Tacoma and the Southern Sound by Murray Morgan (History)

This history of the region spotlights selected historical personalities and spans the era from the arrival of Vancouver until the establishment of Fort Lewis.

When You and I Were Young, Whitefish by Vivian Paladin (Memoir)

The author recounts her childhood in stories that not only are a personal history, but also a social history of her hometown: Whitefish, Montana. "A lighthearted look into the life of a growing Western town in the early 20th century. These fresh, jaunty tales of youth radiate good humor."—*American West*

Winter: Notes from Montana by Rick Bass (Memoir)

Acclaimed writer Rick Bass spent a winter without electricity in the wilderness of Montana. This illustrated narration of his experiences "juxtaposes realistic accounts of ordinary chores ... with stunning insights into nature and self."—*The New York Times Book Review*

This House of Sky by Ivan Doig (Autobiography)

A portrait of growing up in the wild and rugged Montana of a tumultuous, yet enlightening, time in history when life was slower, the landscape was less cluttered, and neighbors more neighborly. Doig paints a vivid picture of a tightly knit family living in a rugged terrain and struggling for survival.

Guidebooks:

Your Program Director 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 international 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.

Canada

Last Stand of the Great Bear (National Geographic)

The Great Bear Rainforest occupies the British Columbia coast from Vancouver Island to southeast Alaska. It is a temperate rain forest wilderness of bears, wolves, grizzlies and salmon. This National Geographic film depicts a team of scientists trying to prove that the area must be protected from development. These experts search for the rare white "spirit bear" and collect details that will help unravel the life of the forest's inhabitants and ecosystem.

Never Cry Wolf (Carroll Ballard, 1983) Starring Charles Martin Smith, Brian Dennehy

Carroll Ballard's 1983 adaptation of Farley Mowat's autobiographical novel depicting his experiences studying wolves in Canada's inhospitable North. Tyler is a green biologist sent by the Canadian government to "prove" that wolves are depleting the caribou herds. He finds instead a natural world in harmony with itself, and learns how to survive in this landscape and with the local animals-both two and four legged. The film captures the natural beauty of the Canadian north with power and poignancy.

The Fast Runner (Atanarjuat) (2002) Starring Natar Ungalaaq,, Sylvia Ivalu

Adapted from an Inuit legend, The Fast Runner centers on a charismatic young hunter struggling for the affections of Atuat, who has already been promised to another. The story, set against their daily struggle for survival, is both passionate and primal. Filmed in Northern Canada in the Inuit language, using Inuit actors, this film features magnificent cinematography that brings the frozen North to life.

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.

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 1993 Oscar.

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 with "Stands With a Fist". 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

Foreign languages for travelers: basic terms in more than 80 languages

www.travlang.com/languages

Travel tips: packing light, choosing luggage, etc.

www.travelite.org

Net café guide: 100s of locations around the globe

www.cybercafes.com

Electric current and plug types

www.kropla.com/electric2.htm

Foreign exchange rates

www.oanda.com/converter/classic

ATM locators

www.mastercard.com/atm for **Cirrus ATMs**

www.visa.com/pd/atm for **PLUS ATMs**

Country information:

www.discoveralberta.com **Alberta World Web Travel Directory**

www.banffnationalpark.com **Banff National Park**

www.discoverbc.com **British Columbia World Web Travel Directory**

www.explorejasper.com/sights/columbiaicefield.htm **Columbia Icefield**

www.nps.gov/glac **Glacier National Park**

www.venturekamloops.com **Kamloops Tourism**

www.seattle.worldweb.com **Seattle**

www.visitmt.com **Travel Montana**

www.tourism-vancouver.org **Vancouver Convention & Visitors Bureau**
www.tourismvictoria.com **Victoria Tourism**
www.tourism.wa.gov/ **Washington State Tourism Division**



Tourist Board Addresses

Tourist offices offer free brochures, maps, and pamphlets with information that pertains to many of your destinations. If these materials would enhance your vacation planning, you can write or call the following tourist board offices:

Seattle/King Country Visitor Information Center

666 Steward Street
Seattle, Washington 98101
Telephone: 1-206-461-5840

Canadian Tourism Commission

Suite 1400, Four Bentall Centre
1055 Dunsmuir Street,
Box 49230
Vancouver, BC V5P 1L2
Canada
Telephone: 604-638-8300

12. 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: Operations
347 Congress St.
Boston, MA 02210

HOTEL-ONLY PASSENGER FLIGHT INFORMATION: CRG 2013

PROGRAM NAME: _____

INVOICE #: _____ **DEPARTURE DATE:** _____

NAME(S): (1) _____

: (2) _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

TELEPHONE: _____

HOME CITY AIRPORT: _____

AIRLINE: _____

FLIGHT # /DEPARTURE TIME: (Home City) _____

FLIGHT # /ARRIVAL TIME: (Seattle) _____

FLIGHT #/DEPARTURE TIME: (Seattle) _____