

UTAH

Bryce & Zion Canyons

A Guided Walking Adventure





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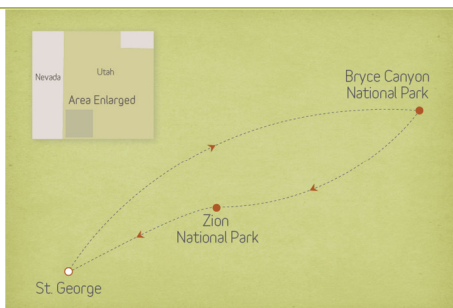
Travel Style

This small-group Guided Walking Adventure offers an authentic travel experience, one that takes you away from the crowds and deep in to the fabric of local life. On it, you'll enjoy 24/7 expert guides, premium

accommodations, delicious meals, effortless transportation, and local wine or beer with dinner. Rest assured that every trip detail has been anticipated so you're free to enjoy an adventure that exceeds your expectations.

Overview

The best of two distinct canyons—each featuring shifting vistas of deeply colored earth, desert flora, and fragrant pine under clear-blue sky—is heralded throughout this journey. Beginning in Bryce Canyon National Park, you wind through wind- and water-carved canyons and drop into the heart of a limestone amphitheater. At every turn, you pass pastel hoodoos (towering rock pinnacles), monoliths, and natural arches. Pink cliffs present a stunning backdrop as the chatter of violet-green swallows and white-throated swifts fills the air. In Zion National Park, sandstone cliffs soar 2,000 feet over the Virgin River. Stunning geology combines with exquisite wildlife and fascinating native history. On your journey, flavorful Southwestern cuisine, a traditional park lodge, and a lovely riverside property provide the perfect ending to a memorable day on the trail.





Daily Itinerary

DAY 1

Arrival to St. George. Snow Canyon; 2-3 miles, easy to moderate. Transfer to Bryce Canyon National Park. Fairyland Rim Trail; 3 miles, easy to moderate

Upon meeting your guides in St. George, you travel north to the day's final destination of Bryce Canyon National Park, with several stops en route to break up the approximate 2 ½-hour drive. The drive follows the course of the Virgin River—rising almost 8,000 feet from its terminus at Lake Mead to its origin at Navajo Lake on the Colorado Plateau—the greater geologic area that includes not only Bryce and Zion Canyons, but also the Grand Canyon. Your morning walk in Snow Canyon, located in the 62,000 acre Red Cliffs Desert Reserve, offers your first glimpse of the colorful sandstone cliffs, once ancient sand dunes that have been sculpted overtime by the wind and rain.

Next is a stop at Kolob Canyon, in the upper portion of Zion National Park, where you enjoy a picnic lunch. At an elevation of over 6,000 feet, you look over the lower parts of Zion, established as a national park in 1919, with the addition of this Kolob portion in 1956.

Continuing the drive to Bryce Canyon, you disembark from your van at Fairyland Point, for the walk along the Fairyland Rim trail that brings you on foot to the Bryce Canyon Lodge—your home for the next two nights.

Panoramic views of Bryce Canyon are a magical introduction to this area, as you walk past the red, orange, and white hoodoos, the fantastic rock spires, glowing in the afternoon light, and underneath Ponderosa pines. In the distance, you have views of the Grand Staircase-Escalante National Monument, Aquarius Plateau, and Navajo Mountain. You may choose to shorten the walk, or arrive by van to your 1920s park lodge, a National Historic Landmark, its privileged location within the park providing unlimited access to the spectacle of Bryce Canyon's rim and a crystalline night sky. You gather for dinner at the rustic-yet-elegant main lodge.



Bryce Canyon Lodge, Bryce Canyon National Park

A National Historic Landmark, the renovated 1920s park lodge offers simple rooms, most with balconies, situated a few feet from the canyon rim at the heart of the national park.

DAY 2

Bryce Point to Sunset Point via Peekaboo and Navajo Loops; 3-4 miles, moderate, 700-1,000-ft. elevation gain, with longer option. Queen's Garden Loop and Navajo Loop; 3 miles, easy to moderate, 500-ft. elevation gain. Shorter option: Bristlecone Loop via Rainbow and Yovimpa Points; 1 mile, easy

After a hearty breakfast in the lodge's dining room, you start today's walk on the rim of the canyon, with spectacular views from Bryce Point of Bryce Amphitheater and the Paria River Valley beyond. Passing the multicolored limestone rock formations, both surreal and whimsical, you descend gently into the heart of the canyon, also walking through a stand of bristlecone pines—the park's oldest living trees, said to date back over 2,000 years. You ascend gradually out of the canyon on the Navajo Loop through the "Wall Street" formation, between massive orange limestone fins—resulting from an ancient lakebed, now providing cooling shade—and continue on for a view of "Thor's Hammer."

This afternoon, choose from two distinct walking options: the longer, the Queen's Garden Loop (named for a hoodoo that looks like Queen Victoria in profile) and Navajo Loop, begins and ends at your lodge, descending to the



canyon floor, passing the Twin Bridges, and bringing you into Bryce Amphitheater before rising gradually.

The shorter option is reached via a 20-minute drive to Bryce's southern point at an elevation of 9,100 feet. This easy walk beginning on the canyon rim offers tremendous views for hundreds of miles in all directions: to the north are Bryce's

14 amphitheaters; northeast, the red and orange cliffs of the Aquarius Plateau; to the east, the Grand Staircase-Escalante National Monument, one of the world's greatest sources of dinosaur fossils; and to the south, the North Rim of the Grand Canyon is visible. This evening, you linger over refined Western fare, perhaps a grilled steak or Alaskan salmon accompanied by a Utah microbrew, at the historical lodge dining room.

Bryce Canyon Lodge, Bryce Canyon National Park

DAY 3

Optional sunrise walk: Bryce Point to Sunset Point; 2 miles, easy. Transfer from Bryce Canyon National Park to Zion National Park. Canyon Overlook Trail; 1 mile, moderate. Emerald Pools Trail; 3 miles, easy to moderate.

Early risers may wish to join the guides for a serene sunrise walk and catch the early rays rising over the Aquarius Plateau, bathing the hoodoos in warm hues. After breakfast, you transfer to Zion National Park, stopping along the way to walk the Canyon Overlook Trail offering expansive views of Pine Creek Canyon, the East Temple, and the west side of Zion.

The entrance to Zion Canyon is breathtaking. You emerge from the historic Zion-Mt. Carmel Tunnel, which was cut laboriously through 1.1 miles of sandstone, and descend into Zion's main canyon, carved out of wind-blown sandstone by the Virgin River. A true natural wonder, not only due to its unique geology and stunning scenery, but also for the incredible variety of flora and fauna—from peregrine falcons to the desert tortoise and the Zion snail, found nowhere else on Earth. In addition to its rich natural history, evidence of human history extends back 2,000 years to the Ancestral Puebloans, as well as the Paiutes of 800 years ago.

The Emerald Pools Trail offers an easy to moderate walk to several pools and underneath a cool waterfall. Depending on the season, the falls can be either a steady stream or slight trickle. The vegetation around the pools offers an oasis of shade in the surrounding desert cliffs.



Your home for the next three nights is an inn resort along the Virgin River, in the charming town of Springdale. After some time to unpack and freshen up in your spacious room, you venture out for dinner at a favorite local restaurant.

Desert Pearl Inn, Springdale

Local stone, Douglas fir beams, and reclaimed redwood are architecturally designed to create a perfect setting at the gates of Zion National Park. The inn's spacious and stylishly decorated rooms have balconies overlooking the Virgin River and surrounding cliffs. A swimming pool and hot tub are welcome at day's end.

DAY 4

Scout's Lookout; 4 miles, moderate to challenging, 1,300-ft. elevation gain;
Angel's Landing; 1 mile, challenging with steep exposures

After breakfast, you set off from the Grotto trailhead on a moderate walk to Scout's Lookout (elevation gain of 1,300 feet). A winding trail leads from the valley floor through a series of switchbacks into Refrigerator Canyon, where, as its name implies, you are sheltered and cooled from the desert sun. You continue through Walter's Wiggles, closely cut switchbacks leading to the spectacular Scout's Lookout. The park unfolds below, with views of the Virgin River and canyon walls.

From here your option is to ascend the dramatic Angel's Landing Trail another half mile and 500 feet up to a peak of rock in the center of Zion Canyon or hike a few hundred feet farther up the West Rim, where you'll share a packed trail lunch with your companions under a ponderosa pine on top of the world. Everyone will descend the same route to the river in the early afternoon.

The rest of the afternoon is yours to enjoy by relaxing at your inn's inviting swimming pool and hot tub, or by taking advantage of the visitors' center at



Zion National Park. This evening, you return to Springdale for dinner on your own, with your guides offering many suggestions, ranging from outdoor cafés to fine-dining restaurants.

Desert Pearl Inn, Springdale

DAY 5

Echo Canyon; 5-6 miles, moderate to challenging, 1000-ft. elevation gain. Virgin River Riverside Walk; 2 miles, easy or, The Narrows; 5 miles, easy to moderate, water-level dependent

After breakfast in a nearby café, you will enjoy one of two walks today. The first possibility is Echo Canyon, a beautiful “hanging canyon” with gorgeous carved curves of orange sandstone, and towering Cable Mountain soaring overhead. Starting with a few uphill switchbacks, the paved trail continues to climb about 1,000 feet up to middle Echo Canyon, with its pools and undulating slickrock, a marvel of Nature’s artistry. You return by the same route out of this beautiful canyon.

Following a packed picnic lunch in the heart of the park, your guides offer an additional afternoon walk to the Gateway of the Narrows. This easy, popular walk along the Virgin River begins at the farthest end of Zion Canyon at the Temple of Sinawava. As you walk beneath massive cliffs, you pass a number of lush hanging gardens and pockets of wildflowers.

The alternate possibility for the day is the Narrows. Should the water level be low enough, you may be able to experience one of the most remarkable hikes in Zion: a slot canyon carved by the Virgin River. Beyond the one-mile, paved Riverside Walk, you wade across the river to the opposite shore, continue walking on the river bank, then again crisscross the water in order to make headway up the canyon, as the river winds its way from one side canyon wall to the other side wall. Beneath the towering 1,500-foot cliffs of Navajo sandstone, box elders shine greenly amidst the amber rock, and the sky becomes a ribbon of blue high above. The bottom-up walk is 1½ miles to Orderville Canyon, where you turn around and return the same way you came, going with the flow and discovering how adept you have become walking in the water. You will be equipped with all the right gear to make the trip comfortable: water boots,

neoprene socks, and walking sticks. (Please be sure to have quick-dry pants as noted in the packing list.)

This evening you venture into lively Springdale for a celebratory farewell dinner at a favorite local restaurant serving fresh, innovative cuisine.

Desert Pearl Inn, Springdale

DAY 6

Red Cliffs archaeological site; 2 miles, easy to moderate. Departure from St. George

After breakfast, a final walk takes you through the Red Cliffs archaeological site. The Ancestral Puebloans (formerly known as the Anasazi) lived here from 600 to 1200 A.D., and it is thought they left the region in search of the permanent water source of the Rio Grande, where their descendants, the modern Pueblo Indians, live today. The hilltop site contains the rectangular and circular ruins of numerous habitation and storage rooms, and likely provided clear views of enemies and game. Below were the flatter areas for farming corn, squash, and beans, and the water source at the cottonwood-lined Quail Creek. It's still possible to find 1,000-year-old pottery shards on the ground, underneath the red sandstone cliffs. After the walk, you enjoy lunch at a lovely restaurant in Ancestor Square in St. George, Utah, which features locally grown organic fare with Southwest flavors.

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 will be walking at on this tour is approximately 9,000 feet. 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:

Utah: Precious Resources: At Country Walkers, we realize the importance of preserving precious resources for future generations. This is especially true in Utah, where crimson-colored cliffs and odd-shaped rock formations lead to clear-running streams and ancient forests. Naturally, we stay at lodgings that mirror our concern for the environment, like the Desert Pearl Inn. Located on the edge of the Virgin River and featuring upscale amenities, the inn was built using reclaimed trestle ties from the historical Lucin Cutoff Railroad line, which once spanned the Great Salt Lake. These aged trestles are from old-growth Douglas fir and redwood (virtually unobtainable now) cut in Oregon, Texas, and Michigan. In 1993, the salvaging process of this precious wood began. Today, you can see how the Desert Pearl put the reclaimed trestles to great use throughout the property, thereby conserving the earth's limited natural resources while enhancing the inn's unique design.

Tour Itinerary Overview

TOUR MEETING POINT AND TIME

Inn on the Cliff (lobby), St. George, UT, 8:00 a.m.

511 S. Airport Road
St. George, Utah 84770
Tel 435.216.5864
stay@innontheclass.com

NIGHTS 1 & 2

Bryce Canyon Lodge

Bryce Canyon National Park, UT
Tel 435.834.8700
brycecanyonforever.com
Wireless Internet and hair dryers available. Laundry service unavailable.

NIGHTS 3, 4, & 5

Desert Pearl Inn

Springdale, UT
Tel 435.772.8888
desertpearl.com
Wireless Internet, hair dryers, and coin-operated laundry service available.

TOUR DEPARTURE POINTS AND TIMES

St. George Regional Airport (SGU), St. George, UT, 2:00 p.m.

Inn on the Cliff, St. George, UT, 2:30 p.m.

TRAVEL DELAY AND EMERGENCY ASSISTANCE

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

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

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

By Email: mail@oncallinternational.com

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

Inn on the Cliff (lobby), St. George, UT, 8:00 a.m.

TOUR DEPARTURE POINTS AND TIMES

St. George Regional Airport (SGU), St. George, UT, 2:00 p.m.

Inn on the Cliff, St. George, UT, 2:30 p.m.

ACTIVITY LEVEL

This tour is one of our Guided Walking Adventures, rated moderate with some easier sections, walking an average of 2 to 8 miles per day, with occasional options. While this is not a mountain-climbing tour, there are daily ascents and descents. This tour is not recommended for those who suffer from severe vertigo or a fear of heights, although this terrain may be easily omitted. The ascents and descents are gradual as opposed to very sharp and steep, and our pace is generally slow, approximately 2 miles per hour. The highest elevation during the trip is about 9,000 feet. The trails are a combination of dirt and paved paths; some are wooded and others are quite open and exposed. Proper sunscreen and head protection are necessary. Classic canyon walking and scenery are included in Bryce and Zion.

INCLUSIONS

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

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

LET THE JOURNEY BEGIN

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

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

GRATUITIES

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

Traveling To and From Your Tour

TOUR MEETING POINT AND TIME

Inn on the Cliff (lobby), St. George, UT, 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 lodge.

MOST CONVENIENT AIRPORT

St. George Regional Airport (SGU), St. George, UT
sgcity.org/airport

GETTING TO THE MEETING POINT

The Inn on the Cliff is approximately 20 minutes from the airport. A taxi transfer can be arranged in advance or upon arrival by calling Taxi USA at 435.656.1500. The cost for a taxi transfer to the Inn on the Cliff is approximately \$35 - \$40.

Should you drive to the hotel, you may leave your car for the week free of charge based on the hotels availability that week. Please call ahead to let the front desk know of your plans.

FROM THE LAS VEGAS MCCARRAN INTERNATIONAL AIRPORT

A second option is to fly into the Las Vegas McCarran International Airport (LAS) in Nevada which is approximately 2 hours from St. George, UT.

Should you choose to fly into Las Vegas, the St. George Shuttle provides frequent service to and from St. George. You can contact the St. George Shuttle at 435.628.8320 or toll free at 800.933.8320, or refer to their website at stgshuttle.com for a complete schedule of shuttle times and fares to and from St. George, UT.

PRE-TOUR ACCOMMODATIONS

Country Walkers has blocked a number of rooms at the Inn on the Cliff for the night prior to and the night after your tour. To book at the special rate of \$159 plus tax, please contact the property by calling 435.216.5864 or emailing stay@innontheclass.com and mentioning Country Walkers.

Inn on the Cliff

511 S. Airport Road
St. George, UT 84770
Tel 435.216.5864
stay@innontheclass.com

The hotel offers a comfortable atmosphere featuring an outdoor swimming pool and hot tub, fitness center, complimentary continental breakfast, and complimentary parking. Please note that the hotel will hold our block of rooms until 45 days prior to your tour. We suggest booking a pre-tour room as soon as possible, as there may not be rooms available within 45 days of your departure. Our blocks of rooms are often confirmed a year in advance and we obtain the best rate available at the 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 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

St. George Regional Airport (SGU), St. George, UT, 2:00 p.m.

Inn on the Cliff, St. George, UT, 2:30 p.m.

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

Information & Policies

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.



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.

Travel Tip

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

TIME ZONE

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

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.

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.

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.

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 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
- » Quick-dry pants or shorts and shirt (if we are able to wade in the Narrows, weather dependent)
- » T-shirts and shorts
- » Bathing suit (for hotel swimming pool and hot tub)

» 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)

» Fleece, wool sweater, or light down jacket as evenings and sunrise walks can be cool

» Gloves and warm hat (for higher elevations)

» Hat with a broad brim or visor as sun exposure can be intense

EQUIPMENT

» Pack (minimum size of 25L): large enough to carry water, extra clothing, rain gear, and personal items (camera, etc.)

» Telescopic walking stick(s). (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.)

» 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

» Binoculars

» Waterproof cover for pack

» Camera and charger and/or extra batteries

» Zip-lock bags (to keep camera and valuables dry)

» Small notebook and pen, field guides