

MAINE

# Acadia National Park

A Guided Walking Adventure





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## Travel Style

This small-group Guided Walking Adventure offers an authentic travel experience, one that takes you away from the crowds and deep in to the fabric of local life. On it, you'll enjoy 24/7 expert guides, premium accommodations, delicious meals, effortless transportation, and local wine or beer with dinner. Rest assured that every trip detail has been anticipated so you're free to enjoy an adventure that exceeds your expectations.



## Overview

Viewed from the ocean and named *L'Île des Monts Déserts* by early French explorers, Mount Desert Island encompasses Acadia National Park, the charming town of Bar Harbor, and especially the dramatic contrast of land and sea—from mountaintops to rocky shores and outlying islands. One of the best places for walking and hiking in Maine, Acadia is interwoven with over 100 miles of historic trails and an ingenious network of carriage roads built by John D. Rockefeller Jr. between 1913 and 1940.

Wealthy vacationers from Boston and New York were enticed by Hudson River School painters' landscapes of Acadia in the mid-19th century, and each summer came to live a "rustic" life in the manner to which they were accustomed. The "Rusticators" built lavish residences—Italianate columns and semiformal gardens in stunning juxtaposition against a backdrop of deep green firs, rocky shores, and tranquil coves.

Indeed, it was their shared love of the region and philanthropy that inspired the vacationers to donate and preserve huge tracts of land for future generations. The meeting of the Atlantic Ocean with granite shoreline results in an abundance of life along coastal trails—teeming tidal pools and diving seabirds. Nearby, lobster boats ply the glistening harbors and sounds. Artfully designed paths meander through hushed conifer forests, past freshwater ponds, or up a grassy headland overlooking intriguing islands. "Downeast" Maine hospitality welcomes you into two gracious hotels, reflecting the refinement of another era, with updated comforts. Fresh lobster and seafood from the cool waters, as well as the bounty of local gardens and markets, are on the menu at every meal.



# Daily Itinerary

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## DAY 1

Arrival in Bangor. Paradise Hill - Witch Hole Pond Loop; 2-3 miles, easy. Sieur de Monts Spring area, Jessup Path, Hemlock Loop, and the Tarn; 4 miles, easy to moderate. Lower Hadlock Pond Loop; 2 miles, easy

Upon meeting your guides at the Bangor Airport, you depart immediately by van for the one-hour drive to Acadia National Park, and proceed directly to the park's visitor center. An introductory walk along one of the park's many carriage roads leads to Witch Hole Pond, and provides views of Frenchman Bay and Hull's Cove to the northeast, as well as the distant mountains to the north. In the first half of the 20th century, John D. Rockefeller Jr. not only donated about one-third of the park's land, but he also conceived of and oversaw the construction of the extraordinary network of carriage roads that wind throughout the park, graced with subtle landscaping and handcrafted stone bridges.

After lunch at a seaside restaurant, an afternoon walk in the Sieur de Monts Spring area takes you, via the Jessup Path, to a mountain pond known as the Tarn. A series of plank bridges skirt the open marsh and provide views of Huguenot Head, Champlain Mountain, and Dorr Mountain. You connect to the Hemlock Loop, which dates back 100 years to when the walking paths

connected downtown Bar Harbor to Acadia National Park. The well-graded paths and log and plank bridges provide good footing in this area.

After a short drive to Lower Hadlock Pond for an enjoyable loop walk, you arrive on foot to our home for the next two nights. At your hotel, there is time to linger in the manicured grounds and

perfectly situated Adirondack chairs, or perhaps take a dip in the ocean-side swimming pool, in the late afternoon sunlight. Tonight you dine at your hotel restaurant while taking in the view of the beautiful Northeast Harbor.



### **Asticou Inn, Northeast Harbor**

A simple historic inn housed in a four-story mansion dating from 1883, with beautiful views from the common areas over Northeast Harbor and just minutes from Acadia National Park. Please note: rooms vary in size and amenities and do not offer air conditioning.

## **DAY 2**

Flying Mountain Trail; 1-2 miles, easy to moderate. Beech Mt. North Ridge Trail; 2 miles, moderate, or Ship Harbor Trail; 1-2 miles, easy

Today's walks take place on the "quiet side" of the Island, the western less-traveled side of Mount Desert Island. This morning, you hike Flying Mountain, which rises 284 feet and gives extraordinary views of Somes Sound from above. Lunch today is at a local restaurant in Southeast Harbor, where you might enjoy a lobster roll and their famous Maine blueberry pie. After visiting the Bass Harbor lighthouse, one of the most-photographed lighthouses in Maine, your guide presents you two options for this afternoon. For those who want a more challenging option, a walk on Beech Mountain gives an excellent overview of the region. The trail gradually ascends the western flank with views of Long Pond and Blue Hill across the sparkling waters of Blue Hill Bay to the west. At the



summit, near a closed fire tower, you look over the towns of Southwest Harbor and Northeast Harbor, the entrance to Somes Sound, and the Cranberry Isles lying offshore to the south. The trail descends some rocky ledge before looping back to the trailhead in Somesville. If you prefer a more relaxed walk, Ship Harbor Trail offers a view of quintessential Maine coastal

scenery, the easy figure-eight trail leads right to the tranquil shoreline of Ship Harbor, and exits through a cool forest of spruce and cedar trees.

This evening, you travel to the village of Southwest Harbor for dinner at a fine restaurant offering cuisine celebrating New England traditions with European and Southwest influences.

### **Asticou Inn, Northeast Harbor**

#### **DAY 3**

Little Cranberry Island; 3-4 miles, easy to moderate

After walking in the island's interior and rocky shore, today you discover one of the secluded islands off Mount Desert's southern coast. After breakfast overlooking the sound, you catch the mail boat out of Southwest Harbor for the hour-long crossing to Little Cranberry Island. The five Cranberry Isles—Great Cranberry, Little Cranberry (or Isleford), Bear, Baker, and Sutton—are from one to five miles offshore and are named after the low-bush wild cranberries that grow profusely throughout their terrain. The islands' year-round residents, mainly lobstermen and boat builders, are joined each summer by visitors, some of whom have been returning for generations.

The ferry docks at the island's main village provide a true glimpse of authentic Maine coastal life from another era; piers and wooden buildings are clustered in a sheltered cove. A quiet road leads up to a grassy bluff and continues through groves of tall firs, passing white clapboard cottages. A picnic is unpacked at a perfect spot overlooking glimmering water and a pebbled beach, with distant sailboats skimming the ocean's surface. After looping back to the village dock, you board the afternoon ferry for the return trip to Southwest Harbor.

After a short drive to bustling and quaint Bar Harbor, the island's largest community, you settle into an in-town resort hotel with a water's-edge marina overlooking Frenchman Bay and the open ocean. For dinner, you are welcomed to Bar Harbor with a taste of its ocean bounty, perhaps fresh steamed lobster or littleneck clams.



### **Bar Harbor Inn, Bar Harbor**

A *Travel + Leisure* "World's Best Hotel" located on shady waterfront grounds, this grand resort offers both in-town convenience and an oceanfront location just minutes away from Acadia National Park.

### **DAY 4**

Shore path; 1-2 miles, easy. Great Head Loop; 2 miles, easy to moderate. Ocean Path; 2 miles, easy, or Gorham Mountain Trail; 2 miles, easy to moderate, 500-ft. elevation gain and loss

The morning's walks are devoted to the ocean side of Mount Desert Island, starting at sheltered Sand Beach, a gorgeous 300-yard long beach nestled between Great Head and Newport Cove. Enticing yet chilly, the constant Atlantic surf has created its unique pastel sand, composed of tiny pulverized shell fragments. Departing from Sand Beach, the Ocean Drive Trail is justifiably one of the park's most popular trails—dramatic views stretch along the oceanfront from Sand Beach to Otter Point. In the middle the level gravel trail drops to Thunder Hole, named for the sound of the water crashing into a narrow channel in the coastal ledge. The historic trail, which was part of the original trail network dating from the late 19th century, was completely restored and resurfaced about 10 years ago, and rises to Otter Cliffs, the highest ocean-edge cliffs in the park. Baker's Island is in full view to the south, and a slice of Little Cranberry Island can be seen to its west.

The Great Head loop departs from the eastern end of Sand Beach and follows the peninsula's headland, with views south back to the beach, the Ocean Path, and Otter Cliffs. As you climb through windblown grass to its highest point of 145 feet, waves crash below; offshore, pleasure and fishing boats ply the eight



miles of open water framed by the Schoodic Peninsula to the east. Returning to the trailhead on a bog walk, you are ready to enjoy your picnic lunch.

This afternoon you have two walks to choose from. You can enjoy a hike along the Gorham Mountain Trail, which provides sweeping views of the morning's walks along the Ocean Path, Sand Beach, and Great Head.

The gradual ascent up open ledges features ridge-top panoramic views as your trail follows the ridge that runs north to Champlain Mountain, part of the chain of mountains closest to the ocean. The easier option is to follow the Ocean Path along a beautiful and dramatic stretch of coastline between Sand Beach and Otter Point. Returning to Bar Harbor in the mid- to late afternoon, you can take full advantage of the resort amenities at the hotel, such as the seaside heated pool and Jacuzzi, and then continue the evening at your own pace by strolling into Bar Harbor for dinner on your own.

### **Bar Harbor Inn, Bar Harbor**

## **DAY 5**

Jordan Pond and The Bubbles Loop; 3-5 miles, easy to moderate

After a hearty breakfast, you set off for the day's walk at Jordan Pond, a serene freshwater pond in the park's interior. The trail circles the pond, winding through blueberry bushes, clusters of white birch and shady spruce. At the pond's northern end are two symmetrical hills called the Bubbles, North and South, over 700 and 800 feet, respectively. Reflected in the pond's pristine waters, the real peaks are also in view throughout the walk. Along the water's edge you may see a great blue heron, or a pair of black-and-white common loons.

A longer and more challenging option leads to the summits of both Bubbles, where you are rewarded with views of Eagle Lake, another freshwater pond lying just to the north, as well as Conner's Nubble and Frenchman Bay. Looping back to Jordan Pond, you are ready for a satisfying lunch at the Jordan Pond House Restaurant, a historic teahouse-style restaurant dating from the late 19th century and serving a range of soups and chowders, salads, sandwiches, and its signature

popovers. Later, you celebrate your Acadian adventure at an elegant restaurant, toasting your exploration of this stunning region over creative gourmet cuisine.

### **Bar Harbor Inn, Bar Harbor**



## **DAY 6**

Cadillac Mt. North Ridge; 1-2 miles, moderate

No visit to Acadia is complete without a trip to the top of Cadillac Mountain. Not only is it the highest point in the park at 1,530 feet, but Cadillac Mountain also has the distinction of being the highest point on the entire North American Atlantic coastline. This morning you drive to a point where the North Ridge Trail intersects the access road and hike the final mile to the treeless summit, which offers breathtaking views over Bar Harbor, Frenchman Bay, and the open ocean spread before you. Named after Sieur de Cadillac, a 17th-century French explorer, the mountain offers evidence why Cadillac’s compatriot and contemporary, Samuel de Champlain, called the entire island “Mont Desert”—for its bare and, when viewed from the ocean, apparently “desert-like” mountaintops.

After stopping for lunch, you arrive at the Bangor Airport by mid-afternoon for your onward travels.

## **ITINERARY CHANGES**

Please bear in mind that this is a typical itinerary, and the actual activities, sites, and accommodations may vary due to season, special events, weather, or transportation schedules. We reserve the right to alter the itinerary, since tour arrangements are made up to a year in advance and unforeseen circumstances may arise that mandate change. Itinerary changes are made to improve the tour and your experience.

## **SUSTAINABLE TRAVEL**

Country Walkers is a leader in active travel with responsible tourism an integral part of our core values. Our tours reflect our dedication to best travel practices—and to the preservation of indigenous cultures and the environment. Country Walkers has made a donation on behalf of every traveler to the CW Travelers Fund, which supports designated projects in the communities and habitats in which we travel. We invite you to learn more about our efforts and initiatives for giving back.

Here's just one example that highlights our sustainable practices:

### **Acadia: Stepping into History**

On Country Walkers' tour of Acadia, you step back in time to a land shaped by John D. Rockefeller Jr.'s imagination, boasting an extraordinary network of carriage roads designed by this famed philanthropist. Originally intended for traveling on foot, horseback, or carriage—and to avoid the use of cars on Mount Desert Island—the trails were built with local granite and bordered by native vegetation (including blueberries and sweet ferns). As you follow the island's tradition of exploring on foot, you support—and ensure the longevity of—the finest example of broken-stone road that remains in America.

# Tour Itinerary Overview

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## TOUR MEETING POINT AND TIME

**Four Points by Sheraton (lobby), Bangor Airport, Bangor, 9:00 a.m.**

308 Godfrey Boulevard

Bangor, ME 04401

Tel 207.947.6721

Email [ourguest@fourpointsbangor.com](mailto:ourguest@fourpointsbangor.com)

[fourpointsbangorairport.com](http://fourpointsbangorairport.com)

## NIGHTS 1 & 2

### Asticou Inn

Northeast Harbor, ME

Tel 207.276.3344 or 800.258.3373

Email [asticou@asticou.com](mailto:asticou@asticou.com)

[asticou.com](http://asticou.com)

Wireless Internet, hair dryers, and laundry service available.

## NIGHTS 3, 4, & 5

### Bar Harbor Inn and Spa

Bar Harbor, ME

Tel 207.288.3351 or 800.248.3351

Email [reservations@barharborinn.com](mailto:reservations@barharborinn.com)

[barharborinn.com](http://barharborinn.com)

Wireless Internet, hair dryers, and laundry service available.

## TOUR DEPARTURE POINT AND TIME

**Bangor International Airport (BGR), Bangor, 2:30 p.m.**

## TRAVEL DELAY AND EMERGENCY ASSISTANCE

**If you are delayed while traveling, or experience any unforeseen situation en route to your tour, assistance is only a few, easy steps away:**

As a Country Walkers guest, you benefit from 24-hour, toll free access to One Call Emergency Hotline and Travel Assistance. Call the numbers below from anywhere in the world to get immediate assistance (regarding everything from lost luggage, to missed connections, to health concerns or notifying your guides or our local partners of a delayed arrival).

To contact One Call, please use one of the following methods:

**By Email:** [mail@oncallinternational.com](mailto:mail@oncallinternational.com)

**By Text:** 603.945.0103

**By Phone:**

**If calling from within the USA:** 800.555.9095

**If calling from outside the USA:** 800.555.9095 or 603.894.4710

When calling from outside the USA, you will need to dial the access code for the country you are calling from (a complete list of access codes, provided by AT&T, can be found on the Country Walkers website under Travel Planning and Travel Resources: AT&T International Access Codes. If you receive an automated response, when prompted, you can then enter either of the numbers above; One Call accepts collect calls 24/7.

In the unlikely event you are unable to connect by phone with One Call, or the region you are calling from does not have an access code, you should speak with a live international operator and ask them to place a collect call to **800.555.9095 or 603.894.4710**.

Should there be any problems placing a collect call (as is occasionally the case depending on the country), dial, email, or text One Call directly and ask them to return your call immediately to minimize any out of pocket costs.

## TRAVEL INSURANCE

We offer guests the opportunity to purchase a Travel Protection Plan. Please contact us for details.

# Tour Facts at a Glance

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## **TOUR LENGTH**

6 days, 5 nights

## **DEPARTURE DATES AND PRICE**

Please refer to our website for the most current list of departure dates, scheduled group tour and private tour prices.

## **TOUR MEETING POINT AND TIME**

Four Points by Sheraton (lobby), Bangor Airport, Bangor, 9:00 a.m.

## **TOUR DEPARTURE POINT AND TIME**

Bangor International Airport (BGR), Bangor, 2:30 p.m.

## **ACTIVITY LEVEL**

This tour is one of our Guided Walking Adventures, rated easy to moderate, walking an average of 2 to 8 miles daily with options on most days. The ascents on this tour are short, with the longest being no more than 45 minutes with a maximum elevation gain and loss of up to 540 feet. The walks take you along tidal pools, rocky shores, and wooded trails, so the terrain can be sandy and rocky; or well-worn forested paths and gravel carriage trails. Not all trails have level footing, and you may encounter exposed roots and rocks. Classic coastal Maine sights and flavors are enhanced by the history of Acadia National Park and its tradition of elegant summer vacationing.

## **INCLUSIONS**

- » Two expert, local guides (for groups of 8 or more), with you 24/7
- » All meals except for one dinner; wine or beer included with dinners
- » All accommodations while on tour
- » Transportation from the meeting point to the departure point
- » Entrance fees and special events as noted in the itinerary

- » Destination information (weather, visa requirements, etc.) and other travel assistance available 24/7 provided by One Call International
- » The unbeatable and cumulative experience of the Country Walkers staff

### **LET THE JOURNEY BEGIN**

Prior to your adventure you will be asked to sign a Passenger Participation Agreement and you will receive:

- » Luggage tags
- » List of travel companions and guide biographies

### **GRATUITIES**

Gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers. Should you wish to tip your Country Walkers guide(s), the standard in the industry ranges from \$10 to \$15 per person, per guide, per day (or \$20 to \$30 per couple, per guide, per day).

# Traveling To and From Your Tour

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## **TOUR MEETING POINT AND TIME**

**Four Points by Sheraton (lobby), Bangor Airport, Bangor, 9:00 a.m.**

Your guide(s) will be wearing a Country Walkers shirt. Please be dressed for walking.

## **MOST CONVENIENT AIRPORT**

Bangor International Airport (BGR), Bangor, ME

**[flybangor.com](http://flybangor.com)**

## **GETTING TO THE MEETING POINT**

The most convenient means of reaching Bangor is by air. There is daily nonstop service from major East Coast cities, and connections from the West on most major airlines. Our pre-tour hotel is connected to the Bangor International Airport.

Should you wish to drive to the tour, approximate driving distances from nearby cities are as follows:

- » Portland, ME: 130 miles
- » Boston, MA.: 240 miles
- » Hartford, CT.: 330 miles
- » Portsmouth, NH: 180 miles

Should you drive to the meeting point, you may park at the Four Points by Sheraton – Bangor Airport. The pre-tour night will be free of charge, all additional nights will be charged at the airport's long-term parking rate.

## **PRE- AND POST-TOUR ACCOMMODATIONS**

We have blocked rooms at the Four Points by Sheraton – Bangor Airport (the meeting point for your tour) for the night before and after your tour. Please contact the hotel directly to make a reservation. Be sure to advise the hotel that you are joining a Country Walkers tour so that you benefit from a special rate of \$119 per room. This rate does not include taxes or service charges. Please note that our rates are quoted a year in advance and less-expensive rates may be found on the Internet closer to the date of your actual stay. The hotel will

request a credit card to guarantee the reservation. Please also note that the hotel will hold our block until 30 days prior to each tour date. We suggest booking your pre- or post-tour room as soon as possible.

#### **Four Points by Sheraton – Bangor Airport (meeting point for the tour)**

308 Godfrey Boulevard  
Bangor, ME 04401  
Tel 207.947.6721  
Email [ourguest@fourpointsbangor.com](mailto:ourguest@fourpointsbangor.com)  
[fourpointsbangorairport.com/](http://fourpointsbangorairport.com/)

#### **DELAYS AND LATE ARRIVALS**

If you are delayed or miss the scheduled group meeting point for any reason, we kindly request that you contact our emergency assistance provider, One Call International. This service is available 24 hours/day, 7 days/week to assist you with any type of travel delay. Please refer to the emergency contact details on your Tour Itinerary Overview page for One Call International contact details.

#### **TOUR DEPARTURE POINT AND TIME**

**Bangor International Airport (BGR), Bangor, 2:30 p.m.**

If you plan to schedule your return flights immediately following the tour's conclusion, please contact your airline directly for specific check-in requirements.

# Information & Policies

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## **GUARANTEED DEPARTURES**

Country Walkers guarantees the departure of every tour\*—no exceptions and no disappointments! From the moment you make your deposit, you can start preparing for your adventure. We take care of all the details to ensure a seamless, small-group experience (with an average of 6 or 7 guests per guide). For best availability, reserve your trip today!

*\*except in cases of force majeure*

## **GUEST RESPONSIBILITIES**

Each guest has the responsibility to select a trip appropriate to his/her abilities and interests and to prepare for the trip by carefully reading the confirmation materials. To join this trip, you must be in good health and capable of completing activities as described in the day-to-day itinerary. Our in-house experts welcome the opportunity to discuss the tour in more detail. In order to meet your needs, we ask that you please share any relevant physical limitations or health conditions when you make your reservation.

## **SCHEDULED GROUP INDIVIDUAL RESERVATIONS**

Reservations for this tour may be made by calling Country Walkers at 800.464.9255 and providing a \$350 per person deposit. The Balance of your payment (final tour cost) is due 90 days prior to the tour departure date.

## **SCHEDULED GROUP CANCELLATION POLICY**

Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150; cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. Up to 91 days prior to departure, you may transfer your reservation, depending on availability, from one departure to another in the same calendar year at no cost\*. Please notify us in writing.

*\*One transfer per year; afterwards a modest per person transfer fee will apply. Please note that tours with seasonal prices may involve a higher price.*

## PRIVATE ADVENTURE RESERVATION & CANCELLATION POLICIES

If you are booking a Private Adventure, a \$500 nonrefundable group deposit is required to secure hotel reservations and guides. Once these arrangements are confirmed, the deposit will be applied as the provider's deposit for the trip. If we are unable to secure the hotel and/or guides for your requested dates, this deposit will be refunded.

Once your Private Adventure is confirmed, your individual \$350 per person deposit is required within 14 days. The balance of your payment (final tour cost) is due 90 days prior to the tour departure date. Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150 (plus the nonrefundable group deposit of \$500); cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. **Please note that Private Adventure tour pricing is based on a guarantee of a specified number of guests. Should the group decrease in size, we reserve the right to alter the per person price, if necessary.**

## TRAVEL ARRANGEMENTS

Air or other travel arrangements to and from your tour are not included in the price of your trip. We encourage you to contact your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or [bettertravel@madriver.com](mailto:bettertravel@madriver.com)), for any additional air, hotel, rail, or transfer arrangements you may need.

# The United States at a Glance

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## ENTRY REQUIREMENTS

For information about entry requirements, see [travel.state.gov](http://travel.state.gov).



## CURRENCY

For up-to-date exchange rates for the U.S. dollar with other currencies, see [oanda.com](http://oanda.com).

Always contact your bank or your credit-card company for details on fees and card use when traveling.

### Travel Tip

Have a variety of monetary options to start your trip: cash, ATM card(s), and credit card(s).

## TIME ZONE

Find the official time at your U.S. destination at [time.gov](http://time.gov).

## PHONE & INTERNET

Cell phone coverage throughout the United States is extensive, but cannot be guaranteed to be accessible on all mobile carriers or to function at all times while on the trail or in remote areas. For more information regarding international phone use, please refer to [countrywalkers.com/phones](http://countrywalkers.com/phones).



Internet access is generally very good in towns and villages; however, it is not guaranteed at all of the hotels used on the tour. For more details regarding Wi-Fi availability, please refer to the Tour Itinerary Overview.

## LANGUAGE

The official language of the United States is English.

## ELECTRICITY

Alternating current of 120V and 60Hz is used in the United States. The majority of plugs are Type B, with two square and one round prong. For a full listing of electrical outlets worldwide, see [electricaloutlet.org](http://electricaloutlet.org).

## Travel Tip

For international visitors bringing a hair dryer or other electrical device:

- Bringing your own hair dryer or other electrical device? You'll need a travel converter, available at most hardware, travel, or consumer electronic stores.
- For laptops or an electronic device with a dual voltage switch, you'll need the adapter plug but not a converter.

## WEATHER

Country Walkers visits a range of U.S. destinations, spanning the continent from Maine to Washington State. Tour dates coincide with the ideal weather and conditions for an active vacation.

Fall in New England means stunning foliage, warm days, and crisp nights. Spring and fall in the desert climates of California's Death Valley, Colorado, and Utah start off with chilly mornings that turn into dry and sunny days. Summer in Washington State, Montana, and California can offer sunny days and cooler nights—with local variation and seasonal precipitation in all regions.

For up-to-date forecasts, see [qwikcast.com](http://qwikcast.com). For historical average temperatures and rainfall, see

[weatherbase.com](http://weatherbase.com).

## FOOD & DRINK

In addition to the well-known standard repertoire of American food, considerable regional variation reflects the cultural heritage and seasonal harvest of individual areas.



In the southwestern states and California, dishes are Mexican- and cowboy-influenced. In Washington State, the bounty includes fresh salmon and other Pacific seafood. In Montana, game, freshly caught fish, and steaks predominate. And in New England, seasonal produce and local specialties such as cheese and maple syrup are ubiquitous, and of course, delectable Maine lobster and seafood are a highlight.

## LIFE IN THE UNITED STATES



### Shopping and banking hours

Shops and stores are generally open Monday to Saturday between 9:00 a.m. and 6:00 p.m., and on Sundays from 11:00 a.m. to 5:00 p.m. Shopping malls, department stores, and supermarkets are open all day, every day of the week, from 8:00 a.m. to 9:00 p.m. (or later; check locally).

Banks are open from 9:00 a.m. to 5:00 p.m., Monday to Friday, and some branches are open from 9:00 a.m. to noon on Saturday.

### Mealtimes

Breakfast is served at hotels from 7:00 a.m. to 10:00 a.m. In restaurants, lunch is served from noon to 3:00 p.m. and dinner is usually served from 4:00 p.m. to 9:30 p.m. (but with substantial local variation).

### Tipping

In restaurants and bars, leave 15 to 20 percent of the total. Taxi drivers receive 10 to 15 percent of the fare. For luggage assistance, from \$2 to \$5 depending on the service offered.

## TRAVEL RESOURCES

### National U.S. official tourist board

[visittheusa.com](http://visittheusa.com)

### Public holidays

To assist in travel planning, it may be helpful to be aware of U.S. public holidays. See [opm.gov/policy-data-oversight/snow-dismissal-procedures/federal-holidays/#url=2017](http://opm.gov/policy-data-oversight/snow-dismissal-procedures/federal-holidays/#url=2017) for an official list; and for a description of U.S. holidays, visit [usa.gov/citizens/holidays.shtml](http://usa.gov/citizens/holidays.shtml).

### Travel Tip

For both U.S. and international travelers, a fascinating resource on American history and culture is the U.S. Library of Congress: [loc.gov](http://loc.gov).

Originating as Thomas Jefferson's personal collection, the library maintains a website that is not only a library catalog, but a clearinghouse for wide-ranging information on U.S. history, folklore, geography, the performing arts, and more.

## TRAVEL IN THE UNITED STATES

A wealth of travel information is available at [visittheusa.com](http://visittheusa.com). For a list of all U.S. official state tourist boards, visit [visittheusa.com/usa/official-links.aspx](http://visittheusa.com/usa/official-links.aspx).



### Airports

The United States has an enormous international and domestic air network with dozens of companies and hundreds of airports. For travel to various regions and airports, individual state tourist boards offer travel and airport information: [visittheusa.com/usa/official-links.aspx](http://visittheusa.com/usa/official-links.aspx).

### Trains

**Amtrak:** [amtrak.com](http://amtrak.com), the national railway company site with schedules, fares, and pass options.

### Travel Tip

Country Walkers' U.S. itineraries include many of the country's best-known national parks; for more information, visit [nps.gov](http://nps.gov)

### Other local transportation

Long-distance bus travel can also be a convenient way to reach a destination. National companies include Greyhound ([greyhound.com](http://greyhound.com)), Trailways ([trailways.com](http://trailways.com)), and Megabus ([megabus.com](http://megabus.com)); check locally for smaller regional long-distance bus companies.

Major car rental agencies are available at airports, city centers, and train and bus stations. Taxis are available at all major airports, cities, train and bus stations, and in smaller towns, and can be reserved in advance (your hotel can usually provide assistance).

For more information contact Country Walkers.

# Packing List

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## PACKING TIPS

Pack light! Keep in mind there will be times you may have to carry your own luggage short distances, especially before and after your Country Walkers tour. Due to space constraints, we require you to limit your luggage to one medium piece (approximately 18x15x29 inches or 8,000 cu. in.) and one small carry-on, per person. We recommend packing any personal necessities, medications, your hotel itinerary/emergency contact information, your hiking boots (or shoes), and extra clothes in your carry-on luggage in the event that your baggage is delayed. We suggest leaving valuable jewelry at home. A copy of your passport or other important documents should be kept in a separate area of your luggage. Always be alert when carrying a purse, camera, money belt, or backpack in busy cities, airports, and train stations.

## FOOTWEAR

- » Hiking boots. There are many brands to choose from. Proper fit is crucial, so try on new boots while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. By the time you're ready to join your walking tour, you should be able to complete 2-8 miles of walking without discomfort. We require lightweight boots or shoes with proper ankle support and good tread to ensure stability on all types of terrain. Waterproof footwear keeps feet dry in heavy rain and water resistant footwear keeps feet dry in heavy dew. Country Walkers reserves the right to deny participation to any guest not wearing appropriate footwear.
- » Wool or synthetic, moisture-wicking socks (cotton socks are not recommended for walking as they will quickly cause blisters)
- » Blister remedy

## CLOTHING

- » Lightweight, wash-and-wear long pants
- » Long-sleeved, wash-and-wear shirt
- » T-shirts and shorts
- » Polar fleece or light wool pullover (it will keep you warm even when wet)
- » Dinner attire is casual but neat.

## **OUTERWEAR**

- » Waterproof rain gear: jacket, pants, hat, or hood
- » Windbreaker with hood (your rain gear may be suitable)
- » Hat with a broad brim or visor

## **EQUIPMENT**

- » Pack (minimum size of 25L): large enough to carry water, packed lunches, extra clothing, rain gear, and personal items (camera, etc.)
- » Waterproof cover for pack
- » Water bottle, canteen, or CamelBak-type water reservoir or hydration pack to carry your own water while walking (equivalent of one liter)
- » Sunblock and lip balm
- » Insect repellent
- » Sunglasses
- » Toilet kit for when facilities are not available on the walks. Include zip-lock baggies, tissues, and moist towelettes, which can be disposed of upon return to the hotel.
- » Personal first-aid kit including any medications you ordinarily take (in their original container)

## **OPTIONAL**

- » Telescopic walking sticks. (Please note that while telescopic walking sticks are recommended for this tour, they are not provided by Country Walkers. Therefore please plan on bringing your own should you wish to use them.)
- » Binoculars
- » Bathing suit (both hotels have outdoor pools)
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen
- » Field guides
- » Bandana
- » Motion sickness “bracelets” or other non-sleeping remedy for the boat trip
- » Poison Ivy relief medication