

MONTANA & WYOMING

Yellowstone

A Guided Walking Adventure

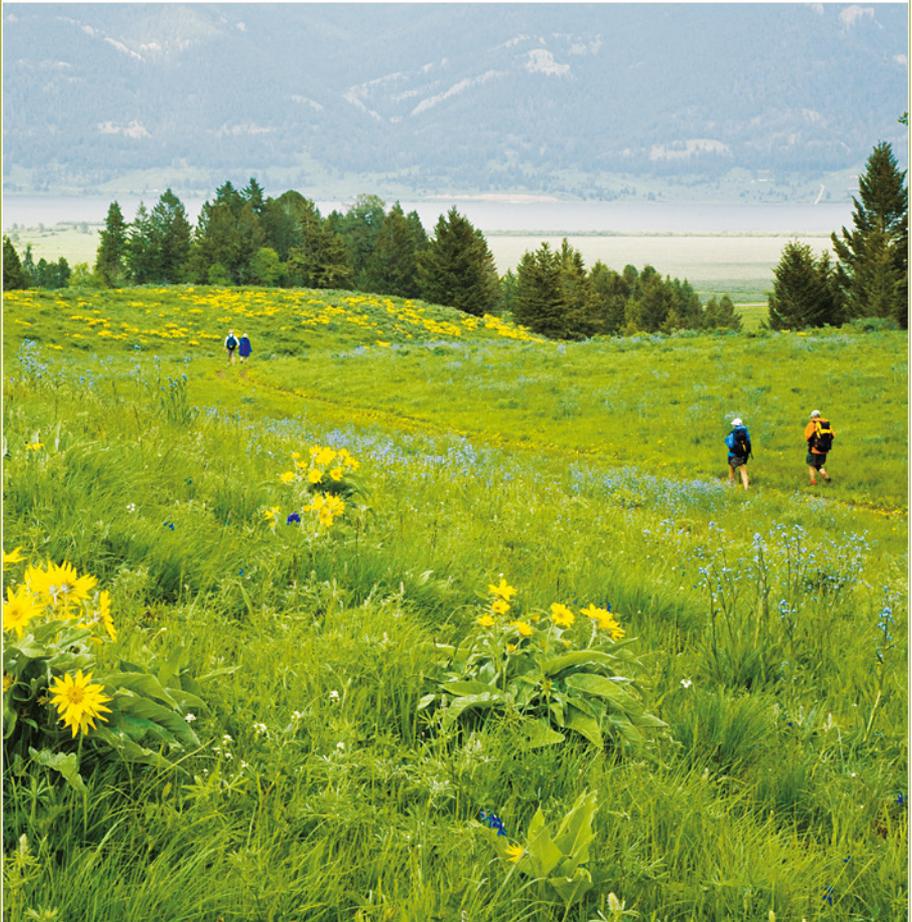




Table of Contents

Daily Itinerary	4
Tour Itinerary Overview	10
Tour Facts at a Glance.....	12
Traveling To and From Your Tour	14
Information & Policies	16
The United States at a Glance	18
Packing List	22

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

An American icon, Yellowstone National Park is the perfect walking destination, and this itinerary takes you to its landmark sites and into the backcountry. You learn about fascinating geothermal activity at Old Faithful, while a walk takes you deeper into the park to Mystic Falls and remote geysers, and to the dramatic steaming terraces of Mammoth Hot Springs. From the rushing Grand Canyon of the Yellowstone, you continue on to Hayden Valley, habitat of the largest “megafauna” in the continental United States—wildlife such as the country’s oldest and largest wild population of bison, as well as elk and grizzly bears. As the grand finale, from the summit of Mount Washburn spectacular mountain views unfold, range upon range as far as the Grand Tetons, along a trail brimming with colorful wildflowers. Accommodations include the historic Old Faithful Inn in the national park and an exclusive ranch overlooking mountains and meandering rivers, featuring wide-open Western scenery and style. On the menu are fine regional game and steaks, fish, hearty fare, and local brews, to complement a classic American adventure.



Daily Itinerary

DAY 1

Arrival in Bozeman; Bacon Rind Creek Trail; 4.2 miles, easy to moderate

You meet your guides and group in Bozeman, in southwest Montana, established in the mid-19th century as an offshoot of the Oregon Trail. You soon set out in your van(s) on the scenic 2-hour drive to the town of West Yellowstone, Montana. After following the Gallatin River south, your first steps in Yellowstone National Park are in its beautifully remote northern section, along a flat, easy trail paralleling the meandering Bacon Rind Creek through a verdant valley surrounded by high mountain peaks. Entering hushed stands of pines and fir, you emerge in a valley opening up to the Gallatin River. A short climb culminates at a meadow, habitat for moose, elk, and deer, and a perfect spot for a picnic lunch before returning on the same trail.

By late afternoon you reach your home for the next three nights, a guest ranch just outside the west entrance of Yellowstone Park near West Yellowstone, a mountain town at over 6,666 feet. Situated on 200 acres on the South Fork of the Madison River, here you can unwind in plush Western-style comfort, surrounded by breathtaking views. You may enjoy a cocktail by the fire in the ranch's Great Room before proceeding to dinner.

Bar N Ranch, West Yellowstone

Located just 6 miles from the Yellowstone National Park entrance, an elegant and authentic Western ranch on 200 acres offers spectacular vistas of mountains and rivers, a grand three-sided fireplace in the great room, and spacious rooms, as well as an outdoor heated pool and hot tub.



DAY 2

Grand Canyon of the Yellowstone; 5 miles, easy to moderate

Returning into Yellowstone National Park, today's walk begins through lush forests and blooming meadows before arriving at the Grand Canyon of the Yellowstone. This 1,200-foot-deep chasm reflects the bright red, yellow, and orange colors of volcanic rhyolite, hydrothermally altered and cooled some 600,000 years ago. In fact, the name Yellowstone is thought to come from a translation of native Minnetaree "Rock Yellow River" by 18th-century French trappers as "roche jaune," and later by American trappers into its English name. The canyon is approximately 24 miles in total length, and you follow a trail along the rim above the rushing Yellowstone River. The route continues on to a lunch spot overlooking the spectacular Hayden Valley, famous for its congregations of big game. This valley, actually an old lake bed formed by glaciers in the last ice age, is home to swans, great blue herons, Canada geese, elk, deer, bison, and, occasionally, wolves, grizzly, and black bear.

Once back at the ranch, there is time to unwind in your spacious room and perhaps in the outdoor hot tub (or in your room's jetted spa tub). You gather for dinner in the ranch's fine dining room, where you enjoy a feast of steak grilled to perfection or the rack of lamb with huckleberry mint jelly or Rocky Mountain trout, accompanied by a glass of wine.

Bar N Ranch, West Yellowstone

DAY 3

Fairy Falls Trail, Imperial Geyser; 6.2 miles, easy to moderate

After breakfast at the ranch, you drive back into the park to the trailhead of Fairy Falls. On an easy walk along an old road closed many years ago, you pass



Grand Prismatic Spring and stroll on through forests of lodgepole pine fir, and spruce to Fairy Falls, a 200-foot plummet of spray that cascades into a serene pool. After stopping here for a snack—and to perhaps get your feet wet—you continue on through grassy meadows and quiet stands of trees on your way to Imperial Geyser.

Dramatically set beneath twin hills, this perpetually spraying geyser rockets out of a hot spring like a fountain. It was first discovered in 1925 and has been going off almost constantly since 1966. Here you stop for a picnic lunch and admire nearby mudpots before heading back to the trailhead. This evening you enjoy another sumptuous meal at the ranch.

Bar N Ranch, West Yellowstone

DAY 4

Old Faithful; 6 miles, easy

This morning, after breakfast, you depart the ranch making your way to your next hotel, one of the few log hotels still standing in the U.S. An example of the “National Park Rustic” style, the Old Faithful Inn was built in 1903-04 using local lodgepole pine and rhyolite stone. From the inn, you depart on foot to the Upper Geyser Basin, the largest concentration of geysers on the planet. Starting on the boardwalks, you leave the crowds behind as you follow the path to Biscuit Basin. Early settlers named the basin after the biscuit-shaped “sinter mounds” formed by deposits of minerals precipitated out of the water. Sinter also forms the scalloped edges around hot pools, ornate cones around geysers, and terraces which form the basin’s numerous runoff channels.

Crossing the bridge over the Firehole River, you travel through a regenerating lodgepole pine forest to Mystic Falls, where the river tumbles 70 feet down the rhyolite cliffs of the Madison Plateau—the perfect spot for a picnic. Nearby thermal features produce steam along the flanks of the river’s edge. Your route travels a more remote part of the Upper Geyser Basin as it leads you back to the park’s largest and best-known geyser, Old Faithful. As its name implies, Old Faithful is famous for the regularity and frequency of its 100- to 185-foot eruptions.

Returning to the inn on foot, you have time to relax before dinner and perhaps enjoy a drink on the porch while viewing another show from the geysers.

Old Faithful Inn, Yellowstone National Park

Designated a National Historic Landmark in 1987, and the world's largest log hotel, the inn offers clear views of the iconic Old Faithful geyser. The grand multistory lobby of twisted and curved branches with its massive stone fireplace evokes memories of the Golden Age of rustic grand resorts.



DAY 5

Mt. Washburn; 7.3 miles, moderate; 1,384-ft. elevation gain

An ample breakfast fuels you for the spectacular walk to the summit of Mt. Washburn—presiding at 10,264 feet over the entire Greater Yellowstone ecosystem, with views extending to the Grand Tetons, 75 miles to the south. Part of the Washburn Range, one of two mountain ranges entirely located within the national park, the peak was named in honor of the 19th-century expedition leader, Henry Washburn. Both a stagecoach and a wagon road in the past, the wide trail provides clear views of seven different mountain ranges, including the Beartooth, Absaroka, and the snowcapped Spanish Peaks. In July and August, the slopes are awash in blossoming wildflowers and grasses, a colorful palette of lupine, asters, buttercups, alpine harebell, forget-me-nots, and light green, silvery sage. Reaching the rocky summit, your efforts are rewarded with spectacular views and a welcome picnic lunch. You descend by the same wide trail, returning by late afternoon to your hotel to relax before dinner.

This evening you enjoy a final feast in the historical log-cabin ambience of the lodge's dining room, celebrating the day's hike, and your adventures in one of America's classic national parks.

Old Faithful Inn, Yellowstone National Park

DAY 6

Mammoth Hot Spring Terraces; 1-2 miles, easy. Departure from Bozeman

Leaving Yellowstone National Park this morning, you depart for Bozeman, Montana, exiting the park through its North Entrance. Following the Yellowstone River through Paradise Valley, you make a stop en route for one final walk among the Mammoth Terraces. The uniquely colorful and steamy tiers for which this area is named represent an incredible natural process—underground magma heats groundwater that flows through limestone as it rises to the earth's surface. The limestone is then re-deposited as travertine, stacked up as terraces that are brilliantly colored by bacteria thriving in the hot water. It is common to see elk, which are attracted to these salty steamy terraces. After this easy walk, you continue on the approximately 2-hour drive to Bozeman, saying goodbye either at the Bozeman Airport or in downtown Bozeman.

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:

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, government and non-profits 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 POINTS AND TIMES

Best Western GranTree Inn (lobby), Bozeman, MT, 10:30 a.m.

1325 North 7th Avenue
Bozeman, MT 59715
Tel 406.587.5261 or 800.624.5865

NIGHTS 1, 2, & 3

Bar N Ranch

West Yellowstone, MT
Tel 406.646.0300
Email info@bar-n-ranch.com
bar-n-ranch.com
Hair dryers available. Wireless Internet and laundry service unavailable.

NIGHTS 4 & 5

Old Faithful Inn

Yellowstone National Park, WY
Tel 307.344.7901
usparklodging.com/yellowstone/
Wireless Internet and hair dryers available. Laundry service unavailable.

TOUR DEPARTURE POINTS AND TIMES

- **Bozeman Airport, Bozeman, MT, 3:00 p.m.**
- **Downtown Bozeman, MT, 3:30 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 POINTS AND TIMES

Best Western GranTree Inn (lobby), Bozeman, MT, 10:30 a.m.

TOUR DEPARTURE POINTS AND TIMES

- Bozeman Airport, Bozeman, MT, 3:00 p.m.
- Downtown Bozeman, MT, 3:30 p.m.

ACTIVITY LEVEL

This tour is one of our Guided Walking Adventures, rated easy to moderate, with an average of 4 to 6 miles of walking per day. The terrain is varied and ranges from well-worn or paved paths to mountain trails with rocks and exposed roots. The ascents and descents are gradual, with a leisurely pace of 2 miles per hour. Western mountain ranch culture is combined with the exciting wildlife viewing and classic geothermal sites of Yellowstone 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 POINTS AND TIMES

Best Western GranTree Inn (lobby), Bozeman, MT, 10:30 a.m.

Your guide(s) will be wearing a Country Walkers shirt. Please be dressed ready to walk.

MOST CONVENIENT AIRPORT

Bozeman Airport (BZN), Bozeman, MT
gallatinfield.com

GETTING TO THE MEETING POINT

The hotel operates a complimentary airport shuttle service with advance notice. Taxis are also available at the Bozeman Airport. The distance from the airport to the hotel is approximately eight miles.

PRE- & POST-TOUR ACCOMMODATIONS

We have blocked a number of rooms at the Best Western GranTree in Bozeman for the night prior to and after your tour. To make a reservation, please contact the hotel directly and identify yourself as a Country Walkers guest. The rate is \$149 for a single or double standard room. This rate does not include tax, gratuity, or breakfast. Please refer to the following Group ID numbers that pertain to your tour date when making your reservation: June 10 (CW061117), June 16 (CW61617), June 17 (CW61717), June 23 (CW062317), August 12 (CW081217), August 18 (CW081817), September 9 (CW09917), September 15 (CW91517), September 16 (CW91617), September 22 (CW92317).

Rooms must be reserved by 30 days prior to arrival in order to receive the discounted group rate.

Best Western GranTree Inn

1325 North 7th Avenue
Bozeman, MT 59715
Tel 406.587.5261 or 800.624.5865
Email grantree@grantreeinn.com

A conveniently located airport hotel offering comfortable rooms, 24-hour airport shuttle, indoor pool, Jacuzzi, and restaurant.

Please note that our block of rooms is often confirmed a year in advance and we obtain the best-available rates at that time. Less-expensive rates may be found on the Internet.

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 POINTS AND TIMES

- **Bozeman Airport, Bozeman, MT, 3:00 p.m.**
- **Downtown Bozeman, MT, 3:30 p.m.**

Depending on your destination, it may not be possible to depart Montana for other destinations on the last day of the tour. Please check airline schedules carefully.

LEAVING BOZEMAN

On the last day of the trip, we complete a walk in the morning then enjoy lunch together before departing in Bozeman. Your guide(s) will transport you back to the Bozeman Airport by 3:00 p.m. It is approximately a 3-hour drive from the last inn to the airport. It is not possible to arrive at the airport any earlier than 3:00 p.m. Please keep this in mind when making your travel plans.

If you need to catch an early flight, please contact our office, as there are few transfer options from West Yellowstone to Bozeman. A private transfer would need to be arranged well in advance and the cost would be approximately upwards of \$300.

Please check airline schedules carefully. If you plan to schedule return flights immediately following the tour's conclusion, please call your airline directly for specific check-in requirements. Please note, all fares and travel times are approximate.

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.



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.

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.

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 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 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 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
- » 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