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Your Grand Circle Travel Planning Guide



The American West: Cody, Yellowstone &
Jackson Hole

2025

Grand Circle Travel®

347 Congress Street, Boston, MA 02210

Dear Traveler,

I am thrilled that you are considering exploring the world with Grand Circle Travel. There are so many wonderful destinations to discover, and the itinerary described inside is a perfect way to fulfill a travel dream.

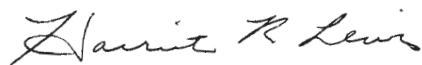
When you travel with us, you will enjoy a thoughtfully designed itinerary that balances unforgettable included discoveries with time for independent explorations. Your experience will be enriched by the company of like-minded American travelers and an **expert, local Program Director**. Assigned to a group of 30 travelers on average, these passionate leaders are ready and eager to share their homeland and insights as only a local can. Whether it is recommending their favorite restaurant, connecting travelers with people and culture, or providing the best regional maps to enhance your leisure time, your Program Director will be available to take care of all the details and ensure that you have a fun and carefree travel experience. You can also rely on the seasoned team at our regional office, who are ready to help 24/7 in case any unexpected circumstances arise.

Throughout your explorations, you will experience Exclusive Discovery Series events designed to connect you with local people and culture. From sharing traditional fare and lively conversation during Home-Hosted Visits, to discussing Controversial Topics impacting everyday life, you'll gain an intimate understanding of your destination, not just a superficial view. And if you choose to travel solo, you will enjoy all these cultural experiences at an unmatched value, with our FREE or low-cost Single Supplements—just one of the reasons we continue to be the leader in solo travel.

Plus, you can put your own personal stamp on your trip, like the **87% of our travelers who personalize their experience**. Perhaps you will choose to see more of your destination by adding an optional trip extension to your itinerary. You can also arrive a few days early to explore independently and get acclimated, customize your air itinerary, and more.

I hope you find this Travel Planning Guide helpful. If you have any further questions, do not hesitate to contact one of our Travel Counselors at **1-800-221-2610**.

Warm regards,



Harriet R. Lewis
Chair
Grand Circle Travel

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Yellowstone National Park, Wyoming

New! The American West: Cody, Yellowstone & Jackson Hole

Montana: Billings | **Wyoming:** Cody, Yellowstone National Park, Jackson Hole | **Utah:** Salt Lake City

9 days starting from \$4,095

including airfare

Single Supplement: **FREE**

For departure dates & prices, visit

www.gct.com/nys2025pricing

Explore America's Northwest national parks with Grand Circle. Witness Yellowstone's geothermal wonders, delve into Cody's frontier history, admire Grand Teton's mountain majesty, and revel in Jackson Hole's captivating landscapes. This journey blends the bold American spirit, natural marvels, and cultural richness for an unforgettable adventure into the rugged and wild American West.

IT'S INCLUDED

- Choose to **purchase Grand Circle's airfare**, and your airport transfers, government taxes, fees, and airline fuel surcharges are included. Or, make your own air arrangements
- **Accommodations** for 8 nights in comfortable rooms with private baths
- **16 meals:** 8 breakfasts, 5 lunches, and 3 dinners
- **11 included features**
- Exclusive services of a local **Grand Circle Program Director** (assigned to no more than 42 travelers)
- **Gratuities** on your main trip for local guides and motorcoach drivers
- **Personal headset** on all included and optional tours
- Private motorcoach land travel
- Baggage handling for 1 piece of luggage per person, including tips
- **5% Frequent Traveler Credit toward your next trip**

Prices are accurate as of the date of this publishing and are subject to change.

The American West: Cody, Yellowstone & Jackson Hole



ITINERARY SUMMARY

1 • Arrive in Billings, Montana

2-3 • Cody, Wyoming

4-5 • West Yellowstone

6-7 • Jackson Hole, Wyoming

8-9 • Salt Lake City, Utah • Depart Salt Lake City

WHAT TO EXPECT

① ② ③ ④ ⑤ Moderately Easy

Group Size

- A maximum of 42 travelers, led by a local Grand Circle Program Director

Pacing

- 5 locations in 9 days
- 6 days feature 6-8 hours of travel by motorcoach

Physical Requirements

- Walk 1 mile unassisted and participate in 3-4 hours of physical activities daily, including uneven walking surfaces such as unpaved paths, steep hills, stairs, and stones
- We reserve the right for Program Directors to restrict participation, or in some circumstances send travelers home, if their limitations impact the group's experience
- You may encounter animals on this trip. We make every effort

to keep these encounters safe, however animals may behave unpredictably or dangerously at times. Please use caution when interacting with animals on this trip: Keep a safe distance, stay alert, and respect the animals

Terrain & Transportation

- 5 full days at altitudes between 5,000–9,000 feet
- Uneven surfaces, including unpaved trails, steep inclines, steps, and rocky terrain
- Travel by 55-seat motorcoach

Climate

- Daytime temperatures range from 50-92°F during touring season
- June-August are the warmest months
- Nighttime temperatures can fall to 30-50°F

MAXIMIZE YOUR DISCOVERIES & VALUE

OPTIONAL EXTENSIONS

all with FREE Single Supplements

Glacier National Park & Helena

PRE-TRIP: 5 nights from **\$2,695**

Mount Rushmore to the Badlands

POST-TRIP: 4 nights from **\$1,795**

The American West: Cody, Yellowstone & Jackson Hole

YOUR DETAILED ITINERARY

BEGIN YOUR TRIP WITH AN OPTIONAL PRE-TRIP EXTENSION

5 nights in *Glacier National Park & Helena*

Day 1 Arrive Kalispell, Montana

Day 2 Explore Glacier National Park

Day 3 Glacier National Park • Cruise Lake McDonald

Day 4 Overland to Helena • Explore Missoula

Day 5 Explore Helena • Cruise the Gates of the Mountains

Day 6 Overland to Billings • Begin main trip

Day 1 Arrive in Billings, Montana

- Destination: Billings
- Accommodations: DoubleTree by Hilton Hotel Billings or similar

Morning/Afternoon/Evening: Travel to Billings, Montana, with your arrival time depending on your departure city. Transfer to your hotel, where you'll be joined by your fellow travelers who took our *Glacier National Park & Helena* pre-trip extension. After you arrive, you'll explore your surroundings with your Program Director on an orientation walk, and enjoy the rest of the day at your leisure. Lunch and dinner are on your own.

Day 2 Transfer to Cody • Visit Little Bighorn battlefield

- Destination: Cody
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Holiday Inn at Buffalo Bill Village or similar

Breakfast: At the hotel.

Morning: Gather with your fellow travelers and Program Director for a Welcome Briefing about what you'll experience together over the coming days. Then, you'll depart for Cody, Wyoming, with a stop along the way at the battlefield of Little Bighorn. Commonly referred to as Custer's Last Stand, the 1876 Battle of Little Bighorn was a conflict between the allied forces of the Lakota Sioux, Northern Cheyenne, and Arapaho tribes and the United States Army, which famously resulted in the defeat

of U.S. forces. As you explore the battlefield, a local guide will provide insight into this historic event.

Lunch: At a local restaurant.

Afternoon: After lunch, you'll continue on to Cody, where you'll check in to your hotel and enjoy free time before dinner.

Dinner: Your group will gather for a Welcome Dinner at the hotel.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 3 Cody • Visit Buffalo Bill Center of the West • Heart Mountain

- Destination: Yellowstone
- Included Meals: Breakfast, Lunch
- Accommodations: Holiday Inn at Buffalo Bill Village or similar

Breakfast: At the hotel.

Morning: Enjoy an included tour of the Buffalo Bill Center of the West. Widely regarded as one of America's finest Western museums, the center advances knowledge about the American West through acquiring, exhibiting, and interpreting collections of artifacts and preserving their physical and contextual integrity. It features five internationally acclaimed museums under one roof—the Whitney Gallery of Western Art, the Buffalo Bill Museum, the Plains Indian Museum, the Cody Firearms Museum, and the Draper Museum of Natural History.

Lunch: At a local restaurant.

Afternoon: Depart for the Heart Mountain viewing area, where you'll have a chance to admire the nearby peak that rises out of the Bighorn Basin.

Upon returning to Cody, the remainder of the day is free for your own discoveries.

Dinner: On your own. Your Program Director can suggest some local dining options.

Evening: Free for your own discoveries—ask your Program Director for recommendations.

Day 4 Transfer to Yellowstone

- Destination: Yellowstone
- Included Meals: Breakfast, Lunch
- Accommodations: Best Western Desert Inn or similar

Breakfast: At the hotel.

Morning: Depart for Yellowstone on a scenic drive. As you enter from the East Entrance, you'll pass striking geological features, including mud volcanoes, steaming hot springs, and expansive canyons.

Lunch: Enjoy a picnic lunch in the park.

Afternoon: Arrive late this afternoon in West Yellowstone. This relaxed small town serves as a perfect gateway to Yellowstone National Park, and you'll have the rest of the day to stroll the town at your leisure.

Dinner: On your own—ask your Program Director for local restaurant recommendations.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 5 West Yellowstone • Explore Yellowstone National Park

- Destination: Yellowstone
- Included Meals: Breakfast, Lunch
- Accommodations: Best Western Desert Inn or similar

Breakfast: At the hotel.

Morning: Spend the day in America's first national park, established to preserve its remarkable geothermal formations. There are more geysers and hot springs here than in the rest of the world combined, giving us ample opportunity to take in this natural phenomena. You'll also want to keep your eyes open for bighorn sheep, elk, coyote, grizzly, black bear, and other wildlife, as you explore the park, which remains 99% undeveloped—true wilderness.

You'll stop at Mammoth Hot Springs, Fountain Paint Pot, and Old Faithful, the famed geyser that has been spouting an average of once every hour for 100 years. During the Washburn-Langford-Doane Expedition in 1870, this famous geyser was officially given its name—the first in the park to receive its own moniker.

Lunch: At the lodge.

Afternoon: Return to West Yellowstone, arriving at your hotel late this afternoon, and enjoy some time to relax.

Dinner: On your own. Your Program Director can suggest local dining options.

Evening: Free for your own explorations—ask your Program Director for recommendations.

Day 6 Transfer to Jackson Hole, Wyoming

- Destination: Jackson Hole
- Included Meals: Breakfast, Lunch
- Accommodations: Snow King Resort Hotel or similar

Activity Note: Today's overland transfer to Jackson Hole, Wyoming will take approximately 7 hours, including stops along the way.

Breakfast: At the hotel.

Morning: Begin your transfer by motorcoach to Jackson Hole, Wyoming. Your scenic drive will take you through the dramatic landscapes of Teton National Park.

Lunch: You'll receive a boxed lunch to enjoy during your journey.

Afternoon: Continue on your way to Jackson Hole, arriving at your hotel late this afternoon. Long before the pioneers came west, the rock formations of the Grand Tetons presided over a traditional summer home for the Native Americans. When the early "mountain men" ventured out this way, the area became a destination for hunters and fur trappers. The first permanent settlers arrived in 1881, establishing Jackson Hole as a cattle-ranching center. The skiing industry took off here in the 1930s and Jackson Hole remains a winter sports mecca to this day. In the summer, this year-round resort offers hiking, river rafting, camping, and other outdoor activities.

Dinner: On your own—ask your Program Director for local restaurant recommendations.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 7 Jackson Hole • Snake River float

- Destination: Jackson Hole
- Included Meals: Breakfast, Dinner
- Accommodations: Snow King Resort Hotel or similar

Activity Note: Today's activities include a rafting excursion on Snake River. We will split the group up for this activity, with one group going rafting in the morning and the other group rafting in the afternoon.

Breakfast: At the hotel.

Morning: Head out to Snake River, where you'll float down the waters on an included float tour. Wind your way through the gentle waters of the Snake River corridor, granting you a unique look at the unspoiled wilderness of Grand Teton National Park. You'll travel on an inflatable raft, steered by an expert guide as you journey past coniferous forests, backdropped by the snowcapped peaks of the Teton Range, the youngest mountains in the Rockies and arguably some of the most scenic. Your guide will help you spot the wildlife that makes its home in and around the water, including salmon, elk, moose, falcons, eagles, and more.

Lunch: On your own. Ask your Program Director for recommendations.

Afternoon: Free for your own discoveries—ask your Program Director for recommendations. A shuttle service is available to transport you between your hotel and downtown Jackson. Those who did not participate in the rafting excursion this morning will head to the Snake River this afternoon.

Dinner: At a local restaurant.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 8 Transfer to Salt Lake City

- Destination: Salt Lake City
- Included Meals: Breakfast, Dinner
- Accommodations: Little America Hotel or similar

Breakfast: At the hotel.

Morning: Check out of your hotel and depart for Salt Lake City this morning.

Lunch: Lunch will be on your own during your transfer. Your Program Director can provide suggestions.

Afternoon: Continue on your way to Salt Lake City, where you'll check in to your hotel and settle in to your accommodations. The rest of the afternoon is free for your own discoveries.

Dinner: Your group will gather for a Farewell Dinner at a local restaurant.

Evening: On your own—ask your Program Director for recommendations.

Day 9 Depart Salt Lake City

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the airport for your flight home. Departure times vary depending on your home city.

Or begin your post-trip extension to *Mount Rushmore to the Badlands*.

END YOUR TRIP WITH AN OPTIONAL POST-TRIP EXTENSION

4 nights in *Mount Rushmore to the Badlands*

Day 1 Explore Salt Lake City • Fly to Rapid City, South Dakota

Day 2 Visit Crazy Horse Memorial • Discover Mount Rushmore • Native American dance performance

Day 3 Explore Rapid City • Discover Badlands National Park • Visit Wall Drug

Day 4 Discover Custer State Park • Explore Wind Cave National Park

Day 5 Return home

PRE-TRIP

Glacier National Park & Helena

INCLUDED IN YOUR PRICE

- » **Accommodations** for 5 nights
- » **8 meals:** 5 breakfasts, 2 lunches, and 1 dinner
- » **5 included tours:** Glacier National Park, Lake McDonald cruise, Missoula, Helena, Gates of the Mountains cruise
- » Exclusive services of a Grand Circle Program Director
- » **Gratuities** for local guides and motorcoach drivers on your extension and all optional tours
- » All transfers

PRE-TRIP EXTENSION ITINERARY

Start your journey early with an in-depth look at Montana's natural beauty and pioneer history. Explore Glacier National Park on foot and via boat, where you'll discover snowcapped mountains, crystal lakes, and rich indigenous history. Then discover more Rocky Mountain splendor in Helena, a mining boomtown that has evolved into a cultural hub, before following the trail of Lewis and Clark on a cruise through the Gates of the Mountains.

Day 1 Arrive Kalispell, Montana

- Destination: Kalispell
- Accommodations: Hilton Garden Inn or similar

Morning/Afternoon: Travel to Kalispell today, with your arrival time depending on your departure city. Transfer to your hotel and meet your Program Director, who will discuss the local neighborhood surrounding your hotel in preparation for your orientation tomorrow.

Dinner: On your own—ask your Program Director for local restaurant recommendations.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 2 Explore Glacier National Park

- Destination: Kalispell
- Included Meals: Breakfast, Lunch
- Accommodations: Hilton Garden Inn or similar

Breakfast: At the hotel.

Morning: After breakfast, we'll drive to Glacier National Park for a tour of this scenic natural wonder. A beautiful wilderness area of more than one million acres, Glacier was established as a U.S. National Park in 1910, then combined into the Waterton-Glacier International Peace Park by U.S. and Canadian governments in 1932.

Over millennia, glaciers carved out a rugged landscape of spectacular mountains and pristine lakes. Witness the breathtaking scenery

during a panoramic morning tour of the park, led by a member of the indigenous Blackfoot Nation, which has a reservation in this region.

Lunch: Enjoy an included lunch with your fellow travelers in the park.

Afternoon: Return to Kalispell after your tour, where you'll have the rest of the day to spend as you choose. Your Program Director can recommend activities to make the most of your time for independent exploration.

Dinner: On your own. Your Program Director can recommend a restaurant in town.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 3 Glacier National Park • Cruise Lake McDonald

- Destination: Kalispell
- Included Meals: Breakfast, Dinner
- Accommodations: Hilton Garden Inn or similar

Breakfast: At the hotel.

Morning: Enjoy another view of Glacier National Park's majestic mountain scenery this morning when you set off on a morning boat tour of Lake McDonald. More than ten miles long and one mile wide, Lake McDonald is the largest body of water in Glacier National Park, and offers a unique, tranquil vantage point from which to observe the snowcapped mountains that surround you on three sides. An onboard guide will help to point out sights of interest, as well as any wildlife that we may be fortunate enough to encounter—the area is home to bald eagles, moose, bear, and other native species.

Lunch: On your own in Whitefish. Your Program Director can recommend a café or restaurant.

Afternoon: You'll have a little time after lunch to explore Whitefish independently before returning to Kalispell.

Dinner: At a local restaurant in Kalispell.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 4 Overland to Helena • Explore Missoula

- Destination: Helena
- Included Meals: Breakfast, Lunch
- Accommodations: DoubleTree by Hilton Helena Downtown or similar

Breakfast: At the hotel.

Morning: Check out of your hotel and begin your motorcoach transfer to Helena, a drive of about 5 hours, including stops.

Along the way, we'll stop in the city of Missoula for an included lunch and walking tour.

Lunch: At a local restaurant in Missoula.

Afternoon: You'll get to know Missoula a little better during an included walking tour after lunch. Also known as Montana's "Garden City," Missoula is located at the convergence of five valleys, making it a lush, popular home base for travelers looking for adventure in the nearby Rocky Mountains, or for fishermen, kayakers, and canoers seeking to take advantage of the bountiful local waterways. Missoula is also home to the University of Montana, whose 12,000 students lend the city a youthful energy and vibrant cultural scene.

After your tour of Missoula, you'll continue your drive to Helena, arriving late this afternoon and checking in to your hotel.

Dinner: On your own in Helena. Your Program Director can recommend a restaurant.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 5 Explore Helena • Cruise the Gates of the Mountains

- Destination: Helena
- Included Meals: Breakfast
- Accommodations: DoubleTree by Hilton Helena Downtown or similar

Breakfast: At the hotel.

Morning: Learn about the region’s Gold Rush history today during an included tour of Helena, a city once known as the “Queen City of the Rockies” after throngs of hopeful prospectors flocked here after gold was discovered in 1864. Discover the city’s meandering Main Street, also known locally as “Last Chance Gulch,” where gold was once discovered, and miners set up their camps, over a century and a half ago.

See how Helena thrived off the gold trade as you witness the opulent Victorian architecture of the mansion district and the governor’s estate, and see a restored miner’s village for a look at the conditions that prospectors would have lived in. After your trolley tour ends, you’ll see more of Helena on foot before taking a break for lunch.

Lunch: On your own in Helena. Your Program Director can recommend a café or restaurant.

Afternoon: Drive to a nearby marina this afternoon, where you’ll board a boat for a scenic tour of the Gates of the Mountains, a region named by the intrepid explorers Lewis and Clark, who were impressed by the mammoth limestone walls resembling an entryway to the mountain rivers of the region.

You’ll see the same scenery that left its mark on these famous pioneers during your cruise, with the possibility to spot the local wildlife

that makes its home here. Otters, beavers, black bears, and other beasts forage and hunt along the shores, while ospreys, bald eagles, and falcons sometimes stalk the skies. You might also catch a glimpse of the ancient pictographs painted on rock walls—evidence of indigenous civilization that lived here long before Lewis and Clark began their famous expedition.

Return to Helena after your cruise, where you’ll have the rest of the day free to spend as you choose.

Dinner: On your own. Your Program Director can recommend a restaurant.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 6 Overland to Billings • Begin main trip

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Check out of your hotel and drive to Billings today, where you’ll begin your *The Great National Parks* vacation.

POST-TRIP

Mount Rushmore to the Badlands

INCLUDED IN YOUR PRICE

- » **Accommodations** for 4 nights
- » **6 meals:** 4 breakfasts, 1 lunch, and 1 dinner
- » **7 included tours:** Salt Lake City, Crazy Horse Memorial, Mount Rushmore, Rapid City, Badlands National Park, Custer State Park, Wind Cave National Park
- » Exclusive services of a Grand Circle Program Director
- » **Gratuities** for local guides and motorcoach drivers on your extension and all optional tours
- » All transfers

POST-TRIP EXTENSION ITINERARY

Continue your discoveries with an in-depth look at the cultural and natural wonders of the Black Hills of South Dakota. Discover a pair of iconic monuments when you visit Mount Rushmore, dedicated to America's greatest presidents, as well as the Crazy Horse Monument, a work-in-progress designed to uplift this country's indigenous heroes. You'll also explore Badlands National Park, a mysterious treasure trove of fossil beds and geological wonders, witness local wildlife at Custer State Park, and venture beneath the earth to discover the underground landscape of Wind Cave National Park.

Day 1 Explore Salt Lake City • Fly to Rapid City, South Dakota

- Destination: Rapid City
- Accommodations: Holiday Inn Rushmore or similar

Morning: Check out of your hotel this morning to prepare for your flight to Rapid City, South Dakota. Before we depart, however, you'll enjoy a morning panoramic tour of Salt Lake City for a closer look at Utah's capital city. Discover Temple Square, world headquarters of the Mormon Church. The massive temple, with its six spires, dominates the square, which also features a monument to Brigham Young and the "Three Witnesses Monument," depicting the three men who, according to Mormon

tradition, testified that an angel showed them the golden plates from which the Book of Mormon was translated.

Lunch: On your own in Salt Lake City. Your Program Director can recommend a café or restaurant.

Afternoon: Drive to the airport this afternoon for a short flight to Rapid City. You'll arrive and check in to your hotel in the early evening.

Dinner: On your own in Rapid City. Your Program Director can offer suggestions.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 2 Visit Crazy Horse Memorial • Discover Mount Rushmore • Native American dance performance

- Destination: Rapid City
- Included Meals: Breakfast
- Accommodations: Holiday Inn Rushmore or similar

Breakfast: At the hotel.

Morning: This morning, you will drive for about an hour outside of Rapid City for a tour of the Crazy Horse Memorial.

Located around 17 miles southwest of Mount Rushmore, the Crazy Horse Memorial is presently a work in progress, and, with planned dimensions of 641 feet long and 563 feet high, will be the world's largest sculpture once completed. Begun in 1948 by noted sculptor Korczak Ziolkowski at the request of Native Americans, the memorial includes the Indian Museum of North America, the Native American Cultural Center, the sculptor's studio, and a 40,000-square-foot Orientation Center.

The dramatic sculpture of the legendary chief astride his horse fulfills the wish of Lakota Chief Standing Bear spoken at the dedication of the statue in 1948: "My fellow chiefs and I would like the white man to know that the red man has great heroes, too." Here, you'll have an opportunity to marvel at the massive statue, and also visit the studio where Ziolkowski worked without pay until his death in 1982.

After our discoveries at the memorial, you'll drive to Mount Rushmore, your next destination.

Lunch: On your own near Mount Rushmore. Your Program Director can recommend options.

Afternoon: Witness Mount Rushmore this afternoon. Certainly you've seen photographs and films (remember Hitchcock's *North by*

Northwest?) of this famous monument—with the heads of George Washington, Abraham Lincoln, Thomas Jefferson, and Theodore Roosevelt—sculpted out of the solid granite mountain face to commemorate 150 years of American history. But nothing can compare with viewing it firsthand.

You'll have some time to contemplate the monument on your own this afternoon before returning to Rapid City. Late this afternoon, you'll learn more about the local indigenous way of life during a traditional Native American dance ceremony, where you'll have the opportunity to talk to members of the local community and ask questions of your own.

Dinner: On your own. Your Program Director can recommend a restaurant.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 3 Explore Rapid City • Discover Badlands National Park • Visit Wall Drug

- Destination: Rapid City
- Included Meals: Breakfast, Dinner
- Accommodations: Holiday Inn Rushmore or similar

Breakfast: At the hotel.

Morning: Discover Rapid City on a panoramic motorcoach tour this morning, then drive for about an hour outside the city to discover Badlands National Park.

The hunting grounds of Native Americans from as long as 11,000 years ago, this 244,000-acre park has a history that stretches even further back, to an epoch at least 30 million years ago. Fossilized bones uncovered by later Lakota people suggested that these now dry lands had

once been covered with a body of water, a fact later proved by the many geologists and fossil researchers who have studied the area.

Beyond their canyon-like grandeur, what makes the badlands so unique is the combination of dry ground and loose rock linked by sediment. Both the earth and the rocks themselves are highly resistant to erosion, so that when the infrequent rains hit, the sediment becomes runoff and the rocks can be easily displaced. The scene you see in one visit might be dramatically rearranged at your next.

Lunch: See another slice of history during an independent lunch: Wall Drug, which was founded in a poor town of 326 people during the Depression. Wall Drug made its name by offering free ice water to thirsty travelers and, as word spread, more came from even greater distances. 82 years later, travelers still come and find a vast array of shops and displays featuring regional curios, historic photos, toys and crafts from South Dakota, and items from Native American and cowboy culture. Wall Drug also features a number of dining options, and you'll be free to choose one during your lunch here.

Afternoon: Return to Rapid City, arriving late this afternoon. You'll have some time to rest, explore independently, or freshen up before dinner.

Dinner: Enjoy an included dinner with your fellow travelers tonight.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 4 Discover Custer State Park • Explore Wind Cave National Park

- Destination: Rapid City
- Included Meals: Breakfast, Lunch
- Accommodations: Holiday Inn Rushmore or similar

Breakfast: At the hotel.

Morning: Drive to Custer State Park today, a 71,000-acre expanse of protected wilderness in the southern region of South Dakota's Black Hills. The park is known for its diverse, densely-populated wildlife, which we'll get a chance to see for ourselves during a scenic drive along the 18-mile Wildlife Loop, a route designed to show off as many of the park's residents as possible.

Wildlife encounters are not guaranteed of course, but we might be treated to sightings of bison, deer, elk, coyotes, burros, prairie dogs, eagles, hawks, and other proud creatures that live here in the American wilderness. In addition to the region's fauna, you'll enjoy a changing landscape of pine forests, prairie grasses dotted with colorful wildflowers, and snowcapped peaks as the scenic backdrop to your drive.

Lunch: Included at the park.

Afternoon: Enjoy a little free time in Custer State Park after lunch before driving to Wind Cave National Park, our next stop. This national park protects an elaborate cave network that runs deep beneath the surface. Around 150 miles of cavern have been mapped out, making it one of the largest caves in the world; and scientists believe that its uncharted passages stretch much further beyond.

You'll descend into the cave via elevator, accompanied by an expert park ranger for a guided tour of the so-called Garden of Eden, just a small portion (and the most

easily-navigated) of the discovered section of the cave. Our ranger guide will point out the unique geological features of the cave, such as the calcite “boxwork” formations that form a rocky honeycomb on the cave walls, and the phenomenon known as “cave popcorn,” clusters of tiny limestone knobs formed where water seeped through the rock over the eons.

You’ll also feel the wind that gives the cave its name, and learn how air pressure changes in between chambers create this curious underground breeze. And we’ll hear how the caves are a site of spiritual significance to the local Lakota people, who believed that the Earth’s first people waited here while the planet was still being created.

After the tour, you’ll return to the surface and drive back to Rapid City.

Dinner: On your own. Your Program Director can recommend options.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 5 Return home

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the airport for your flight home.

RIGORS, VACCINES & GENERAL HEALTH

Keep Your Abilities In Mind

Please review the information below prior to departing on this trip. We reserve the right for our Program Directors to modify participation, or in some circumstances send travelers home if their limitations are impacting the group's experience.

GROUP SIZE

- A maximum of 42 travelers, led by a local Grand Circle Program Director

PACING

- 5 locations in 9 days
- 6 days feature 6-8 hours of travel by motorcoach

PHYSICAL REQUIREMENTS

- Walk 1 mile unassisted and participate in 3-4 hours of physical activities daily, including uneven walking surfaces such as unpaved paths, steep hills, stairs, and stones
- We reserve the right for Program Directors to restrict participation, or in some circumstances send travelers home, if their limitations impact the group's experience
- You may encounter animals on this trip. We make every effort to keep these encounters safe, however animals may behave unpredictably or dangerously at times. Please use caution when interacting with animals on this trip: Keep a safe distance, stay alert, and respect the animals

TERRAIN & TRANSPORTATION

- 5 full days at altitudes between 5,000-9,000 feet
- Uneven surfaces, including unpaved trails, steep inclines, steps, and rocky terrain
- Travel by 55-seat motorcoach

CLIMATE

- Daytime temperatures range from 50-92°F during touring season
- June-August are the warmest months
- Nighttime temperatures can fall to 30-50°F

Long Drives & Other Rigors

This trip requires long motorcoach transfers. On the main trip alone we'll cover over 1,000 miles. **Please feel free to bring whatever you need to be comfortable on the bus (pillow, blanket, etc.) and come prepared for long drives.**

This trip also features an active itinerary with long days of sightseeing, occasional walks that follow steep and uneven pathways, and higher altitudes than you may be used to. In addition, both included and optional tours can require extended walking to guarantee a truly rewarding experience.

Health Check

Feeling healthy and confident of your mobility is essential to fully enjoy your trip. If you have 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 that may affect your health and be guided by his or her advice. (You can use the “Keep Your Abilities in Mind” on the previous page as a guideline to discuss with him or her.)
- You may want to have a dental exam before your trip. A loose filling or developing cavity would be difficult to remedy while you are traveling.
- 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.

No Vaccines Required

Recommended Vaccines

At the time of writing there were no required vaccines for this trip. The CDC recommends that all travelers be up to date on their routine vaccinations and on basic travel vaccines like Hepatitis A and Typhoid, but these are suggestions only. However, this could change in future so we encourage you to check with the CDC yourself before meeting with your doctor.

Traveling with Medications

- **Pack medications in your carry-on bag** to avoid loss and to have them handy.
- **Keep medicines in their original, labeled containers** for a quicker security screen at the airport and a better experience if you get stopped by customs while overseas.
- **Bring copies of your prescriptions**, written using the generic drug name rather than a brand name to be prepared for any unforeseen loss of your medications.

We recommend checking with the State Department for medication restrictions by country: **travel.state.gov** (Select “Find International Travel Information” then select “Country Information”; if you don’t see any medications specifically mentioned under the “Your Health Abroad” section, then you can presume major U.S. brands should be OK).

Staying Healthy on Your Trip

Jet Lag Tips

- Start your trip well-rested.
- Begin a gradual transition to your new time zone before you leave or switch to your destination time zone when you get on the plane.
- Attempt to sleep and eat according to the new schedule.
- 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.
- 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.

Allergies

If you have any serious allergies or dietary restrictions, we advise you to notify us at least 30 days prior to your departure. Please call our Travel Counselors at **1-800-321-2835**, and we will communicate them to our regional office. Every effort will be made to accommodate you.

High Altitude

You will be at high altitudes for a significant portion of this trip. In Yellowstone National Park, you’ll be anywhere from 7,000 to 8,300 feet above sea level, and occasionally you’ll travel through mountain passes that are even higher (10,000 feet). Even at the “lower” parts of this trip, the elevation can still be well above 4,000 feet (Salt Lake City). 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.

Ask your doctor about medications that may alleviate altitude problems. 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. In addition to preventative medication, 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.

MONEY MATTERS: LOCAL CURRENCY & TIPPING GUIDELINES

Top Three Tips

- **Carry a mix of different types of payments:** some cash, an ATM card, and a credit card
- **Traveler's checks are not recommended.** They can be difficult to exchange and the commission fee for cashing them is quite high. It's more practical to view them as a last resort in the event of a special situation.
- **Keep a few smaller bills on hand.** It makes both tipping and small purchases easier.

ATMs

When using the ATM, keep in mind that it may only accept cards from local banks, and may not allow cash advances on credit cards; you might need to try more than one ATM or more than one card.

Many banks charge a fee of \$1–\$5 each time you use an out-of-network ATM. Others may charge you a percentage of the amount you withdraw. We recommend that you check with your bank before you depart.

Lastly, don't forget to memorize the actual digits of your card's PIN number (many keypads do not include letters on their keys—they only display numbers.)

United States: ATMs can be hard to find in rural areas such as national parks, but are common in large cities and small towns. Our suggestion is to hit up the ATM in town before you head out for the day.

Credit & Debit Cards

Even if you don't plan on using a credit card during your trip, we still suggest that you bring one or two as a backup, especially if you are planning a large purchase (artwork, jewelry). We also suggest that you bring more than one brand of card (i.e. Visa, MasterCard, American Express) if possible, because not every shop will take every card. For example, although the Discover card is accepted in some countries outside the U.S., it is not widely adopted, so other brands will work at a much larger range of stores, restaurants, etc.

Notify Card Providers of Upcoming Travel

Many credit card companies and banks have fraud alert departments that will freeze your card if they see suspicious charges—such as charges or withdrawals from another country. To avoid an accidental security block, it is a good idea to notify your credit card company and/or bank you will be using your cards abroad. You can do this by calling their customer service number a week or two before your departure. Some banks or credit card companies will also let you do this online.

You should also double-check what phone number you could call if you have a problem with a card while you are abroad. Don't assume you can use the 1-800 number printed on the back of your card—most 1 800 numbers don't work outside of the U.S.!

Tipping Guidelines

Of course, whether you tip, and how much, is always at your own discretion. But for those of you who have asked for tipping suggestions, we offer these guidelines. To make it easy for you to budget, we have quoted the amounts in U.S. dollars; tips can be converted and paid in local currency or in U.S. dollars.

- **Grand Circle Program Director:** It is customary to express a personal “thank you” to your GCT Program Director at the end of your trip. As a guideline, many travelers give \$7–\$10 per traveler for each day their Program Director is with them. *Please note that tips for your Program Director can only be in the form of cash. If you are taking any of the optional extensions, your Program Director during the extension(s) may not be the same as the one on your main trip.*
- **Hotel Housekeeping:** Many travelers will leave \$1–\$2 per day, per room for the hotel housekeeping staff.
- **Included in Your Trip Price:** Gratuities are included for local guides and motorcoach drivers on your main trip, extensions, and all optional tours.

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. Your Program Director will tip waiters for the included meals when the group dines together.

AIR, OPTIONAL TOURS & STAYING IN TOUCH

Land Only Travelers & Personalized Air

Quick Definitions

- **Land Only:** You will be booking your own international flights. Airport transfers are not included.
- **Air-Inclusive:** You booked international air with us. Airport transfers are included as long as you didn't customize your trip's dates (see next bullet).
- **Personalized Air:** You booked international air with us, and have customized it in some way. If you have customized your trip's dates to arrive early, stay longer, or stop on your own in a connecting city, airport transfers will NOT be included. You must also arrange your own accommodations for any additional nights. For your convenience, a preliminary list of your included hotels is available on your My Planner at www.gct.com/myplanner under "My Reservations".

Air Inclusive Travelers

If you have purchased air with Grand Circle Travel, there are some points that may be helpful for you to know.

- **Departure:** If you are among a group of ten or more Grand Circle travelers who depart the U.S. from your gateway city, it is our goal to have a Grand Circle Representative assist you at the U.S. airport with the check-in of your flight. Unless there are extenuating circumstances beyond our control, the Representative will be at the check-in counter three hours before your departure time.
- **Arrival:** Once you arrive, you'll need to collect your luggage and clear customs. A Grand Circle Representative will meet you outside of customs and assist you with your transfer to the hotel or ship. Important note on porters: Airport porters are NOT allowed in the baggage claim area. On arrival, you must take your luggage off the baggage carousel and load it onto a cart, which you will then move through customs. When you exit customs, you'll handle your cart until reaching your transfer vehicle. Your driver will load your luggage into the transfer vehicle.
- **Flight Delays:** Grand Circle Travel is not responsible for flight delays or cancellations. In the unfortunate circumstance that your flight is delayed or changed, please try to reach the regional Grand Circle office (their number will be in your Final Documents) in order to make new arrangements for your transfer. Due to airline regulations our staff is not notified of flight rerouting, and our local representative won't necessarily be aware of your new arrival time. In these cases you will need to arrange your transfer by taxi to your hotel.

- **Return:** If you are among a group of ten or more Grand Circle travelers who return to the same U.S. gateway city, a Grand Circle Representative will meet you as you exit Customs and help you find taxis, buses, hotel accommodations, or connecting flights. Again, it is our goal to have our Grand Circle Representative waiting to assist your group. In rare instances, unforeseen circumstances may prevent this service.
- **Flying with a Travel Companion:** If you're traveling with a companion from a different household, and both of you are beginning and ending your trip at the same airport on the same dates, let us know you'd like to travel together and we'll make every effort to arrange this (please note, however, that this is not always possible). If you request any changes to your flights, please be sure that both you and your companion tell us that you still want to fly together.
- **Selecting Your Seats:** If your airline allows pre-assigned seats, you will be able to select and view them directly from the airline's website after booking. Some airlines will not allow seat confirmation until your reservation is ticketed 45–30 days prior to departure, and/or they may charge a nominal fee. You may locate your itinerary on an airline's website utilizing the Record Locator Number found on the Air Itinerary in your My Planner.

Arrival to Kalispell and Billings

Airport transfer are provide by our hotels in Kalispell and Billings – they offer complimentary shuttles for the use of their guests, which you are welcome to use.

Departure from Rapid City

Airport transfers are provided by our hotel in Rapid City—they offer complimentary shuttles for the use of their guests, which you are welcome to use.

Flight Confirmation

Please don't be surprised if your Program Director asks you to confirm your flight details directly with him or her before your departure; this is a routine check on their part. It ensures that any last-minute changes are accounted for, especially in the case of travelers who have made their own air arrangements.

Airport Transfers Can Be Purchased

For eligible flights, airport transfers may be purchased separately as an optional add-on, subject to availability. To be eligible, your flight(s) must meet the following requirements:

- You must fly into or fly home from the same airport as GCT travelers who purchased included airfare.
- Your flight(s) must arrive/depart on the same day that the group arrives or departs.

Airport transfers can be purchased up to 45 days prior to your departure; they are not available for purchase onsite. To learn more, or purchase airport transfers, please call our Travel Counselors at **1-800-321-2835**.

If you don't meet the requirements above, you'll need to make your own transfer arrangements. We suggest the Rome to Rio website as a handy resource: www.rome2rio.com

Air Inclusive Travelers

If you have purchased international air with Grand Circle Travel, there are some points that may be helpful for you to know.

- **Air Itineraries:** We'll be sending you a preliminary flight itinerary—and posting it online in My Planner—no later than 100 days prior to your departure. (If you booked your trip inside 100 days, then expect it a week or two after booking.) Due to restrictions from the airlines, air itineraries cannot be confirmed more than 320 days before your travel dates. If you have booked your trip a year in advance, we cannot send you a preliminary itinerary or answer questions about your flights until you are inside this 320 days timeline.
- **Flight Delays:** Grand Circle Travel is not responsible for flight delays or cancellations. In the unfortunate circumstance that your flight is delayed or changed, please try to reach the regional GCT office (their number will be in your Final Documents). Due to airline regulations our staff is not notified of flight rerouting, and your Program Director won't necessarily be aware of your new arrival time.
- **Flying with a Travel Companion:** If you're traveling with a companion from a different household, and both of you are beginning and ending your trip at the same airport on the same dates, let us know you'd like to travel together and we'll make every effort to arrange this (please note, however, that this is not always possible). If you request any changes to your flights, please be sure that both you and your companion tell us that you still want to fly together.

All Travelers: Check Your License or ID

What are you checking for? To see if is compliant with the Real ID Act, passed in 2005 (and also to confirm that it won't expire before your trip).

Starting October 1, 2021 you must have a Real ID compliant document in order to fly domestically within the U.S. Passports and passport cards are Real ID compliant and will be accepted, but only some state-issued IDs will work. If you plan to fly on or after October 1 with your driver's license or state ID, double-check that is Real ID compliant. Most Real ID licenses will have a star logo in the top right corner and/or have the word "enhanced" printed on them. If you are unsure about your ID, check with your local DMV or appropriate government office. And give yourself enough time to renew your license if needed—the change is expected to cause delays.

Optional Tours

Optional tours are additional add-on tours that allow you to personalize your vacation by tailoring it to your tastes and needs. And if you decide not to join an optional tour? Then you'll have free time to relax or explore on your own—it's about options, not obligations.

What You Need to Know

- All optional tours are subject to change and availability.
- Optional tours that are reserved with your Program Director can be paid for using credit/debit cards only. We accept MasterCard, Visa, and Discover credit cards; we can also take MasterCard or Visa debit cards as long as the card allows you to sign for purchases. (You won't be able to enter a PIN.)
- To ensure that you are charged in U.S. dollars, your payment will be processed by our U.S. headquarters in Boston. This process can take up to three months, so we ask that you only use a card that will still be valid three months after your trip is over. The charge may appear on your credit card statement as being from Boston, MA or may be labeled as "OPT Boston".
- Your Program Director will give you details on the optional tours while you're on the trip. But if you'd like to look over descriptions of them earlier, you can do so at any time by referring to your Day-to-Day Itinerary (available online by signing into My Planner at www.gct.com/myplanner).

Communicating with Home

Your phone service may vary from what you're used to in terms of strength and connectivity, as providers have different levels of saturation throughout the U.S. In rural or remote areas, like National Parks, it may be harder to get a signal. Costs will vary depending upon your contract.

Data usage, however, can pile up costs if you rely on it heavily. Those handy apps can run up download/connection fees. The simplest solution is to shut down all cell phone functions, automatic data feeds and roaming options, and take advantage of the apps via available Wi-Fi. With an Internet VOIP app (like Skype) you can make inexpensive calls. If necessary, turn roaming back on and your phone will work as usual, albeit at some cost.

App quality, availability and costs vary—as do platforms (iPhone, Android, Blackberry), so again you'll need to do some legwork. But there's a lot of choice: apps for packing lists, currency converters, maps, journals, Wi-Fi hotspot finders, etc.

PACKING: WHAT TO BRING & LUGGAGE LIMITS

Luggage Limits

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on 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 (length+width+depth). 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	
<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 a suitcase.</p> <p>Luggage rules: Luggage rules and limits are set by governmental and airline policy. Enforcement of the rules may include spot checks or may be inconsistent. However one thing is the same across the board: If you are found to have oversized or overweight luggage, you will be subject to additional fees, to be assessed by—and paid to—the airline in question.</p>	

Don't Forget

- **These luggage limits may change.** If the airline(s) notify us of any changes, we will include an update in your Final Documents booklet.
- It's a good idea to reconfirm baggage restrictions and fees directly with the airline a week or so prior to departure. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our website in the FAQ section.

- **Baggage fees are not included in your trip price;** they are payable directly to the airlines.

Clothing Suggestions: Functional Tips

- **Travel light:** A good rule of thumb is to gather together everything you want to bring; then take half of that. 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.
- **Consider clothing designed for travel, sports, or camping:** With modern fabrics, lightweight packing for comfort and protection through a wide range of weather is easy.
- **Pack casual clothes:** The presiding clothing style of this trip is casual. 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.
- **A warm layer is essential year-round:** A warm sweater, a fleece pullover, or jacket is essential year-round because temperatures can drop fast once the sun goes down—especially in the mountains. During the summer, keep a sweater handy for the air-conditioned motorcoach 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 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.

What to Bring

We have included suggestions from Program Directors and former travelers to help you pack. These packing lists are only jumping-off points—they offer recommendations based on experience, but not requirements. We recommend using www.weather.com and consulting the “Climate” chapter of this handbook.

Your accommodations will supply soap, body wash, and shampoo/conditioner. If you prefer a certain brand you may want to bring your own, but otherwise you can rely on what they provide. **And don't forget a reusable water bottle**—you'll need it to take advantage of any refills we offer as we are working to eliminate single-use plastic bottles on all of our trips.

Recommended Items

- ☐ Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, sunscreen, etc.
- ☐ Spare eyeglasses/contact lenses and your prescription

- ☐ Sunglasses with a neck strap
- ☐ Insect repellent
- ☐ Swimsuit if your hotel has a pool
- ☐ Wide-brim sun hat or visor
- ☐ Compact umbrella
- ☐ Pocket-size tissues
- ☐ Moist towelettes and/or anti-bacterial “waterless” hand cleanser
- ☐ Photocopies of passport, air ticket, credit cards, prescriptions for your medicines
- ☐ Items for your comfort on the bus (pillow, blanket, etc.). This tour involves several long drives.
- ☐ Camera, spare batteries, and memory cards
- ☐ Collapsible walking staff

Clothing

- ☐ Shirts: A mixture of short and long-sleeved shirts to layer
- ☐ Trousers, jeans, or skirts
- ☐ Comfortable walking shoes and/or water resistant shoes
- ☐ Light rain jacket/windbreaker with hood
- ☐ Sleepwear
- ☐ Socks and undergarments
- ☐ A warm layer, such as a sweater, fleece pullover, or jacket—no matter the season, temperatures in the mountains drop fast after sundown

Medicines

- ☐ All over-the-counter medications and first aid supplies listed below are available locally. But you may want to bring your own for convenience.
- ☐ 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
- ☐ Antibiotic creams: Neosporin/Bacitracin

CLIMATE & AVERAGE TEMPERATURES

Montana: Montana's climate varies by the state's geography, with the mountainous western side colder and wetter than the eastern Great Plains. In western Montana, the mountains may experience snow year-round, though rarer in July and August. Fog and low clouds are common in the valleys between the mountains of western Montana. The Great Plains of eastern Montana have a less extreme semi-arid continental climate, with warm dry summers and freezing winters. Eastern Montana has only a few days of rain a year, often with long stretches of drought followed by brief heavy rain and even flooding. Snow is uncommon in the Great Plains but frost and freezing temperatures are expected for the majority of the year.

Wyoming and Yellowstone National Park: While Wyoming is large, there is one factor that influences the climate throughout the entire state—elevation. The higher up in the Rockies, the more extreme the climate, and the bigger the difference between daytime and nighttime temperatures. This explains why the temperatures will drop more sharply at night as the trip progresses from Sheridan (about 4,000 feet above sea level) to Cody (about 5,000 feet) to Yellowstone and Jackson Hole (about 6,000 feet). Be prepared for chilly nights even during summer—in July and August the high at noon might be in the 80s or 90s, but it could be in the 40s or 30s at night. While it doesn't rain a lot compared to other states, snow is common in winter, especially in Jackson Hole.

Utah and Colorado: Images of hot desert canyons aside, winter in both states can be surprisingly cold (below freezing) with some snowfall. Once spring arrives, the temperatures warm up but it can still be “jacket weather” with highs in the 60s and lows in the 40s. Summer is hot, and the intense UV rays can make it feel even hotter than it really is. Usually July is the warmest month, with average daytime temperatures in the 90s or even higher. Autumn is similar to spring, although summer heat can last until late September. Rainfall can happen at any time of year.

South Dakota: Rapid City and the Badlands are characterized by cold winters with snow, wet springs, hot and dry summers, and unpredictable autumns. December and January are the coldest months, but March has the most snow. Usually the last snowfall is in April, although it can be as late as early May (this is rare, but it does happen). Spring comes late—usually in May—and is cool and wet, with temperatures ranging from the 50s and 60s in the day and dropping down to the 40s (or even 30s) at night. Summers are hot, dry, and partly sunny. In July and August the daytime highs are usually in the 80s but a sudden heat wave can bring highs in the 90s. Fall is unpredictable as the temperatures fluctuate quite a bit from day to day—a warm sunny day might be followed by an unexpected frost, and snow can start in late October or early November.

TIP: As you pack for your trip, the number one thing to keep in mind is the possible dramatic changes between day and evening temperatures, and between altitudes. For example, in fall and spring you may find snow at higher altitudes while valleys are pleasantly mild.

Climate Averages & Online Forecast

The following charts reflect the **average** climate as opposed to exact weather conditions. This means they serve only as general indicators of what can reasonably be expected. An extreme heat wave or cold snap could fall outside these ranges. As your departure approaches, we encourage you to use www.weather.com for a more accurate forecast of the locations you visit.

Average Daily High/Low Temperatures (°F), Humidity & Monthly Rainfall

MONTH	BILLINGS, MONTANA			WEST YELLOWSTONE, MONTANA		
	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall	Temp. High-Low	% Relative Humidity	Average # of Days with Rainfall
JAN	36 to 18	64 to 56	8	22 to 9	80%	10
FEB	40 to 21	66 to 53	7	26 to 12	78%	10
MAR	49 to 27	69 to 48	9	35 to 19	74%	10
APR	58 to 35	68 to 42	10	43 to 25	69%	11
MAY	68 to 44	71 to 42	11	53 to 31	65%	10
JUN	77 to 52	72 to 41	11	66 to 41	54%	9
JUL	88 to 59	64 to 32	7	78 to 50	40%	6
AUG	86 to 57	61 to 30	6	76 to 49	40%	6
SEP	73 to 48	64 to 37	7	65 to 41	50%	6
OCT	59 to 37	63 to 42	6	47 to 29	69%	7
NOV	45 to 26	65 to 53	6	32 to 15	79%	8
DEC	35 to 18	64 to 56	7	21 to 7	82%	11

MONTH	JACKSON HOLE, WYOMING			SALT LAKE CITY, UTAH		
	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall
JAN	27 to 1	--	4	37 to 22	79 to 69	10
FEB	31 to 4	--	4	43 to 25	78 to 59	9
MAR	41 to 14	--	4	54 to 34	71 to 47	10
APR	50 to 24	--	3	62 to 40	67 to 39	9
MAY	61 to 32	--	3	72 to 48	66 to 33	8
JUN	71 to 38	--	2	83 to 56	60 to 26	5
JUL	81 to 43	--	3	93 to 65	53 to 22	5
AUG	80 to 41	--	3	91 to 63	54 to 23	6
SEP	70 to 33	--	3	79 to 53	60 to 28	5
OCT	55 to 24	--	2	65 to 41	68 to 41	6
NOV	40 to 14	--	4	49 to 31	75 to 59	8
DEC	27 to 3	--	4	38 to 23	80 to 71	9

MONTH	KALISPELL, MONTANA			RAPID CITY, SOUTH DAKOTA		
	Temp. High-Low	% Relative Humidity	Average # of Days with Rainfall	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall
JAN	31 to 18	80%	12	37 to 13	69 to 54	7
FEB	33 to 19	79%	10	40 to 15	73 to 53	7
MAR	42 to 26	73%	11	48 to 23	76 to 49	9
APR	52 to 32	66%	11	58 to 32	72 to 42	9
MAY	63 to 41	60%	11	68 to 42	73 to 45	12
JUN	71 to 48	61%	10	78 to 51	74 to 47	12
JUL	81 to 56	48%	5	87 to 58	70 to 38	9
AUG	81 to 56	47%	4	86 to 57	69 to 33	8
SEP	70 to 48	58%	5	76 to 46	69 to 35	6
OCT	54 to 37	72%	9	61 to 34	68 to 38	5
NOV	39 to 29	78%	11	47 to 22	71 to 49	6
DEC	30 to 20	79%	11	37 to 13	70 to 56	6

ABOUT YOUR DESTINATIONS: CULTURE, ETIQUETTE & MORE

Your Program Director

During your exclusive Grand Circle vacation, you'll have reliable assistance available at all times from an on-site Grand Circle Travel Program Director. Your Program Director is fluent in English and can give you an inside perspective on your destinations. He or she is 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 trips, 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 a Program Director throughout your vacation.

Culture of the American West

When you think of the culture of the West, certain associations come readily to mind...The courage of westward pioneers. The rugged individualism of the cowboy. The grit and endurance of early homesteaders. The subjugation of Native Americans. The love of freedom and wide-open spaces—and the disdain for any government, society, or individual that tried to restrict it.

While these tropes have historical bases, they offer only a snapshot of a brief era—mostly, the latter half of the 19th century. The story of the West goes back much farther than that. So on this journey, you'll get better acquainted with a variety of destinations, each with distinctive cultural roots that are, in many cases, eons old. You will certainly encounter many homages to the “Old West” or “Wild West”—the time lionized in everything from folklore to dime novels to Hollywood movies. But you will also go far beyond the myths.

In the 19th century, when Anglo settlers began arriving in the West in large numbers, it was not an empty land. Especially in the southwest, there were already numerous Spanish and then Mexican settlements. Native American tribes, of course, had inhabited the region for at least 15,000 years. While the Hispanic people were mostly farmers, the indigenous people survived mainly by hunting, gathering, and fishing. In general there was a bountiful supply, so that tribes could afford to trade and establish permanent or semi-permanent settlements. This all changed with the advent of white settlers, who disrupted the traditional food chain and forced the native people from their lands and onto reservations.

During World War II, one third of all Native American men between 18 and 50 served in the U.S. military. The increased interaction with non-tribal people marked a turning point in Native American society, and after their service, many Native Americans left reservations for well-paying jobs in cities. Today, only about 22% of Native Americans live on reservations. While many

aspects of Native American heritage have been appropriated into the overall Western culture—place names, artistic motifs, and even certain spiritual beliefs about the natural world—Native Americans themselves have had a hard time assimilating. Their communities still contend with discrimination, poverty, addiction, crime, poor health, and the many ills of cyclical poverty.

The states visited on this journey—Utah, Wyoming, Montana, and South Dakota—are all sparsely populated, and dominated by stupendous landscapes. With many major industries dependent on this natural endowment—tourism, mining, oil, gas, farming, and cattle ranching—it is no surprise that environmental issues are a constant source of discussion and debate.

Then as now, the West was the one place where social norms could be bucked. There is a certain “live and let live” attitude; people tend to be friendly and easygoing; and they do not stand on ceremony. You may well feel that you are in the “land of the free.”

Religion and Religious Observances

In all four states visited on this trip (Utah, Wyoming, Montana, and South Dakota), the majority of people identify as Christian, though the influence of religion in daily life here has declined over the past 50 years, following a similar pattern to the rest of the country. About 29% of people say they have no religious affiliation; 35% belong to a Protestant denomination (including Evangelical); 23% are Catholic; 5% are Mormon; and about 7% are Jewish, Muslim, Buddhist or other. In Utah, 60.68% of adults are Mormon, and the vast majority of them claim to be active, regular churchgoers in the mainstream Mormon Church of Latter Day Saints (LDS).

Laundry Service

Your Program Director or hotel concierge can assist you with making arrangements for this service. Most hotels will offer self-service washers and dryers.

Northwestern American Cuisine

If you were to eat like a cowboy, your meal would be based on staples like beans, hard biscuits, dried meat jerky, and maybe a chunk of salt pork—washed down with strong black coffee. Fortunately for you, the cuisine of the American West has come a long way since it was first dispensed from a chuckwagon. Here are a few uniquely Western dishes to try:

Not only is the **bison** featured on the state flag of **Wyoming**, it's featured on many menus in the form of steak, meat loaf, short ribs and the **bison burger**. The meat is leaner than beef and full of flavor. Wyoming is also known for **cutthroat trout**. This fish tastes delicious baked, barbecued or fried.

- If you see **Wyomatoes** on the menu, don't miss these extra sweet and juicy tomatoes. They are only grown in Big Piney, Wyoming (elevation 7,400 feet), but coveted by chefs all over the state.

In **South Dakota**, you may see **chislic** on the menu. Brought by German-Russian immigrants, *chislic* are cubes of meat (beef, lamb, venison, or even goat) that are skewered and grilled or deep fried, and served with dipping sauces.

- South Dakota's German community also contributed **kuchen**, a custard pie with fruits such as prunes, peaches, raisins, or apples and topped with streusel or slivered almonds.
- **Pheasant poppers** are popular bar snacks. These are jalapeno peppers stuffed with cream cheese and pheasant that are wrapped in bacon, and deep-fried.

In **Utah**, the food has more of a European profile, reflecting the pioneer heritage. Here, they like their frybread sweet, so they ladle it with butter and honey, and call it a **Utah scone**.

- They also love ice cream, and are famous for super-thick **shakes** and **Aggie Blue Mint ice cream**. The latter is a pale blue blend of mint, white chocolate, and Oreos that was invented at the creamery at Utah State University's agricultural college, but is now beloved all over the state.
- Utah is also famous for the **pastrami burger**, which is (you guessed it) a beef patty topped with hot pastrami, Swiss cheese, lettuce, tomatoes, onion, and **Utah fry sauce** (ketchup and mayonnaise.)
- You don't have to be in mourning to love **funeral potatoes**, a casserole of hash browns covered in cream soup, cheese, sour cream, and a crunchy topping of buttered corn flake crumbs. Utah ladies would bring them to grieving families as comfort food, hence the name.

Rapid City

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.

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.

Shopping & Souvenirs

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.

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.

Shopping: What to Buy, Customs, Shipping & More

There may be scheduled visits to local shops during your vacation. 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 is not responsible for purchases you make on your trip or for the shipment of your purchases.

Returns

If you discover an issue with an item, you should contact the vendor directly. If the shop is outside the country, you should expect that any resolution will take longer than it would in the U.S. We recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. Keep in mind, local practice may vary from the standards you are used to, so don't assume that you have a certain number of days after the purchase to speak up or that you are guaranteed a refund.

Crafts & Souvenirs

Sales Tax in the U.S.

When thinking of sales tax, please keep in mind two things: It varies from place to place and it is subject to change without notice. *(Also, please note that this section is intended to cover all of our itineraries in the Western U.S., so you may not be visiting all of these states.)*

- **Montana:** Montana does not have a general sales tax.
- **South Dakota:** The average sales tax in South Dakota is 4% although different towns can add on to this amount, so in some cities it is as much as 6%.
- **Wyoming:** Sales tax ranges from 4% to 6% depending on the city.
- **Utah:** Sales tax ranges from 4.7% to just under 8%, depending on the city.

U.S. Customs Regulations & Shipping Charges

For all things related to U.S. Customs, the ultimate authority is the U.S. Bureau of Customs & Border Protection. Their website, **www.cbp.gov** has the answers to the most frequently asked questions. Or you can call them at **1-877-227-5511**.

The top three points to know are:

- At time of writing, your personal duty-free allowance is \$800 for items brought with you. Items totaling more than \$800 are subject to duty fees.
- **Items shipped home are always subject to duty when received in the U.S.** Even when the shop has offered to include shipping and duties in the price, this typically means shipping to the nearest customs facility and payment of the export duties—not door-to-door shipping or payment of the import duties. All additional duties or shipping charges would be your responsibility. Unless an item is small enough to send by parcel service (like FedEx), chances are you will need to arrange shipping or pick-up once the item is in the U.S. and will need to pay customs duties.
- 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.

DEMOGRAPHICS & HISTORY

Northwestern United States

Facts, Figures & National Holidays

Note: This section covers all of our itineraries in the Western U.S.

Montana

- Area: 147,042 square miles
- Capital: Helena
- Entered Union (rank): November 8, 1889 (41)
- Motto: Oro y Plata (Gold and Silver)
- Nickname: Big Sky Country
- Time zone: Montana 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
- Time zone: The eastern half of South Dakota is on Central Time; the western half 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
- Time zone: Wyoming 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
- Time zone: Utah is on Mountain Time.

National Holidays: USA

While many major holidays have a fixed date, some move around from year to year (Thanksgiving, Easter). To find out if you

will be traveling during a holiday, please visit **www.timeanddate.com/holidays**.

RESOURCES

Suggested Reading

General West

Calamity Jane: The Life and Legend of Martha Jane Cannary by D.J. Herda (2018, Biography) The real story of Martha Jane Cannary, who went from being a penniless orphan to being one of the most celebrated figures of the West, is a far cry from the movie version depicted by Doris Day. With her friend Wild Bill Hickok, she came to embody the western spirit with her gun-toting, tough-talking, hard-drinking ways.

The American West: A Very Short Introduction by Stephen Aron (2015, History) Eminent historian Aron traces the history of the American frontier from 900 AD to the present, exploring the impact of all the diverse peoples who lived there. The result is a provocative study that goes beyond the myths of the “Old West” to offer a wider, more complex, and more prescient understanding of the region.

African American Women of the Old West by Tricia Martineau Wagner (2007, History) The pioneers who settled the western frontier were not only male—and not only white. Wagner reconstructs the stories of ten African American women, some of whom were born slaves, who worked as laundresses, journalists, educators, midwives, business owners, philanthropists, mail haulers, and social activists to find some measure of freedom in the Old West.

Wyoming

The Cold Dish by Craig Johnson (2005, Mystery) Part of the Longmire series of detective novels. This installment concerns the killings of two men who years ago had received only a slap on the wrist for the rape of a disabled young Cheyenne woman. As Sheriff Longmire and his partners investigate, we get a rich portrait of the relations between local Native Americans and their white Wyoming neighbors.

The Virginian by Owen Wister (1902, Western) This is widely considered the first Western novel. It is the fictional story of a man from back east who comes to Medicine Bow, Wyoming, and becomes caught up in the Johnson County Cattle Wars.

Montana

The Last Stand by Nathaniel Philbrick (2010, History) A well-researched account of the Battle of Little Bighorn, with background on the lives of its two protagonists—Custer and Sitting Bull.

Winter: Notes from Montana by Rick Bass (1991, Memoir) Acclaimed writer Rick Bass spent a winter without electricity in the wilderness of Montana.

This House of Sky by Ivan Doig (1978, Autobiography) A portrait of growing up in the wild and rugged Montana. Doig paints a vivid picture of a tightly knit family living in a rugged terrain and struggling for survival.

South Dakota

Dakota : A Spiritual Geography by Kathleen Norris (1993, Memoir/Cultural Anthropology) In 1974, poet Norris inherited her grandmothers home and set out from New York to live a life on the Great Plains. This is her insightful account of Dakota life and culture, ranging from religion, smalltown values, group dynamics, gossip, economic dependence, and the importance of place.

Black Elk Speaks by Black Elk and John G. Neihardt (1932, Biography) Black Elk was an Oglala Lakota holy man and a Catholic convert who witnessed the Battle of the Little Big Horn, was wounded at the Wounded Knee Massacre in 1890, and was a member of Buffalo Bill's Wild West Show. This is his remarkable (and controversial) first-hand account of the last days of the Lakota Sioux in western South Dakota at the end of the Indian wars in 1890.

The Conquest: The Story of a Negro Pioneer by Oscar Micheaux (1913, Autobiography) The story of a railroad porter who bravely struck out to become a homesteader in South Dakota. Micheaux went on to become America's first black filmmaker.

Utah

Under the Banner of Heaven: A Story of Violent Faith by Jon Krakauer (2003, History/Crime) The author weaves together two riveting stories: the grisly 1984 murder of a Utahn woman and her child; and the detailed history of the mainstream Mormon Church of Jesus Christ of Latter-Day Saints, and its more fundamentalist offshoots.

I Walked to Zion: True Stories of Young Pioneers on the Mormon Trail by Susan Arrington Madsen (1994, History) Many of the Mormons who crossed the plains to reach Utah were children, including the 30 young people under the age of 20 whose first-hand accounts of danger, longing, struggle, courage, romance, and wide-eyed wonderment are shared here.

Roadside Geology of Utah by Halka Chronic (1990, Natural History) When you're not riveted by the actual scenery you are passing through, peruse this engaging and informative book, which explains how all those amazing red, pink, white, and gold formations became the swirling, jagged, and gravity-defying miracles that light your way.

Desert Solitaire by Edward Abbey (1968, Natural History) An account of Edward Abbey's seasons as a ranger at Arches National Park outside Moab, Utah. Along the way he meets scorpions and snakes, obstinate tourists and annoying bureaucrats, and, most powerful of all, with his own mortality.

Suggested Films & Videos

General West

Nomadland (2020, Drama) A woman (Frances McDormand) loses her job when the gypsum plant that employs her entire town shuts down. With no other options, she lives in her van and takes up the life of a nomad, traveling around the West, taking seasonal work, and forging fragile relations with others who have been similarly marginalized.

The Ballad of Buster Scruggs (2018, Drama/Comedy/Musical) This six-part anthology from brothers Joel and Ethan Coen takes the tropes we know from western classics, and infuses them with black humor and irony. Each of the six stories takes place in a different western locale, the mood careens from horrific to hilarious, and the soundtrack includes many traditional songs that evoke the period.

Dances with Wolves (1990, Western) A Union officer leaves his post to live among the Lakota Sioux, and over time, develops a growing respect for the culture that has been so misunderstood. Winner of the Best Picture, this Kevin Costner opus is credited with revitalizing the Western genre.

Wyoming

Brokeback Mountain (2005, Western) Based on the novel by Annie Proulx, this is the love story of two ranch hands (Jake Gyllenhaal and Heath Ledger) who share an intimate connection in the isolated wilds of Wyoming, and the pain and loneliness that ensue when they return to their lives afterwards.

Unforgiven (1992, Western) A repentant outlaw is drawn out of retirement when he is asked to bring the men who disfigured a prostitute to justice. A revisionist western from Clint Eastwood, who directed and starred with a cast that includes Morgan Freeman, Richard Harris, Frances Fisher, and Gene Hackman.

Montana

Badlands (1973, Drama) Acclaimed as one of the most influential *film noirs* ever made, this disturbing tale follows two lost souls (Martin Sheen and Sissy Spacek) who escape their dull and despairing lives by going on a murder spree. Loosely based on the real-life murderer Carl Starkweather, the film is notable on many levels including its haunting score and the artful cinematography of Tak Fujimoto.

South Dakota

Woman Walks Ahead (2017, Biopic) Caroline Weldon (Jessica Chastain) is a Swiss-American portrait painter who travels from New York to the Dakotas to paint a portrait of Chief Sitting Bull. As their relationship develops, she becomes embroiled in the Lakota peoples' struggle over land rights.

The Revenant (2015, Drama) A brutal story about a fur trapper, Hugh Glass (Leonardo DiCaprio) whose party is ambushed by Arikara Indians. When Glass is attacked by a rampaging bear, he is left for dead, but survives to avenge the treachery of his peers.

Deadwood (2004–2006, Television Series) This Emmy-winning series chronicled the growth of Deadwood, South Dakota from a Wild West camp to a thriving town. Created by David Milch, it features a talented cast who portray both fictional and real life characters, with story lines that are at once gritty, funny, tragic, and inspiring.

Utah

The Executioner's Song (1982, Docu-drama) Based on the Norman Mailer book and originally made as a two-part television miniseries, this film focuses on the last nine months in the life of convicted killer Gary Gilmore (Tommy Lee Jones). Unable to stop the unraveling of his drifter life, Gilmore became a media sensation when he demanded to be executed for his crime—and the state of Utah complied.

Jeremiah Johnson (1972, Drama) Filmed at more than 100 spectacular locations across Utah, this Robert Redford odyssey is about a man who turns his back on civilization to live as a mountain man.

She Wore a Yellow Ribbon (1949, Western) You could watch just about any John Ford western for a stirring, mythic depiction of the American West. But this classic about an aging fort commander facing retirement (John Wayne, supported by a cast of superb character actors), includes some of the most inspiring and iconic footage of Ford's favorite western landscape: Monument Valley, Utah.

Useful Websites

Grand Circle Forum (tips from previous travelers)

www.gct.com/forum

Grand Circle Frequently Asked Questions

www.gct.com/faq

International Health Information/CDC (Centers for Disease Control)

www.cdc.gov/travel

Electricity & Plugs

www.worldstandards.eu/electricity/plugs-and-sockets

Foreign Exchange Rates

www.xe.com/currencyconverter
www.oanda.com/converter/classic

ATM Locators

www.mastercard.com/atm
www.visa.com/atmlocator

World Weather

www.intellicast.com
www.weather.com
www.wunderground.com

Basic Travel Phrases (80 languages)

www.travlang.com/languages

Packing Tips

www.travelite.org

U.S. Customs & Border Protection

www.cbp.gov/travel

Transportation Security Administration (TSA)

www.tsa.gov

National Passport Information Center

www.travel.state.gov

Holidays Worldwide

www.timeanddate.com/holidays

Country information

Useful Apps

Flight Stats

Track departures, arrivals, and flight status

LoungeBuddy

Get access to premium airport lounges around the world

Timeshifter

Personalized tips for avoiding jetlag, based on neuroscience and your own data

GoogleMaps

Maps and directions anywhere in the world

Triposo

City guides, walking maps, and more – and it works offline

Rome2rio

Where to go, what to see, and what to do in more than 160 countries

Flush or Sit or Squat

Find a clean toilet anywhere

Uber

Ride sharing around the world

Visa Plus and Mastercard Cirrus

ATM locations

Shows the location of the nearest ATM in your network

TunnelBear

Provides a secure VPN (virtual private network) that will encrypt your browsing data when you use a public WiFi network

What's App, Skype, or Signal

WiFi calling anywhere in the world

Duolingo, FLuentU, or Babbel

Learn dozens of foreign languages

Google Translate

Fast and simple translations

XE

Currency conversions

SizeGuide

Clothing and shoe sizes in all countries

Best Units Converter

Converts currency, mileage, weights, and many other units of measurement

Happy Cow

Locate vegan and vegetarian eateries in 195 countries

Eatwith

Dine with locals all over the world

Meetup

Connects you with locals who share your interests

Skyview

Identifies constellations and heavenly bodies

Travello

Find travel friends on the road

TripWhistle

Maps your location and provides emergency numbers for police, medics, and more

GeoSure

Safely navigate neighborhoods around the world

Tourlina

For women only, it connects you with other female travelers

ALIX for One

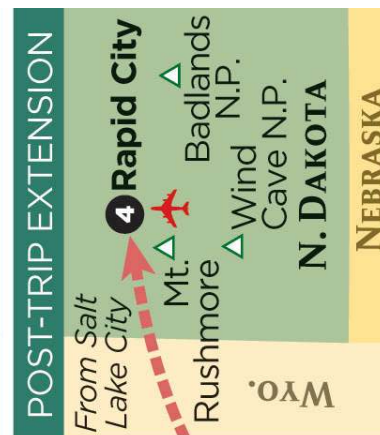
Created by and for women, it identifies solo-friendly dining spots in major international cities

Chirpey

For women only, connect with other women, find out what's safe, meet up, and more



Arrival/Departure
 Nights at destination
 Included Tour
 Optional Tour
 Motorcoach Route
 Air Route



SHARE YOUR TRAVEL EXPERIENCES

We invite you to share your videos, slideshows, and photos of your past Grand Circle vacations to help inspire your fellow travelers. Go to www.gct.com/myplanner to upload your photos or video of at least 7 minutes in length and they may be featured on our website.

Most Popular Videos, Slideshows & Photos from our Grand Circle Vacations Created by our Travelers



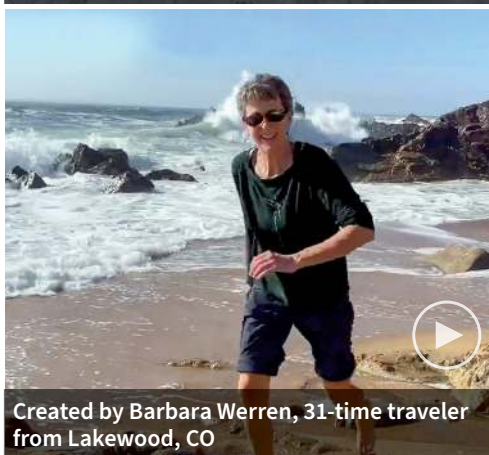
Submitted by Paul Motyka, 11-time traveler
from Acton, MA



Submitted by Kay Gevedon, 3-time traveler
from Mt. Sterling, KY



Submitted by David Woods, first-time
traveler from Rockport, TX



Created by Barbara Werren, 31-time traveler
from Lakewood, CO



Created by Sharon Fleury, 8-time traveler
from Poughkeepsie, NY



Created by Susan Karski, 5-time traveler
from Wimauma, FL



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