

MONTANA

Glacier National Park

A Guided Walking Adventure





Table of Contents

Daily Itinerary	4
Tour Itinerary Overview	11
Tour Facts at a Glance.....	13
Traveling To and From Your Tour	15
Information & Policies	18
The United States at a Glance	20
Packing List	24

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

The true meanings of “spectacular” and “scenic” are restored in Glacier National Park in Montana. Its dramatic beauty was formed between 70 and 150 million years ago, when pressures of the earth's tectonic plates caused a slab of seabed sediments several miles thick to be thrust gradually upwards some 50 miles to the east. Glaciers made their majestic entrance later, sculpting the park into elegant U-shaped valleys and matterhorns.

All this work by Mother Nature left white-water rivers cascading into teal-green lakes reflecting mountain upon mountain in these upper reaches of the Rockies. The walks here take you to the mountain habitats of bighorn sheep, mountain goats, moose, and raptors. You walk to glacial, trout-filled lakes in dramatic cirques and find vistas that open generously over the heart of the Rockies. Nights are spent in historic lodges, where trout and local game provide sustenance for the next day's adventures. The majesty of the Western spirit informs each step.





Daily Itinerary

DAY 1

Arrival in Whitefish. Transfer to Glacier National Park. Avalanche Lake; 4-6 miles, easy to moderate

From the meeting point in Whitefish, you drive (approximately one hour) to the western side of Glacier National Park. Here, in the lush, ancient cedar rainforest, you stretch your legs on an easy walk up to the glacial meltwaters of Avalanche Lake. The path first passes Avalanche Gorge, where rushing waters have carved the stone into smooth chutes and bowls. From here you continue climbing on a moss-rimmed pathway among western red cedars and hemlock to the tranquil shores of Avalanche Lake, which rests in a cirque surrounded by the towering layered cliffs of Glacier Park's dramatic mountains.

Following a lakeside picnic lunch, you travel a short distance to your home for the night—a national park property that first began welcoming guests in 1895. Nestled in a cedar grove on tranquil Lake McDonald, the lodge provides opportunities to stroll the lakeshore or perhaps relax near the lobby's giant stone fireplace.

Tonight's dinner is 20 minutes down the road at the Belton Chalet, which has been restored to its 1910 charm with original wainscoting and leaded glass windows. Here your chef blends local ingredients into savory dishes grilled on

the Belton Boiler BBQ, which is a story in itself. This first evening is a perfect way to ease into the week in this spectacular, natural gem of a park.

**Please note: Each day presents the possibility that alternative trails of comparable terrain will be used in the event of trail closing due to wildlife activity or other circumstances.*



Lake McDonald Lodge, Glacier National Park

Built in 1914, this national-park lodge is situated in a cedar grove on the shores of beautiful Lake McDonald.

DAY 2

Highline Trail to Haystack Butte; 7 miles, moderate

This morning, early risers may have an opportunity to view the wildlife, such as deer and elk, which make their home in the forested foothills around Lake McDonald. After breakfast in the dining area with its rough-hewn beams and hunting trophies, you depart the western side of the park in a classic Red Bus by way of the well-known Going-to-the-Sun Road, a marvel of engineering that spectacularly scales the Continental Divide at Logan Pass (elevation 6,646 feet) and affords close-up views of the park's majestic high peaks, cliffs, and lakes.

Today's walk is the famous "Garden Wall" section of the Highline Trail, which provides spectacular scenery and excellent opportunities to view wildlife on the open mountain slopes below the rugged ridge of the Continental Divide. The trail crosses a broad ledge, then winds through fir and spruce that have been molded over time into eerie shapes by the strong winter winds and ice particles, leaving many without windward branches and, instead, with a flag-like appearance. You are surrounded by the results of glacial activity, in a valley overlooking mountains that cradle a high hanging basin, from which a waterfall cascades hundreds of feet to the valley floor below. You may share the trail with mountain goats or bighorn sheep, which are at home on the ledges of the rugged, rocky terrain. After lingering near a promontory known as Haystack Butte, you then return on the same trail.



By late afternoon you reach your home for the next two nights, another spectacular park lodge built by the Great Northern Railroad in 1915. The lodge sits on the shores of Swiftcurrent Lake, and offers some of the best wildlife viewing in the park. This convenient location provides two days of walking directly from the front door. Built with a true Swiss flavor, the hotel features a

recently renovated exterior. This evening you dine in the lodge's Ptarmigan Dining Room, which serves Continental and American cuisine.

Many Glacier Lodge, Glacier National Park

The largest of the national-park lodges in Glacier, this historic lodge was built in the Swiss tradition and opened in 1915. Located on the shores of Swiftcurrent Lake, this lodge affords some of the best wildlife viewing in the park.

DAY 3

Iceberg Lake; 5-9 miles, moderate, 1,200-ft. elevation gain

After a breakfast buffet, you set out for the striking aquamarine tarn known as Iceberg Lake. The trail climbs briskly for the first few hundred yards and then continues on a gradual ascent to the lake (elevation gain of 1,200 feet). You traverse slopes colored with a profusion of wildflowers, including the creamy white blossoms of beargrass in early summer and the magenta spikes of fireweed mid-summer. In all seasons, you behold the spectacular views of Swiftcurrent Glacier, Grinnell Point, and towering Mt. Wilbur, known to the Blackfeet as "Heavy Shield Mountain."

Ptarmigan Falls provides a refreshing rest spot on warm summer days. For a shorter walking option, you may turn back here and enjoy a leisurely afternoon at the lodge. For the longer option, you continue on to the glacial cirque that supports the frigid turquoise waters and ice flows of Iceberg Lake (elevation 6,094 feet). In the late afternoon, you return to the lodge with time to refresh before reuniting for dinner at a local restaurant.

Many Glacier Lodge, Glacier National Park

DAY 4

Grinnell Lake Overlook; 5 miles, moderate, 600-ft. elevation gain; or Grinnell Glacier; 11 miles, moderate to challenging, 1,400-ft. elevation gain



An area known as the Grinnell Valley holds two destinations in store today—Grinnell Lake Overlook or Grinnell Glacier. Both options begin with a short, yet scenic boat ride across Swiftcurrent and Josephine Lakes. The trail begins with a climb through a forest of sub-alpine firs, then traverses ledges of sedimentary red and green argillite, which open broadly to breathtaking views of the surrounding peaks, while Mts. Gould and Grinnell tower above. With the distinctive milky flow of glacial meltwater, Grinnell Falls cascades into Grinnell Lake below. Wildlife sightings are likely as you travel through the habitat of bighorn sheep, mountain goats, bear, and moose. The turnaround point at Grinnell Lake Overlook is remarkably picturesque and allows for a leisurely pace on the return along the wildflower-studded shores of two lovely lakes (elevation gain of 600 feet).

For those who continue onward and upward, the trail is demanding, but rewarding, and provides access to one of the largest remaining glaciers in the park (elevation gain of 1,400 feet). At the end of the day's adventures, a scenic drive of just over an hour brings you to new accommodations—a historic park lodge known as the “Big Tree” hotel owing to the enormous Douglas fir trees adorning its majestic lobby. Dinner is served in the lodge's dining room.

Glacier Park Lodge, Glacier National Park

A National Park lodge, first opened to the public in 1913, with a massive, welcoming lobby and reputation as “The Big Tree” hotel.

DAY 5

Scenic Point Trail; 8 miles, moderate to challenging, 2,200-ft. elevation gain or Upper Two Medicine Lake; 7.5 miles, easy

This morning, a short drive brings you to Two Medicine Valley and the trailhead for a walk that boasts the week's highest elevation, uniquely located here in the park's vast, eastern prairies. From the east bank of Appistoki Creek, the trail



climbs quickly, passing Appistoki Falls, then ascends steeply and steadily via switchbacks up the arid mountainside above the creek. All of today's elevation gain (approximately 2,200 feet) is within the first three miles, but you are rewarded at the summit of Scenic Point (elevation 7,522 feet) with spectacular views. To the west are great peaks, passes, and deep blue lakes along the

Continental Divide, and to the east are great plains that stretch for hundreds of miles. After a picnic lunch, you return on the same trail with beautiful views of Glacier before you.

For those looking for something more leisurely, a walk is offered to Upper Two Medicine Lake. Starting at the foot of Two Medicine Lake with magnificent Rising Wolf Mountain towering to the north, the trail gently winds through diverse forest where occasional avalanche chutes open to views of this gorgeous valley. While eating a snack at the impressive Twin Falls, you may see an ouzel (or American dipper), which makes its home in a nest under one of the falls. Continuing on to Upper Two Medicine Lake (elevation gain of 300 feet), you unpack your picnic lunch before making your way back to Two Medicine Lake and returning by boat. Tonight's farewell dinner is at a local restaurant known for its casual menu and lively atmosphere.

Glacier Park Lodge, Glacier National Park

DAY 6

Flathead River float trip. Departure from Whitefish

Your final day offers a relaxing alternative for viewing Glacier's scenery during a river-raft float trip on the Flathead River, part of which forms the southern boundary of Glacier National Park. After full days of hiking, you may find yourself ready to put up your boots and float or paddle peacefully downstream on the emerald green Flathead River. Lunch tastes better riverside, where it is served on tables at the bend known as Devil's Elbow, with the sound of waves and the opportunity to swim, skip rocks, or simply relax in your beautiful surroundings.

If you prefer to hike today, a walk is offered by your guide, who presents many options to choose from. You return to Whitefish in the late afternoon for departures from the airport or downtown.

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.

HIGH-ALTITUDE WARNING

The highest elevation you may be walking at on this tour is 7,500 feet and the highest elevation you drive on this tour is approximately 6,646 feet (Logan Pass on the Going-to-the-Sun Road). The altitude may have some effect on travelers. Typical symptoms include nausea, a loss of appetite, insomnia, shortness of breath, dizziness, headaches, or other minor irregularities. There are actions you can take to help you adjust to the altitude, including drinking lots of water (more than you feel you need) and getting plenty of sleep. Also, take your time while walking, allow your body to adjust, and always keep your guides informed of how you are feeling. Please discuss with your doctor whether taking altitude medication would be helpful.

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:

We proudly support the **Yellowstone to Yukon Conservation Initiative**.

Stretching some 2,000 miles the Yellowstone to Yukon region is big, diverse and intact enough to support wildlife, nature and millions of people. To maintain this area is a global opportunity unparalleled elsewhere in the world. The

Yellowstone to Yukon Conservation Initiative is the only organization dedicated long-term to securing the ecological health of this entire region. Through their big-picture perspective they highlight and focus on local issues that have continental-scale implications. Once these issues are identified, they work with key partners to stitch this landscape together. Since 1993 they have worked with over 300 partners including businesses and government and non-profits organizations on dozens of on-the-ground initiatives. Their mission is connecting and protecting habitat from Yellowstone to Yukon so people and nature can thrive. We invite you to learn more at y2y.net.

Tour Itinerary Overview

TOUR MEETING POINT AND TIME

Best Western Rocky Mountain Lodge (lobby), Whitefish, MT, 8:00 a.m.

6510 Highway 93 South
Whitefish MT 59937
Tel 406.862.2569
Email sales@rockymtnlodge.com
rockymtnlodge.com

NIGHT 1

Lake McDonald Lodge

Glacier National Park, MT
Tel 406.888.5431
Email sales-glacier@xanterra.com
nps.gov

Hair dryers and laundry service available. Wireless Internet hot spots available, but service is extremely limited and unreliable.

NIGHTS 2 & 3

Many Glacier Lodge

Glacier National Park, MT
Tel 406.732.4411
Email sales-glacier@xanterra.com
nps.gov

Hair dryers and Wireless Internet hot spots available, but service is extremely limited and unreliable. Laundry service unavailable.

NIGHTS 4 & 5

Glacier Park Lodge

Glacier National Park, MT
Tel 406.226.5600
Email info@glacierparkinc.com
nps.gov

Wireless Internet hot spots available, but service is extremely limited and unreliable. Hair dryers available upon request. Self-serve laundry service available.

TOUR DEPARTURE POINTS AND TIMES

- **Glacier International Airport (FCA), Kalispell, MT, 4:00 p.m.**
- **Best Western Rocky Mountain Lodge, Whitefish, MT, 4:30 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

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

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

Best Western Rocky Mountain Lodge (lobby), Whitefish, MT, 8:00 a.m.

TOUR DEPARTURE POINTS AND TIMES

- Glacier International Airport (FCA) in Kalispell, MT, 4:00 p.m.
- Best Western Rocky Mountain Lodge, Whitefish, MT, 4:30 p.m.

ACTIVITY LEVEL

This tour is one of our Guided Walking Adventures, rated moderate to challenging, with an average of 4 to 11 miles of walking daily. The terrain is well-worn paths with occasional rocks and exposed roots, and varies from forested to exposed sun-drenched trails. **Many of the trails are narrow at times with wide, expansive views and steep drop-offs on one side. The Going-to-the-Sun Road, while beautiful, is narrow and winding with steep drop-offs to one side. If you are prone to motion sickness, have a fear of heights, or have concerns about vertigo, we strongly urge you to phone our office.** There are ascents and descents of up to 1,200 to 2,200 feet, which are mostly gradual but some portions are steep. The highest elevation during this trip is approximately 7,500 feet. High mountains, stunning scenery, and wildlife combine on each walk in Glacier National Park.

INCLUSIONS

- » Two expert, local guides (for groups of 8 or more), with you 24/7
- » All meals included; 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

TOUR MEETING POINT AND TIME

Best Western Rocky Mountain Lodge (lobby), Whitefish, MT, 8:00 a.m.

Your guide(s) will be wearing a Country Walkers shirt. Please be dressed for walking, as there will be a walk en route to our first hotel.

MOST CONVENIENT AIRPORT

Glacier International Airport (FCA), Kalispell, MT

glacierairport.com

GETTING TO THE MEETING POINT

The Best Western Rocky Mountain Lodge offers a complimentary airport shuttle service. Please note that the shuttle service must be requested at least 24 hours in advance.

Should you drive to the meeting point, please note that the Best Western Mountain Lodge is unable to provide parking for the duration of your tour due to limited parking. Public parking options are very limited in Whitefish. Your guides will have you follow them in your car to the offices of Glacier Guides where you may park for the week.

PRE-TOUR ACCOMMODATIONS

We have blocked a number of rooms at the Best Western Rocky Mountain Lodge in Whitefish, Montana, for the night before your tour. Please contact the hotel directly to make a reservation and be sure to tell them that you are joining a Country Walkers tour so that you benefit from the special rate of \$209, guaranteed until March 31, 2017, then subject to change, for a double room plus tax per night, for either a single or double room. The hotel will request a credit card to guarantee the reservation. They offer a free shuttle to/from the airport and train station, though a 24-hour notice is required to make a reservation for this 12-mile transfer.

Best Western Rocky Mountain Lodge

6510 Highway 93 South
Whitefish MT 59937
Tel 406.862.2569
Email sales@rockymtnlodge.com

Located minutes from downtown Whitefish, the lodge offers a comfortable atmosphere featuring a spacious lobby, rock fireplace, and comfortable furnishings. Amenities include a fitness center, outdoor heated pool and hot tub, and high-speed Internet throughout. Complimentary shuttle service to and from the Glacier Park International Airport is available with 24-hour advance reservations.

Please note that the hotel will hold our block of rooms until 30 days prior to your tour. We suggest booking a pre-tour room as soon as possible, as there may not be rooms available within 30 days of your departure. Our block of rooms is often confirmed a year in advance and we obtain the best rate available at that time. Less-expensive rates may be found on the Internet closer to the date of your actual stay.

DELAYS AND LATE ARRIVALS

If you are delayed or miss the scheduled group meeting 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 POINTS AND TIMES

- **Glacier International Airport (FCA), Kalispell, MT, 4:00 p.m.**
- **Best Western Rocky Mountain Lodge, Whitefish, MT, 4:30 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.

LEAVING WHITEFISH

On the last day of the trip we enjoy an optional raft and/or leisurely walk en route to Whitefish. It is approximately a 3-hour drive from the last lodge to the airport, not including this stop or time for lunch. Depending on your destination, it may not be possible to depart Montana on the last day of the tour. Please check airline schedules carefully. If you choose to spend the evening in

Whitefish, your guides will take you to the Best Western Rocky Mountain Lodge. If you choose to stay at a different hotel, taxi service is available from the airport.

Information & Policies

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), for any additional air, hotel, rail, or transfer arrangements you may need.

The United States at a Glance

ENTRY REQUIREMENTS

For information about entry requirements, see travel.state.gov.



Travel Tip

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

CURRENCY

For up-to-date exchange rates for the U.S. dollar with other currencies, see oanda.com.

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

TIME ZONE

Find the official time at your U.S. destination at 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.



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.

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. For historical average temperatures and rainfall, see 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.

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.

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

discoveramerica.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=2016 for an official list; and for a description of U.S. holidays, visit 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.

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, folklife, geography, the performing arts, and more.

TRAVEL IN THE UNITED STATES

A wealth of travel information is available at discoveramerica.com. For a list of all U.S. official state tourist boards, visit 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.

Trains

Amtrak: amtrak.com, the national railway company site with schedules, fares, and pass options.

Other local transportation

Long-distance bus travel can also be a convenient way to reach a destination. National companies include Greyhound (greyhound.com), Trailways (trailways.com), and Megabus (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.

Travel Tip

Country Walkers' U.S. itineraries include many of the country's best-known national parks; for more information, visit nps.gov

Packing List

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 5-8 miles of walking without discomfort. We require lightweight boots 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: casual. Jeans are acceptable

OUTERWEAR

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

EQUIPMENT

- » Pack (minimum size of 25L): large enough to carry water, 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 (for wildlife viewing)
- » Bathing suit and small towel
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen
- » Field guides
- » Bandana