

WASHINGTON

Olympic Peninsula

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	17
The United States at a Glance	19
Packing List	23

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

It's not too farfetched to think that the gods of ancient Greece might have chosen this northwest corner of the United States as their home. Few other places exemplify so vividly the immense power and beauty of natural forces. Surrounded by dramatic coastline and carved by 60 active glaciers, the peninsula is replete with rainforests and bubbling hot springs. Rising majestically at its center are the massive Olympic Mountains, the source of one of the world's most unusual weather patterns.

British sea captain John Meares christened the range in 1788, when he first spotted the most massive of the mountain peaks, Mt. Olympus (7,965 feet). Nearby Ares, Hermes, and Athena Mountains form a divine pantheon. The mountains trap incoming clouds, creating a rainforest on their western side (with 145 inches of rain annually) and a "rain shadow" to the east, with near-desert dryness year-round. This trip takes you through the pristine and protected wilderness of Olympic National Park, from sandy beaches through old-growth forests and alpine meadows filled with wildflowers. You are soothed by healing mineral waters and rainforest dew and enjoy the pure, clean taste of local foods such as tiny strawberries, Walla Walla sweet onions and, of course, the salmon that return annually to their native freshwater streams from the mighty Pacific.



Daily Itinerary

DAY 1

Transfer to Lake Quinault. Mima Mounds; 1.5 miles, easy. Optional afternoon walk to arrive at lodge on foot; 2-3 miles; easy

From the meeting point in Seattle, you begin a scenic drive, enjoying picturesque views of the Olympics, Mount Rainier, and Seattle's skyline. You soon travel into another landscape altogether; one with majestic forests of Douglas fir, western hemlock, and western red cedar. You stop en route to enjoy a picnic lunch and warm-up walk around the Mima Mounds Natural Preserve, where you explore the enigmatic prairie of six-foot-high mounds that cover the region.

An optional second walk of the day allows you to arrive at the lodge on foot. This walk is your first encounter with the temperate rainforest, and provides an excellent orientation to some features of that habitat as explained by your guide. The destination and your home for the next two nights is a stately lodge that has been a haven for hikers and fishermen since 1926. The lodge is surrounded by magnificent old-growth forest trails, should you decide to explore a bit before a welcome dinner in the hotel dining room.

Lake Quinault Lodge, Quinault

A rustic lakeside lodge offering comfortable, contemporary rooms in the heart of the Olympic National Forest.

DAY 2

Graves Creek to Pony Bridge and Quinault Valley; 5-8 miles, easy to moderate



Today's exploration of the temperate rainforest starts with a visit to the world's largest Sitka spruce tree. It has stood guard over the Quinault River for almost 1,000 years and is 58 feet in circumference. From here we drive along the river and past waterfalls and riparian glades until we reach the end of the road at the edge of the vast Olympic wilderness. Our walk is up either the Quinault's East or North Fork (depending on seasonal trail conditions), allowing you to pursue a glimpse of Roosevelt elk or migrating salmon. You ramble through a magnificent forest of giant firs and cedars, passing huckleberry bushes as well as queen's cup and bunchberry dogwood. As you approach Pony Bridge the river plunges through a narrow gorge walled by layers of slate and sandstone. Bring your camera, as you won't want to miss this quintessential rainforest view with its dramatic play of light and cascading water.

You enjoy lunch by the tranquil waters of the river, which are an icy blue from sediment of glacial silt. After lunch, those with more energy can continue farther along the Quinault Valley, marveling at the alder groves along the way.

This evening, before dinner, you meet Harvest Moon—a Quinault elder, story teller, and basket maker. She entralls us with legends and stories of her culture in front of the lodge's stately fireplace.

Lake Quinault Lodge, Quinault

DAY 3

Kalaloch to the Pacific Coast. Ruby Beach; 3-5 miles (tide dependent), easy; The Hoh Rainforest; 2-5 miles, easy

At Kalaloch, you delight in your first glimpse of the Pacific Ocean on a beach walk. The coast, part of the Olympic National Park, is pristine and virtually undisturbed by the forces of man. If tides allow, you explore the tidal pools teeming with starfish and countless other species of intertidal invertebrates and algae, and enjoy a picnic lunch on Ruby Beach. Fascinating sea-stack rock



formations enhance the Pacific Ocean views. You may spot otters, eagles, seals, whales, and even follow deer tracks in the sand. This is also a prime spot for birding—keep an eye out for pelicans, cormorants, and oystercatchers along the way. Here, too, you can appreciate the wonder of the tides, which dramatically change the landscape as they ebb and flow by as much as 15 feet.

This afternoon, the walk explores a gentle trail lined with massive trees, through one of the only coastal temperate rainforests in the world. Other temperate rainforests can be found in Tasmania, Scotland, Japan, and on the Kamchatka Peninsula of Russia. The Hoh Rainforest literally teems with life, even out of death; massive “nurse” logs of fallen trees serve as starting ground for new seedlings, nourishing them with nutrients and moisture as they decay. Moss drips from overhanging branches and licorice ferns sprout from trees without ever reaching the ground. Everything grows two to three times faster in the rainforest than on dry land; here, Sitka spruce grow to heights of 300 feet and as wide as 23 feet, and are considerably larger than in their namesake Alaskan home.

Tonight, you are warm and comfortable in newly refurbished log cabins with cozy wood stoves, overlooking the Pacific.

Kalaloch Lodge, Forks

A comfortable National Park lodge offering cabin-style accommodations, situated on a high bluff overlooking the Pacific Ocean. Rooms do not have televisions or telephones.

DAY 4

Sol Duc Valley and Lake Crescent; 5-9 miles, easy to moderate

After breakfast overlooking Kalaloch Creek and the beach, you set out on a 2-hour scenic drive, passing through the logging town of Forks, recently made notable in the *Twilight* series of books and films. After following the Sol Duc River through a broad valley, you climb up into the mountains to road’s end and begin your walk through giant Western hemlock trees to the iconic Sol Duc Falls. From here you are offered two walking options. The easier option is an enchanted walk down the Lover’s Lane Trail, which brings you to the quaint Sol

Duc Hotspring resort. Here you have the opportunity to soak in the healing mineral springs, or enjoy a beverage at the outdoor café next to the Sol Duc River (this option is 4 miles in length). Those looking to challenge themselves with a 1,500-foot climb through changing forest zones, wetland orchids, and stunning views of cascading Canyon Creek will set out for Deer Lake. Upon arrival you take in the majestic beauty of this tranquil jewel nestled below subalpine meadows and high ridges. Afterward you move on to Lake Crescent, carved out of the mountains by glaciers. Eight and one-half miles long and over 600 feet deep, it is one of the largest lakes in the state. Here, you stay at a famous lodge whose past guests included Franklin Roosevelt. Appropriately, he stayed here prior to negotiations which led to the creation of Olympic National Park.



Lake Crescent Lodge, Port Angeles

A historic National Park lodge offering cottage and motel units nestled among giant fir and hemlock, and overlooking stunning Lake Crescent. Rooms do not have televisions or telephones.

DAY 5

Hurricane Hill trail; 3 miles, easy; optional scenic raft trip on the Elwha River

After a brief visit to the National Park Service Visitor Center, you head for Hurricane Ridge for a walk on the Hurricane Hill Trail. Here, you take in the sweeping grandeur of the Olympic Mountain Range to the south, with the San Juan Islands and Vancouver Island to the north. Massive peaks, one after another, form a striking skyline. According to Native American legends, these peaks were once a single, large mountain where the Thunderbird, creator of lightning and thunder, dwelled.

En route you stop for a picnic lunch surrounded by subalpine meadows. Because the Olympic Peninsula was isolated by glaciers 10,000 years ago, these meadows were also isolated—they now include endemic species of flora and fauna found nowhere else on earth, such as the Olympic Mountain daisy, Flett's violet, and the Olympic marmot.

This afternoon you proceed to the banks of the Elwha River, which is undergoing the largest dam removal project in U.S. history and is being restored to bring back one of the Northwest's most incredible salmon runs. You walk into the former Elwha Dam site, which is being reclaimed by nature and now regularly sees massive king salmon swimming by to their ancient reclaimed spawning grounds upriver. Located mainly in the heart of the Olympic National Park, the river's 45-mile course and 100 miles of tributaries are being revitalized by returning salmon migration, crucial to the Lower Elwha Klallam Tribe and surrounding ecosystems.

After this full day of walking, you begin the return trip to the lodge in anticipation of a hearty farewell meal.

Lake Crescent Lodge, Port Angeles

DAY 6

Marymere Falls; 2 miles, easy to moderate. Departure from Seattle

From Lake Crescent, a final, brief walk to Marymere Falls is a breathtaking farewell. The dramatic 90-foot plunge is named for Mary Alice Barnes, sister of Charles Barnes, a cartographer who produced the first map of the interior of the Olympic Peninsula on the famous yet perilous Seattle Press expedition of 1889.

You depart for Seattle via the Bainbridge Ferry, stopping en route to enjoy a special lunch provided by your guides.

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.

RESPONSIBLE 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:

Nature Preserve: At Country Walkers, we always seek to explore the natural world in a responsible way—and take steps to preserve the environment whenever possible. Our Olympic Peninsula tour is no exception, as you receive an in-depth look (following best practices) at the largest intact temperate rainforest in the lower 48 states in the company of local guides, expert naturalists, and biologists. Throughout your journey, you:

- » Enjoy day hikes through old-growth forest, wilderness beaches, salmon rivers, and subalpine meadows
- » View some of the best wildflowers in the country, including endemic plant species
- » Raft along the Elwha River and learn of the water's unique ecology
- » Discover more about the intertidal ecology and species on the coast
- » Explore the enigmatic Mima Mounds south of Olympia
- » Gain knowledge about the extensive ethnobotany of regional plants while learning of the native and contemporary uses of plants
- » Learn of the cultural and environmental implications associated with logging
- » Get the chance to encounter diverse wildlife, from marine mammals (grey whales, porpoises, river otters) to forest birds (including the endangered

marbled murrelet) to Roosevelt elk, Olympic marmot, cougars, bobcats, and black bears

» Help the environment by picking non-native invasive plants

Tour Itinerary Overview

TOUR MEETING POINT AND TIME

The Westin Seattle (lobby), Seattle, WA, 8:30 a.m.

1900 Fifth Avenue
Seattle, WA 98101
Tel direct 206.728.1000
Tel 800.228.3000

NIGHTS 1 & 2

Lake Quinault Lodge

Quinault, Washington
Tel 360.288.2900
Email info@visitlakequinault.com
olympicnationalparks.com
Wireless Internet and hair dryers available. Laundry service unavailable.

NIGHT 3

Kalaloch Lodge

Forks, Washington
Tel 360.962.2271
Email info@visitkalaloch.com
thekalalochlodge.com
Hair dryers available. Wireless Internet and laundry service unavailable.

NIGHTS 4 & 5

Lake Crescent Lodge

Port Angeles, Washington
Tel 360.928.3211
olympicnationalparks.com
Wireless Internet and hair dryers available. Laundry service unavailable.

TOUR DEPARTURE POINT AND TIME

The Westin Seattle, Seattle WA, 5:00 p.m.

EMERGENCY CONTACT

One Call International

Email mail@oncallinternational.com

If communicating from within the US

Text 603.945.0103

Tel 800.555.9095

If calling from outside the US

Tel 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 Tips and Travel Resources: International Access Codes).

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.

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

The Westin Seattle (lobby), Seattle, WA, 8:30 a.m.

TOUR DEPARTURE POINT AND TIME

The Westin Seattle, Seattle, WA, 5:00 p.m.

ACTIVITY LEVEL

This tour is one of our Guided Walking Adventures, rated easy to moderate, with 4 to 9 miles of walking per day. This is one of our easier trips because there are few elevation gains, although two walking options with lovely views do have significant elevation gains (up to 1,550 feet). Some may find the longer options, even though on fairly flat terrain, a challenge due to the distance. We have designed shorter options for this purpose. Walks take place on wooded trails, rocky beaches, and dirt trails that may have loose rocks and exposed roots. Three distinct ecological zones—seacoast, rainforest, and mountains—present serene walks, stunning views, and rare wildlife.

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

The Westin Seattle (lobby), Seattle, WA, 8:30 a.m.

Your guide(s) will be wearing a Country Walkers shirt. Please be dressed for walking. Upon meeting we will drive to our first hotel, stopping to walk along the way.

MOST CONVENIENT AIRPORT

Seattle-Tacoma (Sea-Tac) International Airport (SEA), Seattle, WA
portseattle.org/seatac/

GETTING TO THE MEETING POINT

The most efficient and inexpensive way to get to the Westin Seattle is via the new Link Light Rail Station from the Sea-Tac airport. Trains arrive and depart on the platform level of the station. The covered, level walkway to the airport terminal is one level down on the mezzanine. The well-lit walkway is separated from the main area of the garage and directional signs point the way to the Main Terminal Skybridge. Take this train to the Westlake Station, which is two blocks from the Westin Seattle and costs approximately \$2.50 per person for the 35-minute transfer.

The Link Light train service runs from 5:00 a.m. to 1:00 a.m. on Monday through Saturday and 6:00 a.m. to midnight on Sundays. Trains arrive and depart every 7-15 minutes, depending on the time of day.

In addition, taxis are readily available from the Sea-Tac airport. Fare is approximately \$45 to the Westin Seattle, depending on time of day and traffic.

PRE- & POST-TOUR ACCOMMODATIONS

Country Walkers has negotiated a special rate for the night before each tour start and the night each tour finishes at the Westin Seattle, your meeting-point hotel.

The Westin Seattle

1900 Fifth Avenue
Seattle, WA 98101
Tel direct 206.728.1000
Tel 800.228.3000

Rates: The rate starts at \$299 per night from June 24 – August 26, 2017 and \$259 from September 9 – 23, 2017. This rate does not include tax or breakfast.

To reserve: Please contact the hotel directly if you would like to make a reservation. Be sure to advise the hotel that you are reserving under the Country Walkers room block so that you benefit from our special rate. The hotel will request a credit card to guarantee the reservation. Please note that the hotel will hold our block until 30 days prior to the tour date. We suggest booking your pre-tour reservation as soon as possible. Seattle is a popular destination and there may not be rooms available within 60 days of your departure.

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

The Westin Seattle, Seattle, WA, 5:00 p.m.

We will not be able to arrive in downtown Seattle before 5:00 p.m., as the return trip from Lake Crescent takes approximately 3½ hours.

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*

RESERVATIONS

Reservations for this tour may be made by calling Country Walkers at 800.464.9255. We can confirm your reservation with a deposit of \$350 per person. Final tour cost is due 90 days prior to tour departure date. As arrangements are confirmed at least a year in advance, the tour price is subject to change.

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.

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.*

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.



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.

Travel Tip

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

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.

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. 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.

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.

Travel Tip

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

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 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: casual. Jeans are appropriate

OUTERWEAR

- » Waterproof rain gear: jacket, pants, hat, or hood, or waterproof hooded poncho
- » Windbreaker with hood (your rain gear may be suitable)
- » Gloves and warm hat (for cool mornings or 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.)
- » 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.)
- » 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

- » Bathing suit and small towel for Sol Duc Springs
- » Binoculars
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen
- » Field guides
- » Bandana