

Grand Circle Travel[®]

THE LEADER IN VALUE AND WORLDWIDE DISCOVERY SINCE 1958

Your Grand Circle Travel Planning Guide



Best of the Canadian Rockies: Calgary to
Vancouver

2026

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.

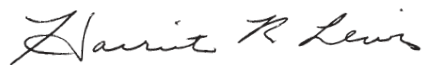
When you travel with us, you will enjoy a thoughtfully designed itinerary that balances unforgettable included discoveries with time for independent explorations. Your experience will be enriched by the company of like-minded American travelers and an **expert, local Program Director**. Assigned to a 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 customize 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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Jasper National Park, Alberta

Best of the Canadian Rockies: Calgary to Vancouver

Canada: Calgary, Banff, Jasper, Kamloops, Kelowna, Vancouver

14 days starting from \$5,495

including airfare

Single Supplement: **FREE**

For departure dates & prices, visit

www.gct.com/crg2026pricing

Discover some of nature's most stunning creations on this comprehensive tour of the Canadian Rockies. Journey through the flat prairies of Alberta's cowboy country to the dramatic mountainous landscapes of British Columbia and the Pacific Coast—exploring the grandeur of Banff, Jasper, and beautiful Kelowna along the way.

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 14 nights in comfortable rooms with private baths
- **25 meals:** 13 breakfasts, 10 lunches, and 2 dinners
- **12 included features:** 9 guided tours and 3 exclusive Discovery Series events: Ranch visit • Salmon conversation • Salmon cooking demonstration • Lavender Farm visit • Winery visit
- 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.

Best of the Canadian Rockies: Calgary to Vancouver



ITINERARY SUMMARY

1-2 • Depart U.S. • Calgary, Alberta
Included Tour Calgary

3-5 • Banff

Included Tours Buffalo Nations Museum, Banff National Park, Lake Louise

6-7 • Jasper

Included Tours Columbia Icefield, Maligne Lake

8 • Kamloops, British Columbia

9-10 • Kelowna

Included Tour Kamloops Indian Residential School

11-13 • Vancouver

Included Tours Vancouver, Chinatown & Dr. Sun Yat-Sen Classical Chinese Garden

14 • Return to U.S.

WHAT TO EXPECT

① ② ③ ④ ⑤ Easy

Group Size

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

Pacing

- 6 locations in 14 days, including 1 single-night stay
- 3 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 stairs
- Some activities in the Rockies take place at higher altitudes and may be more strenuous
- Not accessible for travelers using wheelchairs or scooters
- Travelers using walkers, crutches, or other mobility aids must travel with a companion who can assist them
- 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

- Uneven walking surfaces, including unpaved paths, steep hills, stairs, cobblestones, and ice
- Travel by 55-seat motorcoach, *Ice Explorer* snowcoach, and boat

Climate

- Daytime temperatures range from 48-78°F during touring season
- June-August are the warmest months
- May, late September, and October are the coolest months, when snow and frozen lakes are common
- Weather in the mountains can be unpredictable throughout the year and change quickly

MAXIMIZE YOUR DISCOVERIES & VALUE

OPTIONAL EXTENSIONS

all with FREE Single Supplements

Yellowstone National Park & Montana

PRE-TRIP: 5 nights from **\$2,295**

Victoria, British Columbia

POST-TRIP: 3 nights from **\$1,295**

Best of the Canadian Rockies: Calgary to Vancouver

YOUR DETAILED ITINERARY

BEGIN YOUR TRIP WITH AN OPTIONAL PRE-TRIP EXTENSION

5 nights in *Yellowstone National Park & Montana*

Day 1 Arrive Billings, Montana

Day 2 Explore Billings • Visit Yellowstone National Park • West Yellowstone

Day 3 West Yellowstone • Visit Yellowstone National Park

Day 4 West Yellowstone • Visit Yellowstone National Park

Day 5 West Yellowstone • Great Falls

Day 6 Great Falls • Calgary, Canada

Day 1 Arrive Calgary, Alberta

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

Morning/Afternoon: Travel to Calgary today to begin your Canadian Rockies tour, with your arrival time depending on your departure city. This evening, meet your Program Director and fellow travelers, including those who took our *Yellowstone National Park & Montana* pre-trip extension, for a brief orientation walk of the neighborhood.

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 Calgary

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

Breakfast: At the hotel.

Morning: Explore Calgary, setting off on a city tour after an orientation briefing.

Backdropped by the rugged, snow-capped Canadian Rockies, Alberta's largest metropolis has a distinctly Western flair—and was host to Canada's first Winter Olympics in 1988. An oil boom in the late 1940s ignited the city's economy and development, and by the 1990s, a series of downtown skyscrapers emerged that continue to characterize its skyline to this day.

Lunch: Get to know your fellow travelers a little better during an included Welcome Lunch at a local restaurant.

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

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 3 Calgary • Ranch visit • Banff

- Destination: Banff
- Included Meals: Breakfast, Lunch
- Accommodations: Elk Avenue Hotel or similar

Breakfast: At the hotel.

Morning: Begin your transfer to Banff today, stopping along the way to see the local cowboy culture brought to life at an Alberta ranch. During this exclusive Discovery Series visit, get a feel for daily life here as you tour the grounds and chat with the ranch hands.

Lunch: Sample rustic country cuisine during an included lunch at the ranch.

Afternoon: Continue your journey toward Banff, arriving at your hotel later today. The site of Canada's oldest national park, Banff is nestled in a charming valley dominated by high mountains.

Dinner/Evening: The evening is yours to spend at leisure, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 4 Banff • Visit Buffalo Nations Museum • Visit Banff National Park

- Destination: Banff
- Included Meals: Breakfast, Lunch
- Accommodations: Elk Avenue Hotel or similar

Breakfast: At the hotel.

Morning: Visit the Buffalo Nations Museum, dedicated to the First Nations people, indigenous people who inhabited the Northern Plains and Canadian Rockies before the arrival of the Europeans. This museum spotlights their proud heritage and rich culture with a wide-ranging collection of arts, artifacts, and ceremonial pieces.

After your museum visit, you'll tour Banff National Park, Canada's first and most popular national park, as well as a UNESCO World Heritage Site. Your panoramic tour along the Tunnel Mountain Drive loop takes you to many of the park's scenic highlights, including Lake Minnewanka, Two Jack Lake, and the curiously shaped *hoodoos*—spires of eroded limestone and sandstone.

Lunch: Enjoy an included lunch at a local Banff restaurant.

Afternoon: Return to Banff this afternoon, and spend the rest of the day at leisure. Banff is an outdoor paradise, and your Program Director can help you arrange nature hikes, horseback excursions, or gondola rides during your free time.

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 5 Banff • Visit Lake Louise

- Destination: Banff
- Included Meals: Breakfast, Lunch
- Accommodations: Elk Avenue Hotel or similar

Breakfast: At the hotel.

Morning: Travel to Lake Louise, named for Princess Louise Caroline Alberta, daughter of Queen Victoria. When thawed, the blue-green waters appear almost tropical, though it

generally stays frozen through mid-June. Commanding a spectacular view of the lake and surrounding mountains, the Victorian Chateau Lake Louise offers paths you can stroll between shoreline and cliffs.

Lunch: At a local restaurant.

Afternoon: Free for your own discoveries. Perhaps you'll choose to stroll down Banff Avenue, the main street of this quaint town lined with boutiques and restaurants. Or visit the Whyte Museum, uncovering the history here (Banff was created in 1885) through a collection of pieces and archived photographs.

You might walk to Bow Falls, a short but dramatic convergence of Spray and Bow Rivers. Or continue your explorations in Banff National Park with recommendations from your Program Director.

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 6 Banff • Visit Columbia Icefield • Jasper

- Destination: Jasper
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Lobstick Lodge or similar

Breakfast: At the hotel.

Morning: Your tour of the Canadian Rockies continues with a full-day journey to Jasper, a 185-mile trek across one of the world's most spectacular highways, the Icefields Parkway. You'll travel over Bow Pass, which rises to an altitude of 7,000 feet.

Lunch: Along the way, you'll stop at a local restaurant for an included lunch.

Afternoon: Continue along the Icefields Parkway, marveling at the many glaciers of the Columbia Icefield, the largest body of ice in the Rocky Mountains—and the Athabasca Glacier, the largest accessible by road in the Canadian Rockies.

Stop here for a ride aboard the Ice Explorer snowcoach onto the Athabasca Glacier, whose ice is almost 1,000 feet thick. Stepping onto the glacier's surface, don't fight the temptation to toss a snowball or two!

Arrive late this afternoon in Jasper, an old trading post town located in the heart of Jasper National Park.

Dinner: On your own.

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

Day 7 Jasper • Visit Maligne Lake

- Destination: Jasper
- Included Meals: Breakfast
- Accommodations: Lobstick Lodge or similar

Activity Note: The Maligne Lake cruise is only available from June–September.

Breakfast: At the hotel.

Morning: After breakfast, set out for a cruise of Maligne Lake, passing by tiny Spirit Island—often featured in quintessential images of the Canadian Rockies. This 90-minute cruise on the turquoise waters is a golden opportunity to relax and experience the sheer majesty of the Rockies in all their unspoiled glory.

Then, return to Jasper, arriving early in the afternoon, where the rest of the day is at your leisure.

Lunch: On your own. Check with your Program Director for ideas.

Afternoon: This afternoon we'll meet with members of the local group Warrior Women, who perform drumming shows all across the globe. These women have ties to the Cree people, an indigenous group of North America. We'll have a chance to hear stories about their heritage, and ask any questions we may have about their music.

Dinner: On your own. Check with your Program Director for suggestions.

Evening: Continue making independent discoveries this evening. Ask your Program Director for restaurant recommendations.

Day 8 Jasper • Kamloops, British Columbia

- Destination: Kamloops
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Thompson Hotel or similar

Breakfast: At the hotel.

Morning: Depart Jasper for your next destination, the Canadian Rockies province of British Columbia (changing time zones) as you travel from Jasper to Kamloops today.

Lunch: You'll enjoy a bag lunch as you travel toward British Columbia.

Afternoon: Continue your journey toward Kamloops, arriving at your hotel with time to settle in before dinner.

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 9 Kamloops • Conversation with First Nations representative about residential schools • Kelowna

- Destination: Kelowna
- Included Meals: Breakfast, Lunch
- Accommodations: Best Western Kelowna Hotel or similar

Breakfast: At the hotel.

Morning: Head to Kelowna this morning. Along the way, we'll meet with a representative of the First Nations people to discuss a controversial chapter of Canadian history, residential schools. These places often had a mission to "Christianize and civilize" the native population, and First Nations children were forcibly removed from their families and sent to the school, where they were forbidden to speak their native language or practice their religion. Learn from this local expert about the history of the First Nations people in this region, and about the challenges they continue to face looking toward the future.

Next, we'll depart for Kelowna, stopping on the way for lunch.

Lunch: Stop in the city of Vernon for an included lunch.

Afternoon: Continue your transfer to Kelowna, arriving late today.

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 10 Explore Kelowna • Winery visit & tasting

- Destination: Kelowna
- Included Meals: Breakfast, Lunch
- Accommodations: Best Western Kelowna Hotel or similar

Breakfast: At the hotel.

Morning: Begin your exploration of lake country in the Okanagan. Punctuated by pine forests and an abundance of lakes, the region is known for its myriad recreational opportunities, vineyards, and orchards. First, you'll enjoy an exclusive Discovery Series event during a visit to a local family-owned winery. The Okanagan valley is one of Canada's largest wine regions, and during your time here, you'll learn about the work that goes into its production. You'll also have a chance to sample a few vintages during a tasting.

Lunch: At the winery.

Afternoon: Return to explore the burgeoning town of Kelowna, situated on the shores of Lake Okanagan. Kelowna is the heart of the Okanagan region and features sandy beaches, lush forested hills, and fertile valleys. You'll have the remainder of the day to relax or explore Kelowna independently.

Dinner: On your own.

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

Day 11 Kelowna • Explore Vancouver

- Destination: Vancouver
- Included Meals: Breakfast, Lunch
- Accommodations: Sheraton Vancouver Wall Center or similar

Breakfast: At the hotel.

Morning: Bid farewell to Kelowna and begin your transfer to Vancouver, the final stop on your Canadian Rockies vacation.

Lunch: En route, stop in the town of Hope for an included lunch at a local restaurant.

Afternoon: Arrive in Vancouver, then set off on a city tour and see how the city's urban character is complemented by its proximity to the mountains, lush forests, and beaches. Visit Stanley Park, dedicated by Lord Stanley in 1889 for the "use and enjoyment of all people of all colors, creeds, and customs for all time" and dotted with majestic evergreen forests, a beautiful formal rose garden, and pristine beaches.

You'll also see downtown, the epicenter of business and government, and Gastown, the historical center of the city—which you'll have the opportunity to explore more closely tomorrow.

Arrive at your hotel at the conclusion of your tour, and enjoy the rest of the day at leisure.

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 12 Explore Vancouver

- Destination: Vancouver
- Included Meals: Breakfast, Lunch
- Accommodations: Sheraton Vancouver Wall Center or similar

Breakfast: At the hotel.

Morning: Join your Program Director for an included morning tour, discovering another side of Canadian history and culture, with opportunities for local interaction.

Lunch: At a local restaurant.

Afternoon: The rest of the afternoon is free for your own discoveries. You might choose to explore Gastown, the city's oldest and most famous neighborhood.

Named for steamboat captain John "Gassy Jack" Deighton, so known because of his chattiness and affinity for storytelling, Gastown is considered the hub in which downtown Vancouver was born. After Deighton opened a saloon there in 1867, the town began to grow into a center for commerce complete with a sawmill and seaport, and gradually became a place for local fishermen and sailors to relax outside of work.

Gastown was incorporated into the city of Vancouver in 1886, and is now known for its unique nineteenth-century architecture, quaint shops, and some of the best restaurants the city has to offer. It's perhaps best known for its steam clock tower—one of the few in the world still operational. You can still spot the original steam engines through the clock's translucent glass, though the clock itself now runs on an electric motor.

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 13 Explore Vancouver • Visit Dr. Sun Yat-Sen Classical Chinese Garden • Visit Granville Island

- Destination: Vancouver
- Included Meals: Breakfast, Dinner
- Accommodations: Sheraton Vancouver Wall Center or similar

Breakfast: At the hotel.

Morning: Experience Vancouver's expansive Chinatown, the second-largest in North America, this morning. The Chinese were

among the first settlers of Vancouver, so while it's a relatively new city, Chinatown is one of its oldest neighborhoods.

Enter through the gaily painted pillars of China Gate, and once inside, find landmarks such as the Chinese Cultural Centre Museum and Archives and the Sam Kee building, the narrowest office building in the world. You'll notice that many of Chinatown's buildings date from Victorian times and have typically Chinese features.

You'll also explore the Dr. Sun Yat-Sen Classical Chinese Garden, the first of its kind outside of China. As you wander the manicured grounds that evoke 15th-century China, learn about the Ming Dynasty through the architecture and horticulture you find here.

Afterwards, you'll take a panoramic motorcoach ride through nearby Queen Elizabeth Gardens, a hilly, verdant park that provides some of the best views of Vancouver.

Lunch/Afternoon: Head to the bustling shopping district of Granville Island for lunch on your own, and some free time to peruse the sprawling Public Market. Your Program Director would be happy to provide suggestions for restaurants in the area as well as free time activities.

Dinner: Gather with your fellow travelers for an included Farewell Dinner at a the hotel restaurant.

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

Day 14 Return to U.S.

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the airport and return home today, or continue your Canadian explorations on our optional *Victoria, British Columbia* extension.

END YOUR TRIP WITH AN OPTIONAL POST-TRIP EXTENSION

3 nights in *Victoria, British Columbia*

Day 1 Vancouver • Explore Victoria

Day 3 Victoria • Whale watching excursion

Day 2 Victoria • Visit Butchart Gardens

Day 4 Depart Victoria

PRE-TRIP

Yellowstone National Park & Montana

INCLUDED IN YOUR PRICE

- » **Accommodations** for 5 nights
- » **7 meals:** 5 breakfasts, 1 lunch, and 1 dinner
- » **6 included tours:** Billings, three in Yellowstone National Park, Gates of the Mountains river cruise, Head-Smashed-In Buffalo Jump
- » Exclusive services of a local Grand Circle Program Director
- » **Gratuities** for local guides and motorcoach drivers on your extension and all optional tours
- » Private motorcoach land travel
- » All transfers

PRE-TRIP EXTENSION ITINERARY

Before setting off into Canada's wilds, explore one of the finest national parks in the United States—Yellowstone. Brimming with wildlife and bubbling with geothermal activity, this national treasure is a trove of natural wonders. Enjoy three days to discover the park's myriad highlights—as well as a chance to experience the town of Billings, Montana, and cruise the Upper Missouri Lakes to witness the Gates of the Mountains Wilderness.

Day 1 Arrive Billings, Montana

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

Morning/Afternoon: Travel to Billings, Montana today, with your arrival time depending on your departure city.

Dinner/Evening: The evening is yours to relax or explore independently, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 2 Explore Billings • Visit Yellowstone National Park • West Yellowstone

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

Activity Note: Due to unpredictable weather conditions and construction, roads in Yellowstone National Park may be closed unexpectedly at any time. In such cases, alternate itineraries will be arranged.

Breakfast: At the hotel.

Morning: After a brief city tour of Billings, depart for Yellowstone, America's oldest national park. Marvel at the spectacular scenery that abounds—forested valleys set against rugged mountain ranges—during your

68-mile transfer along the Beartooth Highway, said to be one of the most beautiful drives in the country.

Lunch: Stop at Cooke City for lunch on your own and time to explore Artist Point, as well as Inspiration Point, the aptly named lookout over the Grand Canyon of Yellowstone.

Afternoon: Arrive in West Yellowstone this afternoon, with time to settle into your hotel before dinner.

Dinner: On your own. Check with your Program Director for suggestions.

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

Day 3 West Yellowstone • Visit Yellowstone National Park

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

Breakfast: At the hotel.

Morning: Established by President Ulysses S. Grant in 1872, Yellowstone National Park has been capturing the imaginations of Americans for generations.

Witness several of its most prominent features today on your first of three tours in the park, including Mammoth Hot Springs, Norris Geyser Basin, and Lower Geyser Basin. You'll also admire the park's most punctual geyser—inimitable Old Faithful.

Lunch: Pause for an opportunity to enjoy lunch on your own in the park.

Afternoon: Head to Yellowstone Lake, where you'll have time to explore on your own. The lake has apparently drawn visitors since long

before the park was established: Archaeological digs unearthed evidence that families spent time along the shores of the lake more than 9,000 years ago.

Then, return to your hotel, where the rest of the day is at leisure.

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 4 West Yellowstone • Visit Yellowstone National Park

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

Breakfast: At the hotel.

Morning: Uncover more of the Yellowstone National Park's geothermal gems today, including Hayden Valley, Mud Volcano area, and Sulphur Caldron, one of the most acidic springs in the park—its sulphur-rich waters lend it the pH balance of a car battery.

Lunch: Take a break from your tour to enjoy lunch on your own.

Afternoon: More of the park's treasures await you, including the picture-perfect Tower Fall, whose beauty helped inspire the United States Congress to preserve Yellowstone as a National Park in 1872.

After your tour, return to your hotel, with the remainder of your day at leisure to soak in the fresh air and fantastic surroundings of this region.

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 5 West Yellowstone • Great Falls

- Destination: West Yellowstone
- Included Meals: Breakfast, Dinner
- Accommodations: Holiday Inn Great Falls or similar

Activity Note: Today's cruise through the Gates of the Mountains is only available from June to August.

Breakfast: At the hotel.

Morning: Embark on a scenic drive through picturesque Gallatin Canyon today as you head to Great Falls.

As you travel, stop in Helena to explore this Victorian-inspired state capital, founded as a gold camp.

Lunch: On your own in Helena—ask your Program Director for local restaurant recommendations.

Afternoon: Continue on to Gates of the Mountains Wilderness for a two-hour cruise on the Upper Missouri Lakes. This is an area made famous by the intrepid explorers Lewis and Clark, who named it for the large stone walls that resembled gates opening for them to pass through.

Arrive in Great Falls later today.

Dinner: Gather with your fellow travelers for an included dinner at a local restaurant.

Evening: Make independent discoveries this evening. Ask your Program Director for restaurant recommendations.

Day 6 Great Falls • Calgary, Canada

- Destination: Calgary
- Included Meals: Breakfast, Lunch

Breakfast: At the hotel.

Morning: Cross the border into Canada today, stopping en route at a UNESCO World Heritage Site with a curious name—Head-Smashed-In Buffalo Jump. For more than 6,000 years, native people hunted bison here by stampeding them over a cliff and bringing them to a nearby butchering camp. But despite its somewhat graphic past, it's a beautiful setting for exploration.

Lunch: Enjoy an included picnic lunch at this picturesque locale.

Afternoon: Arrive in Calgary this afternoon, where you'll join your fellow travelers on your *Best of the Canadian Rockies* trip.

POST-TRIP

Victoria, British Columbia

INCLUDED IN YOUR PRICE

- » **Accommodations** for 3 nights
- » **4 meals:** 3 breakfasts and 1 dinner
- » **3 included tours:** Victoria, Butchart Gardens, Whale watching excursion
- » One-way ferry transfer between Vancouver and Victoria
- » Exclusive services of a local Grand Circle Program Director
- » **Gratuities** for local guides and motorcoach drivers on your extension and all optional tours
- » All transfers

POST-TRIP EXTENSION ITINERARY

After experiencing the rugged allure of the Canadian Rockies, discover the charms of Victoria, the “Garden City.” This sophisticated seaside community still has a British colonial feel to its streets and offers visitors high teas in the afternoons, but also a character that is distinctively Pacific Northwest. Explore its award-winning gardens and parks, walk rain forest trails, view galleries of local art, and stroll the flower-bedecked streets.

Day 1 Vancouver • Explore Victoria

- Destination: Victoria
- Accommodations: Embassy Inn Victoria or similar

Breakfast: At the hotel, included as part of your main trip.

Morning: Embark on a 90-minute ferry ride to Victoria, the provincial capital of British Columbia since 1871 on the southwestern tip of Vancouver Island. Check in to your hotel upon arrival.

Lunch: On your own in Victoria—ask your Program Director for local restaurant recommendations.

Afternoon: You’ll have some time to relax or explore independently. Later today, enjoy a city tour of Victoria, seeing a host of unique landmarks, including the magnificent British Columbia Parliament Buildings.

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 2 Victoria • Visit Butchart Gardens

- Destination: Victoria
- Included Meals: Breakfast
- Accommodations: Embassy Inn Victoria or similar

Breakfast: At the hotel.

Morning: Enjoy an included tour of Butchart Gardens, a 55-acre floral extravaganza of rose, Japanese, Italian, and sunken gardens built from old rock quarries—considered one of the greatest displays of floral artistry in the world.

A gift from the estate of Canadian cement magnate Robert Butchart and his wife Jennie, it first opened to the public in 1904, and today, more than a million plants thrive within these gardens over the course of a year. The roses are particularly stunning: There are 117 varieties of tea rose plants and 400 grandiflora roses.

After your tour, return to your hotel, and spend the rest of the day at leisure.

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

Afternoon: Spend a free afternoon discovering the city's wonderful blend of patrician charm and modern excitement. While always true to and protective of its romantic and distinctly British heritage, the city has carved out a niche as a fresh, vibrant hub of burgeoning creativity.

There is plenty to do while you're here: You may wish to wander the halls of the Royal British Columbia Museum, shop in the Inner Harbour, or enjoy some active pursuits like cycling or kayaking.

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 3 Victoria • Whale watching excursion

- Destination: Victoria
- Included Meals: Breakfast, Dinner
- Accommodations: Embassy Inn Victoria or similar

Breakfast: At the hotel.

Morning: Head to the city wharf where you'll board a nimble catamaran for a memorable whale watching excursion in the ocean waters outside the city. Keep your eyes on the horizon for signs of the orca, humpback, minke, and gray whales that make their homes here, as well as a variety of other local marine and bird life. Your vessel's crew will help you spot these majestic creatures, and point out other signs of interest along the way.

You'll then return to the city, arriving in the early afternoon.

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

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

Dinner: Gather with your fellow travelers for an included Farewell 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 4 Depart Victoria

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the airport for your flight home to the U.S.

TRAVEL DOCUMENTS & ENTRY REQUIREMENTS

Your Passport

- Must be in good condition
- Must be valid for at least 6 months after your scheduled return to the U.S.
- Must have the required number of blank pages (details below)
- The blank pages must be labeled “Visas” at the top. Pages labeled “Amendments and Endorsements” are not acceptable

Need to Renew Your Passport?

Contact the National Passport Information Center (NPIC) at **1-877-487-2778**, or visit the U.S. Department of State’s official website at **www.travel.state.gov** for information on obtaining a new passport or renewing your existing passport. The U.S. Department of State allows for passport renewal by mail or, for applicable citizens, renewal online. We advise you review the process and requirements for online passport renewal on the official website.

You may also contact our recommended visa service company, PVS International, at **1-800-556-9990** for help with your passport.

Recommended Blank Pages

Please confirm that your passport has enough blank pages for this vacation.

- **Main trip only:** You will need 1 blank passport page.
- **Pre- and/or post-trip extensions:** No additional pages are needed.

No Visas Required

Travelers with a U.S. passport do not need any visas for this vacation, including the optional trip extensions.

Traveling Without a U.S. Passport?

If you are not a U.S. citizen, or if your passport is from any country other than the U.S., it is your responsibility to check with your local consulate, embassy, or a visa services company about visa requirements. We recommend the services of PVS International, a national visa service located in Washington D.C.; they can be reached at **1-800-556-9990** or **www.pvsinternational.org**.

Traveling With a Minor?

Traveling with a minor may require certain documentation for border crossings. For further detail on the required documentation, please contact the local embassy or state government.

Emergency Photocopies of Key Documents

We recommend you carry color photocopies of key documents including the photo page of your passport plus any applicable visas, air itinerary, credit cards (front and back), and an alternative form of ID. Add emergency phone numbers like your credit card company and the number for your travel protection plan. Store copies separate from the originals.

If you plan to email this information to yourself, please keep in mind that email is not always secure; consider using password protection or encryption. Also email is not always available worldwide. As an alternative, you could load these documents onto a flash drive instead, which can do double-duty as a place to backup photos during your trip.

Overseas Taxes & Fees

This tour may have taxes and fees that cannot be included in your airline ticket price because you are required to pay them in person onsite. All taxes are subject to change without notice and can be paid in cash (either U.S. or local currency).

Entry Process in Canada

As part of their routine entry process Canadian authorities may run a background check or ask general questions about the purpose and duration of your stay, your health, what funds are available to you during your trip, etc. This same process applies if you exit and re-enter Canada. For more details see the Canadian embassy's website at **www.international.gc.ca/country-pays/us-eu/**.

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

- 6 locations in 14 days, including 1 single-night stay
- 3 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 stairs
- Some activities in the Rockies take place at higher altitudes and may be more strenuous
- Not accessible for travelers using wheelchairs or scooters
- Travelers using walkers, crutches, or other mobility aids must travel with a companion who can assist them
- 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

- Uneven walking surfaces, including unpaved paths, steep hills, stairs, cobblestones, and ice
- Travel by 55-seat motorcoach, *Ice Explorer* snowcoach, and boat

CLIMATE

- Daytime temperatures range from 48-78°F during touring season
- June-August are the warmest months

- May, late September, and October are the coolest months, when snow and frozen lakes are common
- Weather in the mountains can be unpredictable throughout the year and change quickly

Long Drives & Other Rigors

This trip requires long motorcoach transfers. On the main trip alone we'll cover more than 1,150 miles total. **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 and walks that follow steep and uneven pathways. Terrain can be uneven, rocky or precarious; both included and optional tours can require extended walking to guarantee a truly rewarding experience. Some of the places you visit may not have not been improved with elevators, escalators, ramps, railings or other aids.

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 during this trip—up to 7,200 feet above sea level—plus have overnight stays in towns in the 3,500 to 4,600 foot range (Calgary, Banff, and Jasper). **Travelers on the pre-trip extension in Yellowstone will have even higher elevations** to contend with (on average the park is 8,000 feet above sea level). 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**, such as local currency, 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.
- **Ask before you pay in U.S. dollars.** Many shops in tourist centers like Banff, Jasper, and Vancouver will accept U.S. cash, but not all. When a shop does accept U.S. cash, the exchange rate is usually poor. You'll get more for your money if you use a credit card or pay in Canadian dollars.

Local Currency

For current exchange rates, please refer to an online converter tool like www.xe.com/currencyconverter, your bank, or the financial section of your newspaper.

Canada: Canadian dollar (\$)

How to Exchange Money

If you want to exchange money before your trip, you can usually do so through your bank or at an exchange office. Your departure airport in the U.S., a travel agent, or an AAA office are also possible outlets.

While there is no need to obtain Canadian dollars before your trip, many travelers do exchange \$50 to \$100 or so before they arrive. This can smooth your arrival should you run into closed banks/exchange offices or broken ATMs.

Once you are on the trip, you can withdraw Canadian dollars from an ATM. You can also exchange money at banks, most hotels, and money exchange offices. Canadian bank hours are similar to those in the U.S., generally 9 am to 3 or 4 pm. Please note that torn, dirty, or taped bills may not be accepted.

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 will charge a set fee or a percentage fee each time you use a foreign ATM. We recommend that you check with your bank before you depart. Don't forget to memorize the actual digits of your card's PIN number (many keypads at foreign ATMs do not include letters on their keys—they only display numbers.)

In most countries, ATMs are widely available in major cities. If you are in a rural location, it will likely be harder to find an ATM. If you are visiting a country that has different expectation for ATMs, they will be listed below.

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

While traveling, most countries and major cities will accept credit cards. We suggest that you bring one or two, 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, as not all are accepted around the world. If you are visiting a country that does not commonly accept credit cards, they will be listed below.

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. Some restaurants will add a service charge to your tab, and, in this case, it is still a nice gesture to add a little more if you have received good service. Your Program Director will tip waiters for the included meals when the group dines together.

AIR, OPTIONAL TOURS & STAYING IN TOUCH

Land Only Travelers & Customized 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).
- **Customized 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.

- **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.
- **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.

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**

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 from Abroad

Cell Phones

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

Calling Apps

Another option is to use a smartphone app like Skype, FaceTime, or WhatsApp. We recommend you use WhatsApp to communicate with home while abroad and with your Trip Experience Leader while onsite. You will need a Wi-Fi connection if you do not have international coverage. Other calling options include smartphone apps such as Skype or FaceTime. You will need a Wi-Fi connection for these apps and the calls may count towards your phone plan's data allowance. Many smartphones—and some tablets or laptops—come with one of these apps pre-installed or you can download them for free from the appropriate apps store.

Calling Cards and 1-800 Numbers

When calling the U.S. from a foreign country, a prepaid calling card can be useful because it circumvents unexpected charges from the hotel. Calling cards purchased locally are typically the best (less expensive, more likely to work with the local phones, etc.).

One reminder: Do not call U.S. 1-800 numbers outside the continental United States. This can result in costly long distance fees, since 1-800 numbers do not work outside the country.

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 50 lbs 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 | |
| <p>The extensions have the same overall luggage restrictions as the main trip.</p> <p>During the post-trip extension the distribution of weight is slightly different—the ferry to Victoria allows one piece of checked luggage of up to 49 lbs—but you can bring a carry-on of 16 lbs on the ferry, so the total weight remains the same.</p> | |
| 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.

Your Luggage

- **Checked Bag:** Consider a duffel bag or soft-sided suitcase for your checked luggage. Due to space limitations on our motor coaches, you are allowed one piece of checked luggage per person. Portage at airports and hotels is provided for one bag per person. All bags should have luggage tags.
- **Carry-Ons:** Consider a daypack or small backpack as your carry-on bag. It can do double duty during excursions and walking trips. A daypack leaves your hands free and distributes its weight onto your back.

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.
- **Laundry:** You'll have different laundry options available to you at different points: Our hotel in Jasper features self-service laundry machines for your use, other hotels offer laundry service. And of course, there's the tried-and-true method of washing a couple of items in the bathroom sink of your hotel room and letting them dry in the shower.
- **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 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

Essential Items

- ☐ Daily essentials: toothbrush, toothpaste, floss, hairbrush/comb, shaving items, deodorant, sunscreen, etc.
- ☐ Spare eyeglasses/contact lens and your prescription
- ☐ Sunglasses with a neck strap
- ☐ Insect repellent
- ☐ Swimsuit in case your hotel has a pool
- ☐ Wide-brim sun hat/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

Medicines & First Aid

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

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

Electricity

When traveling overseas, the voltage is usually different and the plugs might not be the same shape.

Voltage

Electricity at hotels in both the U.S. and Canada is 110 volts. If you bring small American appliances, you will not need a transformer-your appliances will work just as they do at home.

Plugs

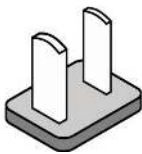
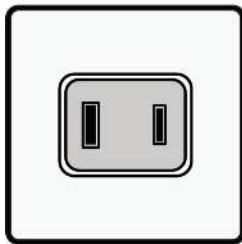
The shape of plugs will vary from country to country, and sometimes even within a country depending on when that building was built, however Canada and the U.S. both use Type A and Type B plugs, so you will not need any adapters for this trip.

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

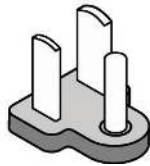
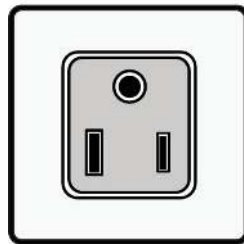
Here is the list of plugs for the countries on this trip:

Canada: A and/or B

Type A



Type B



CLIMATE & AVERAGE TEMPERATURES

Calgary (Alberta), Canada: Americans may associate Canada with ice and snow, but Calgary actually has relatively mild winters. It does get below freezing (especially at night), but the Chinook winds that often blow over the city in winter bring warmer air, so daytime highs in the 50s aren't unheard of. Spring and fall are both pleasant, with daytime highs in the 50s and 60s and lows in the 40s and 30s. Summer can bring a heat wave, but mostly stays in the 70–80 degree range and humidity is low. Overall the city is fairly sunny, with 2,396 hours of annual sunshine, on average. But when it does rain, chances are high it will be a downpour or a thunderstorm, especially in summer.

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

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

Montana: Montana's climate varies by the states 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 view 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.

Yellowstone National Park: The climate within the park is influenced by elevation. Generally speaking, the higher up into the mountains you go, the colder the climate, and the bigger the difference between daytime and nighttime temperatures. 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. Rainfall can happen at any time of year, but thunderstorms are more common in the summer. In the fall and spring, the temperatures usually stay in the 60s during the day but might be in the 30s or 20s at night. Winter is downright freezing—with highs in the 20s—and very snowy.

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 | CALGARY, CANADA | | | BANFF, CANADA | | |
|-------|-----------------|-----------------------------|---------------------------------|----------------|-----------------------------|---------------------------------|
| | 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 | 30 to 8 | 66 to 55 | -- | 27 to 10 | 75 to 63 | 1 |
| FEB | 33 to 11 | 68 to 53 | -- | 31 to 12 | 74 to 51 | 1 |
| MAR | 40 to 18 | 71 to 50 | 1 | 41 to 20 | 74 to 44 | 2 |
| APR | 52 to 28 | 70 to 41 | 4 | 50 to 28 | 74 to 41 | 5 |
| MAY | 61 to 38 | 72 to 44 | 10 | 59 to 35 | 76 to 41 | 13 |
| JUN | 68 to 45 | 76 to 49 | 14 | 66 to 42 | 78 to 40 | 16 |
| JUL | 74 to 50 | 78 to 47 | 13 | 71 to 45 | 80 to 40 | 16 |
| AUG | 73 to 48 | 79 to 45 | 11 | 71 to 44 | 83 to 40 | 15 |
| SEP | 64 to 39 | 76 to 44 | 9 | 62 to 37 | 81 to 43 | 9 |
| OCT | 53 to 30 | 69 to 44 | 4 | 50 to 30 | 75 to 45 | 6 |
| NOV | 38 to 17 | 69 to 54 | 1 | 32 to 17 | 77 to 62 | 2 |
| DEC | 31 to 9 | 66 to 55 | -- | 23 to 8 | 77 to 66 | 1 |

| MONTH | VANCOUVER, CANADA | | | BILLINGS, MONTANA | | |
|-------|-------------------|-----------------------------|---------------------------------|-------------------|-----------------------------|---------------------------------|
| | 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 | 44 to 34 | 89 to 81 | 18 | 36 to 18 | 64 to 56 | 8 |
| FEB | 47 to 35 | 87 to 75 | 15 | 40 to 21 | 66 to 53 | 7 |
| MAR | 51 to 38 | 86 to 70 | 18 | 49 to 27 | 69 to 48 | 9 |
| APR | 56 to 42 | 84 to 65 | 15 | 58 to 35 | 68 to 42 | 10 |
| MAY | 62 to 48 | 83 to 64 | 13 | 68 to 44 | 71 to 42 | 11 |
| JUN | 67 to 53 | 81 to 62 | 12 | 77 to 52 | 72 to 41 | 11 |
| JUL | 72 to 57 | 82 to 61 | 6 | 88 to 59 | 64 to 32 | 7 |
| AUG | 72 to 57 | 85 to 62 | 7 | 86 to 57 | 61 to 30 | 6 |
| SEP | 66 to 52 | 89 to 67 | 8 | 73 to 48 | 64 to 37 | 7 |
| OCT | 56 to 45 | 89 to 76 | 15 | 59 to 37 | 63 to 42 | 6 |
| NOV | 49 to 38 | 89 to 80 | 20 | 45 to 26 | 65 to 53 | 6 |
| DEC | 43 to 34 | 89 to 81 | 18 | 35 to 18 | 64 to 56 | 7 |

| MONTH | YELLOWSTONE NATIONAL PARK | | | VICTORIA, CANADA | | |
|-------|---------------------------|-----------------------------|---------------------------------|------------------|-----------------------------|---------------------------------|
| | 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 | 35 to 12 | -- | 6 | 46 to 35 | 89 to 78 | 18 |
| FEB | 39 to 15 | -- | 7 | 48 to 34 | 88 to 70 | 16 |
| MAR | 48 to 23 | -- | 7 | 52 to 37 | 87 to 66 | 16 |
| APR | 58 to 31 | -- | 8 | 57 to 40 | 86 to 60 | 13 |
| MAY | 66 to 41 | -- | 11 | 63 to 45 | 83 to 60 | 12 |
| JUN | 76 to 50 | -- | 11 | 68 to 50 | 81 to 58 | 10 |
| JUL | 86 to 57 | -- | 7 | 72 to 52 | 82 to 56 | 6 |
| AUG | 86 to 55 | -- | 6 | 72 to 52 | 87 to 57 | 6 |
| SEP | 73 to 44 | -- | 7 | 67 to 48 | 90 to 60 | 7 |
| OCT | 59 to 33 | -- | 7 | 58 to 42 | 90 to 69 | 13 |
| NOV | 45 to 20 | -- | 5 | 49 to 37 | 90 to 77 | 19 |
| DEC | 35 to 12 | -- | 6 | 45 to 34 | 88 to 79 | 19 |

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.

The Culture of Western Canada

With hundreds of influences on Canadian culture—from French and Chinese to English and Indigenous—Canada is both historically and ethnically diverse. French and English share official-language status in the country, but the particular culture of a region depends on their dominant language. You'll find French influences contained predominantly in Quebec and New Brunswick, while English influences are contained in the western part of the country.

In Canada's westernmost provinces—British Columbia and Alberta—European, Asian, and First Nations influences create a melting pot of unique culture. The indigenous populations of these provinces have inhabited the landscape for an estimated 10,000 years. Prior to the arrival of European immigrants in the late 18th century, hundreds of First Nation communities thrived—each with their own language, culture, and traditions. In a land with various mountain ranges pushing west from the Canadian Rockies, ancient rainforests hugging the coast, and rolling grasslands and valleys surrendering to glacier-fed lakes and rivers, the First Nations had endless natural resources and inspiration to devote to their culture and traditions.

As fur traders arrived in the 18th century, a series of trading posts were established and two consecutive gold rushes in the mid-19th century brought pioneers and immigrants from around the world. The 19th century also brought the construction of the Canadian Pacific Railway, where Chinese workers were brought from both California and China to build some of the most dangerous sections of the railroad along the west coast. Of the 9,000 railway workers, approximately 6,500 of them were Chinese Canadians. Today, Vancouver boasts a vibrant Chinatown and hosts annual dragon boat festivals, which some locals say rival those in many Asian cities.

The 19th and 20th centuries also saw advancements in the lumber and fish industries, as well as further advancements in the transportation industry, with massive building projects, including dams, bridges, railways, ferries, and the completion of the Trans-Canada Highway. A booming economy generated new cities and drew immigrants from all over the world.

Today, the majority of cultural activities in the western provinces revolve around the pioneering background and the various economic backgrounds of areas still depending on resource industries and the outdoors. Logging festivals, salmon contests, and pioneer and cowboy events, such as the Williams Lake Stampede rodeo, are held annually. With nine national parks and three national park reserves between both provinces, it is no surprise that outdoor activities are extremely popular. Among favorites are skiing, cross-country skiing, snowboarding, ice skating, mountaineering, camping, hiking, and bird-watching.

Embrace Nature's Unexpected

Please keep in mind that road closures and seasonal changes are fairly common inside the national parks, both in the U.S. and Canada. This could be for a variety of reasons—weather, road work, conservation efforts—and may not be announced by park authorities until that day. As a result, we may need to make adjustments to our activities inside the parks. (For example, we might travel by a different route than originally planned, or switch the order of two activities.) Your Program Director will keep you informed of any such changes as they happen.

Canadian Cuisine

Canadian cuisine has strong French and English influences. Its star ingredient is **maple syrup**. The maple syrup producing regions are focused in Quebec, Ontario, New Brunswick, and Nova Scotia. Canada has a great selection of meat, so it is not surprising that many of its most popular dishes contain this ingredient. Calgary is very well known for their meat production, specifically **beef**. You'll often find that beef is served grilled or hamburger style with chips and salad. Throughout the country, you will find **salmon**. Near the Atlantic coast, you are likely to find smoked salmon, where as on the Pacific coast, wild salmon is usually eaten fresh or roasted—typical dishes include salmon caviar, dehydrated salmon strips, salmon burgers, or marinated salmon steaks.

- **Poutine:** One of the most popular dishes in Canada and originally from Quebec, this savory dish is made up of french fries covered in fresh cheese curds and gravy. You can find poutine being offered in most restaurants and street stalls in large cities.
- **Bouef fumé:** French for smoked meat. It is typically served as the main ingredient to sandwiches.
- **Tourtière:** A meat pie, originated during French colonization, and can also be referenced as *pâté à la viande*.
- **Peameal bacon:** This dish is back bacon rolled in corn flour and cooked until crispy on the outside.
- **Nanaimo bars:** This dessert has a crumbled cookie or wafer base with a layer of custard and molten chocolate.

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.

Calgary in Brief

City Layout and Detail

Calgary's layout is defined by the two rivers that run through the city: the Bow River, which cuts diagonally through the city from the west to the south, and the Elbow River, which meanders from the south towards the north. The two rivers meet at an angle, and the wedge in between

them is downtown Calgary. At the point of the wedge—the place where the two rivers join—is the historic heart of the city, where you’ll find the commanding Fort Calgary (built in 1875) and the Deane House (built in 1906). The rest of downtown is subdivided into three neighborhoods (the East Village, Central, and West End Village). Just south of the downtown area is the Rivers District, which also includes three neighborhoods (Beltane, Chinatown, and Eau Claire).

Travelers who enjoy mixing their shopping and their strolling will like Calgary’s Stephen Avenue—a pedestrian-only mall noted for its people-watching and striking metal “tree” sculptures—or the shopping and entertainment district on 17 Avenue SW. If you’d prefer an artsy flair, try Inglewood, a neighborhood with galleries and small boutiques.

Evening Entertainment

As you’d expect in a city with over a million people, Calgary offers several entertainment options, from the classic Calgary Philharmonic Orchestra (which performs an average of 65 concert a year) to cutting-edge contemporary theater at the Alberta Theatre Projects, to stand-up comedy clubs. The music scene is particularly vibrant, and caters to all tastes, but blues, country, and honky-tonk are particularly well-represented. (If you like to two-step there are several places that offer live dancing.)

Current listings of performances and cultural events can be found in local newspapers or online at websites like www.visitcalgary.com or www.discovercalgary.com.

Local Transportation

Calgary Transit offers bus and train service to almost anywhere in the city. The train—which is known as the C-Train—is especially useful for visitors because it is free of charge as long as you stay in the downtown area. (In this case, “downtown” usually means any stop on 7 Avenue.)

One-way tickets for both the bus and C-Train (if you are going outside of the downtown area) cost \$3.15 per person. Once used, the ticket is good for 90 minutes and transfers between lines are free. Or you can buy a day pass for \$9.50. Remember: Fares are in Canadian dollars, and are subject to change without notice, so use them as guidelines only.

You can buy tickets in person from the vending machines at C-Train stations, from some grocery or convenience stores, and from Calgary Transit’s Customer Service Centers. You can also find information and buy tickets in advance online; a good place to start is www.calgarytransit.com.

Vancouver in Brief

City Layout and Detail

Vancouver is a city surrounded by water. Built on the Burrard Peninsula, it juts out into the Strait of Georgia, which in turns feeds into the Pacific Ocean. (Between the strait and the ocean is Vancouver Island, which is separate from the city, but named for the same person—explorer George Vancouver.) To add to the watery theme is the Fraser River, which flows just south of the city proper.

Inside the city, the streets are laid out as a grid. Pay attention to the full names of roads as they can indicate direction—usually any road with “street” in its name runs north to south, while any road that ends in “avenue” runs east to west. Like in New York City, avenues are usually numbered (5th Avenue, 6th Avenue, etc.), with two exceptions: Broadway (replaces 9th Avenue) and King Edward Avenue (replaces 25th Avenue). Ontario Street is treated like the center dividing line, and splits avenues into east and west. For example, West Broadway is anything on Broadway Avenue west of Ontario Street.

Vancouver’s primary business, arts, and entertainment district is the part of town that falls between Burrard Inlet (part of the strait) and False Creek (another part of the strait). This includes the neighborhoods of West End, Downtown (also called “Central”), Gastown, and Yaletown. Also popular are the nearby neighborhoods of Chinatown, Kitsilano, Sraothcona, and Granville Island, which are all centrally located, but not considered downtown proper.

A lot of the best shopping in Vancouver is for gourmet food, most of which can be found at or near Granville Island Market. Shopping districts include the city’s bustling Chinatown, eclectic Little Italy (on Commercial Drive), designer-conscious Granville Street, former hippie hangout Kisilano, and cutting-edge Yaletown.

Evening Entertainment

There’s no lack of things to do for a night out in Vancouver. Each neighborhood seems to have its own specialty: dance clubs in West End, laid-back bars and patios in Kitsilano, late-night dining in Chinatown, and trendy wine bars in Yaletown.

The performing arts also shine with a year-round calendar of events. If you like dance, the city has a ballet troupe of its own (the Ballet British Columbia) and a space for visiting artists (The Dance Center). If you prefer the theater, there are several good venues scattered throughout town, including the Chan Centre for the Performing Arts, Fireball Arts Centre, and Queen Elizabeth Theater. And if classical music is your thing, then you have a choice between the Friends of Chamber Music, Vancouver Symphony Orchestra, Vancouver Recital Society, and Early Music Vancouver (a group that specializes in music from the Middle Ages and Renaissance).

Local Transportation

The city’s public transit system uses buses, elevated trains, commuter rail, ferries, and even a cable car. Of these, the elevated SkyTains and the SeaBus ferries are the most useful for out of town visitors.

- **SkyTrain:** The SkyTrain system has three lines that radiate from the downtown area (and a fourth line underway). Most of the stations are elevated (hence the name) but some stations are underground, especially in the downtown area.

- **SeaBus:** The SeaBus runs up and down Burrard Inlet. Payment is on an honor system—you are expected to pay your fare before you enter the terminal—but there are surprise checks by ticket inspectors. There are also ferries that travel to Granville Island, but these are private companies and not part of the public transit system; you pay your fare directly to the ferry company.

Most of the public transit system takes TransLink tickets. When you buy a TransLink ticket, you have 90 minutes to use the ticket, with an unlimited number of transfers during that 90-minute window. The ticket price will depend on what zone you are traveling in, but as long as you stay in Vancouver proper you'll only need a Zone One ticket. (The other zones are for the suburbs and nearby towns like Richmond.)

If you plan to use the system a lot during the day, then an easier and less expensive option is to get a TransLink day pass. Day passes provide unlimited use of the buses, SkyTrain, and SeaBus for one calendar day and can be used in all zones.

Tickets and day passes can be purchased at the automated machines in the SkyTrain stations and at most 7-Elevens, Safeways, or London Drugs. You can also buy a ticket (but not a day pass) directly from a bus driver if you have exact change.

Victoria in Brief

City Layout and Detail

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

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

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

There are a number of craft shops along Douglas and Government Streets that sell First Nations crafts, but do peruse the goods first; quality items are expensive and mixed in are lots of imitations. For general shopping there's the Bay department store, at 1701 Douglas Street; and Market Square, on the corner of Johnson and Wharf Streets, which has two stories of shops and restaurants.

Evening Entertainment

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

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

Local Transportation

- **Bus:** Victoria's city buses cover a wide area and run quite frequently: every 10 to 30 minutes. All-day passes are available at various outlets, such as convenience stores, around town.
- **Ferry:** Victoria Harbour Ferry runs an enjoyable, albeit short, round-trip ferry ride of about half an hour, from Inner Harbour to Songhees Park (in front of the Ocean Pointe Hotel), Fisherman's Wharf, and Westbay Marina. The boat takes just a dozen people per trip and is an inexpensive way to see the area from a new perspective.

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

Canada

Popular items include knitted clothing and outerwear, art and craftworks made by First Nations peoples (such as moccasins, carvings, and prints), antiques, and outerwear. There are also some local specialties you may want to consider:

- **Banff and Jasper:** Look for souvenirs made from local materials like Ammolite.
- **Vancouver:** A lot of the best shopping in Vancouver is for gourmet food such as microbrew beers, smoked salmon, maple syrup products, local wines, etc.
- **Toronto:** Keep an eye out for Swiss chocolate, fine English bone china, and Eskimo soapstone sculpture
- **Canadian Maritimes:** Popular items include wood carvings, hand-crafted jewelry, pottery, and locally made jams and sauces.
- **Newfoundland and Labrador:** Check out Labradorite (a semi-precious stone only found in this region), knitted mittens, and savoury (an herb used in regional dishes)

Sales Tax in Canada

Canada levies a federal goods and services tax (GST) of 5% throughout Canada. Each province can also charge their own provincial sales tax on top of the 5%.

- **Alberta** does not charge a provincial sales tax, so you'll pay 5% sales tax in Alberta.
- **British Columbia** does charge their own tax on top of the federal 5%. Their sales tax is 12% total on all goods and services, including meals greater than \$7 Canadian.
- **Quebec** does charge their own tax on top of the federal tax. Their total sales tax (including federal) tax is just under 15% on all non-essential goods and services. Prices sometimes have this tax built into them; you may not see it as a separate line item on a receipt.
- **Nova Scotia** does charge their own tax on top of the federal tax. Their total sales tax (including federal) tax is 15% on all goods and services.
- **New Brunswick** does charge their own tax on top of the federal tax. Their total sales tax (including federal) tax is 13% on all goods and services.
- **Prince Edward Island** does charge their own tax on top of the federal 5%. Their sales tax is 14% total on all goods and services.
- **Newfoundland and Labrador** charges an additional 10% sales tax, so you'll pay 15% total here.
- **Ontario** charges their own 8% provincial sales tax on top of the federal tax.

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

Canada

Facts, Figures & National Holidays

Note that this section covers all of our itineraries in Canada.

Canadian Province of Prince Edward Island

- Abbreviation: PE
- Area: 2,190 square miles
- Capital: Charlottetown
- Entered Confederation: July 1, 1873
- Languages: English
- Religions: Roman Catholic, 47%; United Church, 20%; Presbyterian, 6%; Anglican, 5%
- Seats in Federal Parliament: 4 common seats; 4 senate seats
- Time zone: PE Island is on Atlantic Time, one hour ahead of Eastern Time in the United States.

Canadian Province of Nova Scotia

- Abbreviation: NS
- Area: 21,345 square miles
- Capital: Halifax
- Entered Confederation: July 1, 1897
- Languages: English
- Religions: Roman Catholic, 37%; United Church, 17%; Anglican, 13%
- Seats in Federal Parliament: 11 common seats; 10 senate seats
- Time zone: Nova Scotia is on Atlantic Time, one hour ahead of U.S. Eastern Time.

Canadian Province of New Brunswick

- Abbreviation: NB
- Area: 28,150 square miles
- Capital: Fredericton

- Entered Confederation: July 1, 1867
- Languages: English, French (both official)
- Religions: Roman Catholic, 52%; Baptists, 8%, United Church, 7%; Anglican, 7%; Pentecostal, 3%
- Seats in Federal Parliament: 10 common seats; 10 senate seats
- Time zone: New Brunswick is on Atlantic Time, one hour ahead of Eastern Time in the United States.

Canadian Province of Newfoundland and Labrador

- Abbreviation: NL
- Area: 156,453 square miles
- Capital: St John's
- Entered Confederation: March 31, 1949
- Languages: English
- Religions: Christian 93.2% (Roman Catholics are roughly 1/3 of this group); Irreligious 6.2%; Muslim, 0.2%; All others 0.4%
- Seats in Federal Parliament: 40 common seats; 6 senate seats
- Time zone: The province has its own time zone—Newfoundland Time—which is one and a half hours ahead of Eastern Time in the United States.

Canadian Province of Quebec

- Abbreviation: QC
- Area: 527,079 square miles
- Capital: Quebec City
- Entered Confederation: July 1, 1867
- Languages: French
- Religions: Roman Catholic, 83%; Protestant (including Anglican and United Church), 4.7%; Muslim, 1.5%; Jewish, 1.3%; Orthodox Christian, 1.3 %
- Seats in Federal Parliament: 75 common seats; 24 senate seats
- Time zone: Most of Quebec—including Quebec City and Montreal—is on Eastern Time, same as the eastern seaboard in the United States.

Canadian Province of Ontario

- Abbreviation: ON
- Area: 1,076,395 square kilometers
- Capital: Toronto
- Government: Federation of ten provinces and three territories
- Entered Confederation: September 1, 1905
- Languages: English, French (both official)
- Religions: Roman Catholic, 46%; United Church, 16%; Anglican, 10%
- Time zone: Ontario is on Eastern Time, same as the eastern seaboard in the United States.

Canadian Province of Alberta

- Abbreviation: AB
- Area: 661,185 square kilometers
- Capital: Edmonton
- Government: Federation of ten provinces and three territories
- Entered Confederation: September 1, 1905
- Languages: English, French (both official)
- Religions: Roman Catholic, 46%; United Church, 16%; Anglican, 10%
- Time zone: Alberta is on Mountain Time, two hours behind Eastern Time in the United States.

Canadian Province of British Columbia

- Abbreviation: BC
- Area: 948,596 square kilometers
- Capital: Victoria
- Government: Federation of ten provinces and three territories
- Entered Confederation: July 20, 1871
- Languages: English, French (both official)
- Religions: Roman Catholic, 46%; United Church, 16%; Anglican, 10%

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

National Holidays: Canada

In addition to the holidays listed below, Canada celebrates a number of national holidays that follow a lunar calendar, such as Easter and Labor Day. Each province in Canada also has a certain latitude in setting its own holidays. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day
07/01 Canada Day
11/11 Remembrance Day
12/25 Christmas Day
12/26 Boxing Day

Canada: A Brief History

Much like the United States, indigenous peoples inhabited Canada for millennia before the Europeans arrived at the North American continent. Tribes that lived in Canada included the Huron-Wendat, the Cree, the Dene, the Sioux, and the Inuit. They lived off the land, competing amongst themselves for land and resources.

Before even the British and French landed in Canada, the Norse established a small settlement in L'Anse aux Meadows, Newfoundland around 1000 CE. While the settlement did not last, it was the only confirmed Norse settlement on the North American continent.

Newfoundland was invaded again, on June 24th 1497, when the Italian navigator, John Cabot, employed by the King of England, Henry VII, landed in what is assumed to be Cape Bonavista, Newfoundland, kickstarting the race to claim the New World. Spain, Portugal, England, and France all volley for claim of the land, with France winning out in 1534 when Jacques Cartier laid claim to the Gaspé Peninsula.

In 1605, France established colonies at Port-Royal, followed by Quebec City, Trois-Rivieres, and Fort Ville-Marie (Old Montreal). England followed suit, setting up colonies in Newfoundland, Nova Scotia, and Hudson Bay. While England's colonies were larger than France's, the French colonies were strategic and had set up trade route with the indigenous peoples. Even allied with the indigenous peoples, when the British colonies attacked the smaller French colonies in 1754, in a bid to take over Canada, the French lost, signaling the end of the French and Indian War. In 1763, France officially ceded Canada to England in the Treaty of Paris.

Under British rule, Canadian colonies developed bigger trade routes and survived off of agriculture and export of furs and timber. The colonies also participated in some of Britain's many wars, including being a refugee for Loyalists during the Revolutionary War and the site of minor battles like the Battle of Beaver Dams in the War of 1812. With the constant threat of the rebelling colonies, soon to be called the United States, and suffering from the expenses of governing such far away land, Britain united its three colonies and called it "the Dominion of Canada".

The Dominion of Canada, while still under British rule, was allowed to act as an autonomous entity, with its own laws, local government, financial responsibilities, and military defense. The Dominion expanded, resembling present day Canada in size, but still was not truly an independent nation, as it was under the sovereignty of Britain.

It wasn't until 1931 that Britain gave Canada legal freedom from their rule, in the Statute of Westminster. However, Canada was not entirely free, as Britain still had the right to make changes to Canada's constitution at their leisure. Canada finally cut legal ties with Britain in 1982, when the country adopted its own constitution.

Culturally, Canada is still a part of the British Commonwealth, one of 54 countries, mostly comprised of former British Empire territories, which accept Charles III as the King of Canada.

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

Eastern Canada

The Orenda by Joseph Boyden (2013, Fiction) When an Iroquois girl and a French missionary are taken prisoner by a Huron warrior, their three cultures clash in unexpected ways. This novel has some frank depictions of inter-tribal warfare that a few readers found hard to take, but most praised the historical accuracy.

Blizzard of Glass by Sally M Walker (2011, History) In 1917 two ships collided in Halifax Harbor. The resulting explosion—which was complicated by the blizzard that hit the next day—makes for powerful local history, but is little-known outside of Canada.

The War That Made America by Fred Anderson (2005, History) A comprehensive history of one of the forgotten fights between the U.S. and Canada—the so-called French and Indian War.

The Day the World Came to Town by Jim DeFede (2002, History/Memoir) In the wake of 9/11—and the subsequent closure of U.S. airspace—over 30 flights were diverted to Gander, Newfoundland which happens to have a large airport despite being a small town. This book tells the heartwarming story of how the townspeople banded together to help over 6,000 stranded passengers.

Anne of Green Gables series by L.M. Montgomery (1908, Young Adult) The beloved tale of a spunky orphan girl named Anne, set on Canada's Prince Edward island. This is one of those books that transcends its "young adult" category to become a classic for anyone who is young at heart.

Western Canada

A Concise History of Canada by Professor Margaret Conrad (2011, History). The title says it all.

So, You Want to Be Canadian by Kerry Colburn (2004, Culture) A lighthearted look at Canadian culture/trivia.

When Calls the Heart by Janette Oke (1983, Historical Fiction) A cultured easterner leaves her comfortable life behind to become a schoolteacher on the western frontier in the Canadian Rockies. Naturally, clashes with locals, struggles with the students, and romance ensue. Part of the well-loved Canadian West series.

Puget's Sound: A Narrative of Early Tacoma and the Southern Sound by Murray Morgan (1979, History) This history of the region spotlights selected historical personalities and spans the era from the arrival of Vancouver until the establishment of Fort Lewis. This book can be hard to find, but some travelers have good had luck with their local library.

Grass Beyond the Mountains by Richmond P. Hobson (1951, Memoir) In 1934, three American cowboys come to Canada to set up their own ranch and try to eke out a living in the grasslands of British Columbia. The first of a trilogy that includes *Nothing Too Good for a Cowboy* and *The Rancher Takes a Wife*.

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

Canada

Last Stand of the Great Bear (2004, Nature) The Great Bear habitat occupies the British Columbia coast from Vancouver Island to southeast Alaska. This National Geographic film depicts a team of scientists trying to prove that the area must be protected from development. These experts search for the rare white “spirit bear” and collect details that will help unravel the life of the forest’s inhabitants and ecosystem.

The Fast Runner (Atanarjuat) (2002, Drama) Adapted from an Inuit legend, *The Fast Runner* centers on a charismatic young hunter struggling for the affections of Atuat, who has already been promised to another. The story, set against their daily struggle for survival, is both passionate and primal. Filmed in Northern Canada in the Inuit language, using Inuit actors, this film features magnificent cinematography that brings the frozen North to life.

The Shipping News (2002, Drama) After his wife dies, the lost Quoye (Kevin Spacey) moves with his daughter to his ancestral home in a Newfoundland fishing village. With a job and developing romance he is transformed by the magic, beauty, and hardship of the landscape. Filmed in Newfoundland, Labrador and Nova Scotia.

Never Cry Wolf (1983, Biopic/Drama) An adaptation of Farley Mowat’s autobiographical novel depicting his experiences studying wolves in Canada’s inhospitable North. The film captures the natural beauty of the Canadian north with power and poignancy.

Mon Oncle Antoine (1971, Drama) Portrait of a boy’s coming of age in wintry 1940s rural Quebec. Tinged with a mix of nostalgia and menace, this naturalistic film follows Benoit and his Uncle Antoine, who runs the town’s general store, and also serves as town undertaker.

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

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 or Maps.me

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 or Bolt or Grab

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 or 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




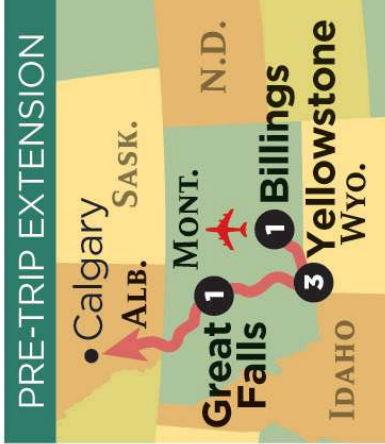
Arrival/Departure  **2**

Nights at destination 

Included Tour 

Motorcoach Route 

Ferry Route 



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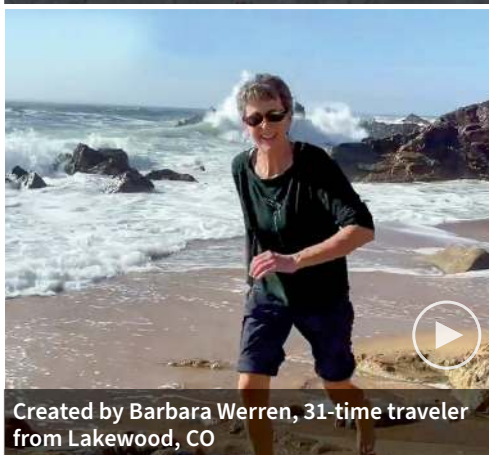
Submitted by Paul Motyka, 11-time traveler
from Acton, MA



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



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