

CALIFORNIA

San Francisco to Point Reyes

A Self-Guided Walking Adventure



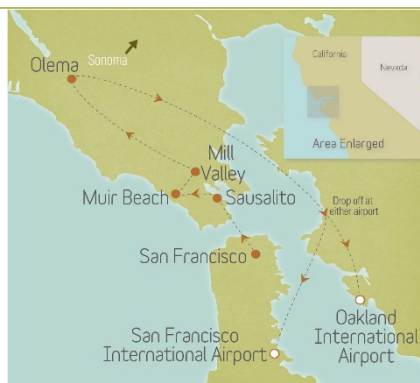


Table of Contents

Daily Itinerary	4
Itinerary Overview	10
Tour Facts at a Glance	13
Traveling To and From Your Tour	16
Information & Policies	21
The United States at a Glance	24
Packing List	28

Travel Style

Our Self-Guided Walking Adventures are ideal for travelers with an independent spirit who enjoy exploring at their own pace. We provide authentic accommodations, luggage transfers, and some meals, along with comprehensive Route Notes, detailed maps, and 24-hour emergency assistance. This gives you the freedom to focus on the things that matter to you—no group, no guide, and no set schedule to stand in the way of enjoying your adventure, your way.



Overview

Only in San Francisco can a walking vacation take you—on foot—from the heart of one of the world’s most beguiling cities to pristine natural areas of sweeping Pacific views, preserved coastal heights and shoreline, and majestic redwood forest. A unique self-guided walking itinerary starts at San Francisco’s bustling Fisherman’s Wharf and eclectic neighborhoods, walks you across the iconic Golden Gate Bridge, and winds its way into Marin County’s coastal region, including historical Sausalito and Mount Tamalpais. The Muir Woods’ awe-inspiring redwoods are followed by a grand finale of Pacific splendor and rich marine life at the Point Reyes National Seashore. Each stop along the inn-to-inn itinerary delights, from sophisticated seaside, to charming English-style, to mountaintop lodge accommodations, all serving up fresh and enticing California fare.



Daily Itinerary

DAY 1

Arrival in San Francisco. Optional Barbary Coast Trail; 4 miles, easy, 100-ft. elevation gain and 300-ft. elevation loss

Upon arrival at your boutique hotel ideally located near Fisherman's Wharf and Ghirardelli Square, you can set off for today's optional walk and weave your way through the city on a historical and cultural exploration. Including well-known highlights such as Chinatown and Union Square, the fascinating route also brings you through quieter neighborhoods and to hidden gems such as Maiden Lane and Telegraph Hill. You may shorten the walk as you wish, or, if you arrive later in the day, you may relax at your hotel or stroll along the waterfront, perhaps ride a historical cable car, or visit one of the local museums or art galleries. Complimentary bicycles are also available at the hotel. Adjacent to your hotel is the Maritime National Historic Park's Visitor Center and Interactive Museum, which provides an excellent introduction to the history of San Francisco and its surroundings. World-class restaurants abound at your doorstep (advance reservation of approximately two months recommended), or you may dine at the hotel's casual seafood restaurant in a Gold Rush Era ambiance.

Argonaut Hotel, San Francisco

A deluxe boutique hotel ideally located between Fisherman's Wharf and Ghirardelli Square. The century-old renovated brick building blends authentic timber and brick with a theme reminiscent of the neighborhood's seafaring past: a working astronomer's clock, whimsical décor inspired by ocean liners, and nautical print fabrics. The hotel's environmental program demonstrates a strong commitment to sustainable practices while guests enjoy spacious rooms, a fitness center, spa services, and complimentary bicycles.



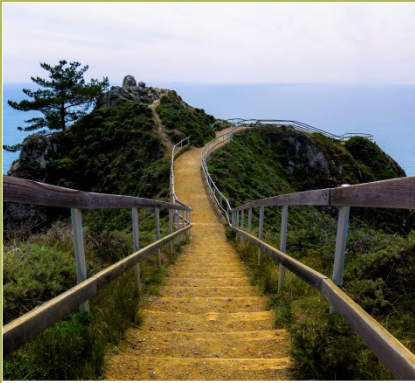
DAY 2

San Francisco to Sausalito; 8.5 miles, easy, 250-ft. elevation gain and loss

From vibrant San Francisco to the charming, historical village of Sausalito, this full day of walking is rich in natural scenery and culture. Leaving your hotel on foot, you walk along the San Francisco waterfront, passing Ghirardelli Square (of chocolate fame), historical Fort Mason Park, and the Palace of Fine Arts before following Marina Street, with views of the Bay on one side and lovely San Francisco homes on the other, on the way to cross the majestic Golden Gate Bridge. At 1.7 miles long, this famous suspension bridge offers a pedestrian lane where you can linger over views of the city, bay, and Alcatraz and Angel islands. Leaving the bridge, a quiet road passes a former fort and museum before climbing slightly to a headland. The final few miles of walking follow a road leading to the Sausalito waterfront promenade, lined with cafés and art galleries.

Casa Madrona, Sausalito

Built in 1885 as a private villa overlooking the Bay Area, and temporarily hosting military families during World War II, the mansion as well as 16 hillside cottages are now listed on the National Register of Historic Places. The elegant Casa Madrona offers spacious contemporary rooms with private balconies overlooking the harbor and heart of historical Sausalito. Amenities include a 3,000-square-foot spa and a fitness center. Dining options range from casual al fresco bistros to a Michelin-recognized restaurant (some requiring advance reservations).



DAY 3

Sausalito to Muir Beach; 5.5 miles, easy to moderate, 700-ft. elevation gain and loss

A short mid-morning transfer takes you to the Tennessee Valley and a wide, well-maintained trail. In just under two miles of walking, you reach the lovely

Tennessee Valley Cove—nestled between bluffs on either side, this small beach is perfect for a break. As part of the Golden Gate National Recreation Area, this protected region is home to over 1,200 plant and animal species and encompasses 59 miles of bay and ocean shoreline. A gradual climb rises to a coastal plateau offering spectacular views of the ocean and, on a clear day, the San Francisco skyline. The trail then hugs the coastline, with a short but steep descent into a lush gully before climbing back to the ridge. As you approach Muir Beach, with its beautiful cove (and one of the only swimmable beaches in the area) and hamlet, you are also walking in the foothills of Mount Tamalpais—its ridge is tomorrow’s destination.

Pelican Inn, Muir Beach

From a family of British innkeepers, Charles Felix drew his inspiration from Sir Francis Drake when creating this charming inn in 16th-century English West Country style in the quiet cove of Muir Beach. The seven-room hotel features antique furniture, a cozy salon with an inglenook fireplace, and covered garden patio. Typical English fare of locally sourced ingredients is served at a full country breakfast and for dinner, either al fresco or family-style at the dining room’s refectory table. Of course, fine ales are available at the lively pub.

DAY 4

Muir Beach to Muir Woods and Mount Tamalpais; 5.5 miles, moderate, 700-ft. elevation gain and 1,100-ft. elevation loss

Today's walk combines open trails with sweeping panoramas and wooded paths as you leave the Golden Gate National Recreation Area and enter Mount Tamalpais State Park. You leave the inn with a short transfer to the trailhead and start a leisurely 15-minute walk to a stunning hilltop view before descending toward the Muir Woods. At the Muir Woods National Monument, you enter the cathedral-like setting of this ancient and magical redwood forest. The Muir Woods is the only old-growth coastal redwood forest in the Bay Area, and one of the last on the planet. John Muir described this area as "the best tree-lover's monument that could possibly be found in all the forests of the world." The trail snakes through fern and redwood canyons, following gullies and streams before reaching the canyon floor. A fairly steep ascent, often on stairs, brings you to the mountain ridgeline and your final destination, a magnificently situated mountaintop inn.



Mountain Home Inn, Mill Valley

Perched atop Mount Tamalpais, this historical inn was founded by a Swiss couple, and was once a stop along the "Crookedest Railroad in the World." Eco-friendly restorations were inspired by the 1930s-era Grand National Park Hotels, featuring hardwood floors and redwood columns. Ten guest rooms with French doors or large windows open to stunning views. In the evening, a dinner of organic California cuisine is served either on the expansive deck or in front of the fireplace in the cozy dining room.

DAY 5

Transfer to Point Reyes National Seashore. Limantour Beach to Olema; 8.5 miles, moderate, 1,300-ft. elevation gain and 1,100-ft. elevation loss

After a scenic one-hour transfer along the ridge of Mount Tamalpais, you arrive at the Point Reyes Peninsula. This national seashore is known for its dramatic headlands, steep cliffs, white sand beaches, marine life, and tranquil bays. The walk begins along the coast at Limantour Beach, adjacent to an estuary and



Drakes Bay, with intriguing tidal pools along the way. With luck, you may spot harbor seals bobbing offshore or, in the spring, gray whales guiding their calves along the shoreline. Leaving the beach, you enter coastal scrub and eventually traverse lush forest, slowly descending to the Bear Valley Visitor's Center, where you may wish to learn more about the diverse ecosystems and cultural heritage

of the park before continuing 15 minutes to your hotel. Dinner this evening is included at a favorite local restaurant.

Olema House, Olema

In the charming town of Olema and set in five acres of landscaped grounds and flower beds along the Olema Creek, this comfortable lodge is adjacent to the Point Reyes National Seashore. Spacious suites feature fireplaces and private balconies. Adirondack chairs in the garden and a well-stocked library and game room offer plenty of opportunities to relax.

DAY 6

Departure from San Francisco or Oakland

After breakfast, a transfer takes you back to San Francisco or Oakland for onward travels.

ITINERARY CHANGES

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

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.

Itinerary Overview

STARTING POINT

Argonaut Hotel, San Francisco, California

NIGHT 1

Argonaut Hotel

495 Jefferson Street

San Francisco, CA

Tel 415.563.0800

Email reservations@argonauthotel.com

argonauthotel.com

Wireless Internet, hair dryers, and laundry service available.

NIGHT 2

Casa Madrona

801 Bridgeway

Sausalito, CA

Tel 415.332.0502 or 800.288.0502

Email info@casamadrona.com

casamadrona.com

Wireless Internet, hair dryers, and laundry service available.

NIGHT 3

Pelican Inn

10 Pacific Way

Muir Beach, CA

Tel 415.383.6000

Email innkeeper@pelicaninn.com

pelicaninn.com

Wireless Internet and hair dryers available. Laundry service not available.

NIGHT 4

Mountain Home Inn

810 Panoramic Highway

Mill Valley, CA

Tel 415.381.9000

Email innkeeper@mtnhomeinn.com

mtnhomeinn.com

Wireless Internet and hair dryers available. Laundry service not available.

NIGHT 5

Olema House

10021 Coastal Highway One

Olema, CA 94950

Tel 415.663.9000 or 800.404.5634

Email guestservices@olemahouse.com

olemahouse.com

Wireless Internet and hair dryers available. Laundry service not available.

ENDING POINT

- **San Francisco hotel or International Airport (SFO), San Francisco, California**
- **Or Oakland International Airport (OAK), Oakland, California**

Based upon individual departure times

EMERGENCY CONTACT INFORMATION

To advise of travel delay en route to your tour or for assistance with tour-related questions or concerns while on tour, please contact our local partner:

Wine Country Trekking

Tel (toll-free from the U.S.) 888.287.TREK (8735)
Tel (international) 707.935.4497
info@winecountrytrekking.com

As a Country Walkers guest, you benefit from 24-hour, toll-free access to One Call International 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 assistance with notifying our local partner of a delayed arrival):

One Call International (also known as On Call International)

Tel (if calling from within the U.S.) 800.555.9095
Text (if texting from within the U.S.) 603.945.0103
Tel (if calling from outside the U.S.) 603.894.4710
Email mail@oncallinternational.com
oncallinternational.com

When calling from outside the U.S., 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.

Tour Facts at a Glance

TOUR LENGTH

6 days, 5 nights

DEPARTURES

This tour is available, on request, from March 1 through November 30, 2018. Please note that Saturday and Sunday start dates work best for availability. Please also note that the tour price includes one departure transfer from Olema to San Francisco (International Airport or city hotel) or Oakland (International Airport) on Day 6 of the tour. If traveling in a group of two or more with separate departure times, additional charges will apply for multiple transfers.

TOUR PRICE

2018 departures	Per person	Single +	Solo Surcharge
March 1–31	\$2,498	\$1,000	\$565
April 1–November 30	\$2,698	\$1,125	\$565

STARTING POINT

Argonaut Hotel, San Francisco, California

ENDING POINT

- **San Francisco hotel or International Airport (SFO), San Francisco, California**
- **Or Oakland International Airport (OAK), Oakland, California**

Based upon individual departure times

ACTIVITY LEVEL

This tour is one of our Self-Guided Walking Adventures, rated easy to moderate, with an average of 4-9 miles per day, with limited options. The terrain includes daily elevation gains up to 1,300 feet and losses up to 1,100 feet. Walks are on pavement, well-maintained dirt trails, either packed or with loose rocks and roots, as well as grassy paths and sandy beaches. This diverse itinerary includes some of San Francisco's most scenic attractions, such as the historical Golden Gate Bridge, the majestic redwood forests of the Muir Woods, and the sweeping Pacific coastal scenery and diverse marine life of Point Reyes National Seashore. The tour offers full walking days with stops and stays in the charming historical towns of Sausalito and Olema.

INCLUSIONS

- » All breakfasts, two lunches (days 4 and 5), and two dinners (days 4 and 5); beverages not included
- » All accommodations while on tour
- » Local transfers as noted in the itinerary
- » Orientation phone call with a Country Walkers representative
- » Luggage transfers between the hotels
- » Detailed Route Notes and maps (mailed to you approximately one month prior to your departure)
- » 24-hour tour-related support provided by Country Walkers' local partner, Wine Country Trekking
- » 24-hour One Call International Emergency Hotline and Travel Assistance
- » 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 Participation Agreement and you will receive:

- » A Guest Information Form to complete and return at least 45 days prior to your tour
- » Luggage tags
- » Route Notes and maps
- » Your trip invoice

GRATUITIES

Standard gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers; however additional tips are always welcome. Should you wish to tip for meals or services not included in the cost of the tour, please do so at your discretion.

Traveling To and From Your Tour

STARTING POINT

Argonaut Hotel, San Francisco, California

You may check into the hotel at any time on the first day of the tour. However, if you arrive prior to the hotel's check-in time of 3:00 p.m., and your room is not yet ready, you may store your luggage at reception and set out to explore the fascinating neighborhood.

MOST CONVENIENT AIRPORTS

San Francisco International Airport (SFO), San Francisco

flysfo.com

GETTING TO THE STARTING POINT

- » **By taxi:** the most convenient way to travel from San Francisco International Airport to the starting-point hotel is by taxi. Taxis are available on the arrivals/baggage claim level of all terminals. Approximate fare for the 30-minute journey from the airport to the starting-point hotel is approximately \$60, plus tip, traffic permitting.
- » **By airport shuttle:** many door-to-door shuttle services are also available, such as Super Shuttle (supershuttle.com). Reservations can be made online and the one-way fare is approximately \$17 plus tax from the San Francisco Airport to the Argonaut Hotel. Please note that this shuttle stops at numerous hotels and does charge for extra luggage.

PRE-TOUR ACCOMMODATIONS

We recommend arriving in San Francisco at least one day before the tour starts to explore the fascinating city. Should you wish to spend a pre-tour night in San Francisco, you may wish to stay at the Argonaut Hotel, our standard property for the first night of the tour. Country Walkers would be happy to make a reservation on your behalf. Please contact us to request this service as soon as possible to ensure availability. The cost, available upon request, is payable directly to Country Walkers and is due with your final payment 90 days prior to departure. Our normal cancellation policy applies. These rooms are reserved as a service for you and include a service charge. Better rates may be available online; however, please note that if you make your reservation directly with the hotel, you may not be able to secure the same room as assigned to you for the night on tour (Country Walkers typically uses King Bay View rooms; if you choose to secure an alternate room category, please note that it will be necessary to move to a King Bay View room on Night 1 of the tour. The reservation for Night 1 of the tour will be under your name, though you may need to identify yourself as a Country Walkers and/or Wine Country Trekking guest).

Should you prefer to stay in a different hotel prior to your tour, there are many fine hotels to choose from, including a selection of our favorites below. Please contact any of these hotels directly for reservations.

Union Square

(Shopping district)

Handlery Union Square Hotel

sf.handlery.com

A budget-friendly family-run hotel.

The Westin St. Francis on Union Square

westinstfrancis.com

A celebrated destination for travelers since 1904, this iconic property is beautiful and grand—white marble columns, ornate balconies, and intricate woodwork transport guests back to the elegance of yesteryear. Moderate to expensive.

Sir Francis Drake Hotel

sirfrancisdrake.com

Equal parts regal, retro, and relaxed contemporary style, this boutique hotel balances Renaissance-influenced architectural splendor with welcoming warmth. A Kimpton property. Moderate.

Petite Auberge

petiteaubergesf.com

This small “French” bed and breakfast just two blocks from Union Square offers cozy rooms, wine and cheese in the evenings, and full breakfast. Inexpensive to moderate.

The Embarcadero Waterfront

(Beautiful views; pleasant walking to Fisherman’s Wharf, AT&T Park, and the famous Ferry Building Open Air Market.)

Hotel Vitale

hotelvitale.com

A modern, green hotel boasting a great location and rooms. Moderate to expensive.

Harbor Court Hotel

harborcourthotel.com

A Kimpton Hotel. Super friendly staff. Good views from some rooms. Moderate.

Hyatt Regency

sanfranciscoregency.hyatt.com

(Make sure you choose the Embarcadero Hyatt, rather than the Grand downtown). Situated across from the historic Ferry Building, this waterfront hotel offers fantastic views from upper floor rooms. Fun glass elevator. Moderate.

Nob Hill

(Just above Union Square, this upper-class neighborhood is renowned for its city landmarks, including the gorgeous Grace Cathedral, as well as the famous hotels that border Huntington Park.)

Fairmont San Francisco Hotel

fairmont.com/san-francisco

This historic property sits atop Nob Hill, affording breathtaking views of the city and bay while offering easy access to the Financial District, Union Square, and Fisherman’s Wharf. The Fairmont San Francisco is also located at the only spot in the city where each of the cable car lines meet. Beautiful and luxurious, the newer tower rooms offer fantastic views. Expensive.

The Scarlet Huntington

thescarlethotels.com

This landmark boutique hotel with its timeless red façade and plush, chandelier-lit lobby is a Nob Hill favorite. Expensive.

Pacific Heights

(Ritzy neighborhood perched on the hillside with panoramic views of Golden Gate Bridge. Great local shopping streets include Fillmore, Chestnut, and Union Streets.)

Hotel Drisco

www.hoteldrisco.com

A very classy hotel in a very classy neighborhood. While quieter than other areas with good walking to local neighborhoods, it is far away from Embarcadero and Union Square. Moderate to Expensive.

DELAYS AND LATE ARRIVALS

If you are delayed while traveling or for any reason are not able to check in at the hotel by 7:00 p.m. on the first day of the tour, please call the first hotel as well as our local partner, Wine Country Trekking, at 888.287.8735 (or from outside the U.S., 707.935.4497) to advise them of your delay. Since you may be traveling on a weekend and due to the time difference, it is not advisable to leave this message at the Country Walkers office.

You may also 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 Information on your Itinerary Overview page for One Call International contact details.

ENDING POINT AND TIME

- **San Francisco hotel or International Airport (SFO), San Francisco, California**
- **Or Oakland International Airport (OAK), Oakland, California**

Based upon individual departure times

There are no walks scheduled for the last day of the tour. A complimentary private transfer will be provided from your last hotel to one of the above-listed airports or a San Francisco city hotel. The journey takes approximately 1.5 hours,

depending on traffic. Please check flight schedules carefully and contact your airline directly for specific check-in requirements.

Please provide us with your arrival and departure details to arrange this service by returning your Guest Information Form at least 45 days prior to the departure.

Please note that the tour price includes one departure transfer from Olema to San Francisco (International Airport or city hotel) or Oakland (International Airport) on Day 6 of the tour. If traveling in a group of two or more with separate departure times, additional charges will apply for multiple transfers.

MOST CONVENIENT AIRPORTS

San Francisco International Airport (SFO), San Francisco, California
flysfo.com

Oakland International Airport (OAK), Oakland, California
flyoakland.com

Information & Policies

GUARANTEED DEPARTURES

Country Walkers guarantees the departure of every tour*, which guarantees peace of mind for every guest. From the moment your reservation is confirmed, you can start preparing for your adventure. We take care of all the details to ensure a seamless, Self-Guided experience. For best availability, reserve your trip early.

**except in cases of force majeure*

RESERVATIONS

If you have not already gone through our reservations process, please note that the method by which Self-Guided Adventures are reserved differs in important ways from typical scheduled tours. We encourage all guests to refrain from purchasing plane tickets or making contingent plans until they receive confirmation from us. Here's how the process works:

1. **Reservation Request.** The process begins when you make a reservation request for this tour, either online at countrywalkers.com or by calling Country Walkers at 800.464.9255. Please note the online form does not on its own constitute a final reservation or a guarantee of tour space. If you use the form, one of our Tour Consultants will call within one business day. Outside of 90 days prior to the tour start date, a \$350 per person credit card authorization is required at the time of the reservation request. Within 90 days prior to the tour start date, your final tour cost, pre-authorized to your credit card, is required. If we are unable to accommodate you on your preferred dates/tour (or an alternative of your choice), this payment is fully refunded.
2. **Reservation Request Receipt.** Upon receipt of your deposit and preferred tour start dates, you will be provided with an emailed reservation request receipt, stating your reservation number and reconfirming the details of your reservation request (tour name, departure date, and tour price), while we get working on securing availability with all the hotels.
3. **Confirmation.** Our goal is to confirm your reservation request within five business days; however, this may take longer for a variety of reasons. All of our accommodations are available on a request basis; we

do not hold blocks of rooms and, therefore, must confirm availability at the time of your request. If at all possible, we recommend you provide a range of back-up tour start dates at the time of your initial request. Once your reservation is confirmed, a Tour Consultant will contact you and your credit card will be automatically charged the \$350 per person deposit (or full payment if within 90 days prior to your tour start date). Once you have received our official confirmation, you can make flight reservations.

4. **Final Payment.** Final tour payment is due 90 days prior to tour departure date. As pricing is determined over a year in advance, we may be forced to change our listed price over time. However, please note that once your reservation is confirmed, we will always honor the price quoted when you booked.

TOUR ACCOMMODATIONS

Hotel Availability: Since we typically use small, boutique properties for Self-Guided tours, securing availability can sometimes prove challenging, especially on short notice. (Again, we encourage guests to book early and be flexible.) On some tours, if our standard property is not available, we may have alternate hotels of equivalent quality that we have approved. We'll book one of these alternates if the standard property is not available. If the hotel or room type requires a surcharge, we will contact you prior to reserving it. We will not reserve non-approved properties.

Room Category: We typically book standard rooms. If you are interested in upgrading your room type, please contact a Tour Consultant. Please bear in mind that upgrades are not available at every hotel; surcharges will be determined once we know what's available. Triple rooms (or rooms with two beds) can be a rarity. Should you desire such an accommodation, we may need to offer two rooms—supplements may apply. Please allow us extra time to sort the options out.

ORIENTATION MEETING & TRANSFERS

Though Self-Guided tours are a predominantly private experience, there are occasions where you may be in contact with others. Because guests are allowed to pick their own start dates, there may be other Country Walkers travelers staying in the same properties as you or even starting on the same date. For this reason, we may need to combine your orientation meeting with that of other

guests or ask you to share on-tour transfers. This does not mean you need to walk together.

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*. Cancellations must be made in writing. Please note that the tiered tour price is based on a guarantee of a specified number of guests—should your group decrease in size, we reserve the right to alter the per person price if necessary as reflected in the Tour Price table.

**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 PROTECTION PLAN

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

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

United States country code: +1

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 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 usa.gov/Citizen/Topics/Travel-Tourism/State-Tourism.shtml.



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: usa.gov/Citizen/Topics/Travel-Tourism/State-Tourism.shtml.

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 most hotels are small and family-run and may not provide luggage assistance from the reception area to the room so there will be times you may have to carry your own luggage short distances. 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. Please note that due to health and safety reasons, our local representatives are not permitted to carry (individual) bags that exceed 30 lbs (15 kg). 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 or shoes. There are many brands to choose from. Proper fit is crucial, so try on new boots or shoes while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. If you are bringing a favorite pair of older boots, please check that soles and seams are in good shape before you depart! By the time you're ready to join your walking tour, you should be able to complete 4–9 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.
- » Comfortable shoes for evening strolls
- » 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: dress is smart casual
- » Light jacket or sweater for evening strolls

OUTERWEAR

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

EQUIPMENT

- » Cell phone: for both practical and safety reasons, we strongly advise that you carry a cell phone while traveling and at all times while you are out walking. (Please note you may encounter intermittent coverage while on the trail or in remote areas.)
- » Pack (minimum size of 25L): large enough to carry water, extra clothing, rain gear, lunch, 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 to two liters)
- » 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 for optional swimming in the ocean and hotel pools or spas
- » Flip flops or water sandals
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen
- » Field guides
- » Folding umbrella
- » Bandana
- » Hand sanitizer and/or moist towelettes
- » Motion sickness bracelets or other non-sleep-inducing remedy if prone to motion sickness on bus, car or boat rides
- » Alarm clock