

## Best of Utah & Arizona National Parks - NUZV

7 days: Las Vegas to Las Vegas

### What's Included

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- Your G for Good Moment: Native Grill Food Truck Experience
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Hike to The Narrows
- Bryce Canyon National Park visit
- Horseshoe Bend and Antelope Canyon visits
- Navajo guided Monument Valley jeep tour
- Sunset along the rim of the Grand Canyon
- Full day hiking in Grand Canyon National Park
- Drive along Route 66
- Entrance fees to all national parks and monuments with hiking and walking excursions
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing September 10th, 2021 and onwards

### Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

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#### Day 1 Las Vegas/Zion National Park

After a brief welcome meeting with your CEO, hit the road from Las Vegas and drive to Zion National Park. Get settled into your hotel and opt to explore the area a bit or enjoy dinner at your leisure. Then, rest up for tomorrow's full day of exploring.

#### **Your Welcome Moment: Welcome Moment - Meet Your CEO and Group**

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

#### **Private Vehicle**

Las Vegas - Zion National Park 2h30m-3h270km  
Settle in and scan the scenery from the convenience of a private vehicle.

#### **Free Time**

Zion National Park Evening

Take advantage of free time this evening to admire the sandstone cliffs that surround Zion National Park. Watch as the sunset lights up the area in an array of colours and find peace in the calm outdoors.

#### **Accommodation**

##### **The Lodge (or similar)**

Hotel

## Day 2 Zion National Park

It's all about Zion today as you get a chance to wander this beautiful national park in Southwest Utah. Take the shuttle into the park and spend the day exploring and hiking with your fellow travellers.

Admire the monumental sandstone cliffs of cream, pink, and red that tower into the sky and remember you can choose to turn around on these hikes at any point. In the evening, relax at your hotel as you reflect on your day in this wonderful piece of paradise.

Please note that while the trail to Angels Landing is not included in this itinerary, it is available to be done independently. If you're interested in continuing to the top, you must apply ahead of time for a permit via the National Park's lottery system at this website: <https://www.nps.gov/zion/planyourvisit/angels-landing-hiking-permits.htm>.

### Zion National Park Visit

Zion National Park

Admire monumental sandstone cliffs of cream, pink, and red that tower into the sky. Experience diverse plant and animal life, and wade through water in a narrow slot canyon as the park transitions from desert to forest. Gaze at the awe-inspiring beauty of the high plateaus, striking towers, temples, mesas, and the earth's tallest-known sheer sandstone walls.

### Optional Activities - Day 2

#### The Narrows Hike

Zion National Park 6km

Free

Known as one of Utah's best slot canyon hikes, The Narrows takes you through towering canyon walls along the Virgin River (and yes, this means walking in water!). Enjoy some of the park's best scenery, stop to take photos, and don't forget to watch your footing. Opt to make your way back at any point.

Hiking distance: 6.4km (4 mi) Elevation change: 102m (334 ft).

### Meals included: Breakfast

#### Accommodation

#### The Lodge (or similar)

Hotel

## Day 3 Zion National Park/Bryce Canyon National Park

Depart Zion in the morning and travel with the group to Bryce Canyon National Park. Once in the park enjoy free time to hike through the wild and weird rock formations fondly known as hoodoos. Visit Inspiration Point, hike the rim trail. Opt to hike the Queen's Garden and Navajo loop trails or take in the incredible view with a walk along the rim. Head back to the park after dinner for sunset. At night look up and see the magic of the stars in a place that has been designated an International Dark Sky Park.

### Private Vehicle

Zion National Park - Bryce Canyon National Park 2h 140km

Settle in and scan the scenery from the convenience of a private vehicle.

### Bryce Canyon National Park Visit

Bryce Canyon National Park

See a sight like no other at this giant forest of stone made up of collection of massive natural amphitheaters. This park contains hundreds of thousands of eroded spires, pinnacles, and other shapes as far as the eye can see.

### Free Time

Bryce Canyon National Park Evening

Spend your free time wandering this wonderful national park. Check out the Queen's Garden and Navajo loop trails, walk along the rim trail, visit Sunrise point and Inspiration point and take plenty of pictures of the famed hoodoos.

### Optional Activities - Day 3

#### Queen's Garden and Navajo Loop Hike

Bryce Canyon National Park 5km

Free

Trek through the most popular trail in Bryce Canyon to see its famous hoodoos - tall, thin spires of rock that seem to magically balance upon their dusty, red rock base. Begin your hike at Sunrise Point and make your way toward Queen Victoria, the trail's namesake rock formation. Continue through the amphitheater on Navajo Loop past Wall Street or Thor's Hammer, depending on trail conditions. Exit at Sunset Point before walking the Rim Trail back to our starting point. Soak in the views one last time - you'll want to take it all in.

Hiking distance: 4.6km (2.9 mi) Elevation change: 183m (600 ft).

**Meals included: Breakfast**  
**Accommodation**  
**Bryce View Lodge (or similar)**  
Hotel

#### **Day 4 Bryce Canyon, Antelope Canyon, and Monument Valley**

We'll jet off this morning to Page, Arizona, the gateway to famous Antelope Canyon and Horseshoe Bend.

Join a local Navajo guide and explore Antelope Canyon; a stunning natural sandstone slot canyon located on tribal lands. Admire the blue sky above from the bottom of the canyon and make sure you bring your camera to take loads of photos.

Afterwards, visit Horseshoe Bend for a short hike to stand atop the steep cliffs overlooking the natural bend in the Colorado River. Today's adventure will end in Monument Valley where you will have time to relax and unwind after a busy day of sightseeing.

#### **Bryce Canyon National Park Visit**

Bryce Canyon National Park

See a sight like no other at this giant forest of stone made up of collection of massive natural amphitheaters. This park contains hundreds of thousands of eroded spires, pinnacles, and other shapes as far as the eye can see.

#### **Private Vehicle**

Bryce Canyon National Park - Page 3h-3h30m 250km

Settle in and scan the scenery from the convenience of a private vehicle.

#### **Antelope Canyon Tour**

Antelope Canyon 2h

Named for the pronghorn that used to roam the land, Antelope Canyon is a natural sandstone cathedral created by years of flash flooding, wind, and rain. Tour this breathtaking canyon to discover beams of light, flowing rock walls, and spiral arches and soak in the natural beauty of this surreal place.

#### **Horseshoe Bend Hike**

Horseshoe Bend 1h 1km

Take a short hike to this spectacular horseshoe-shaped meander of the Colorado River. Stand atop steep orange-coloured sandstone cliffs and look out at Horseshoe Bend. Peer down more than 300m (1,000 ft) at the emerald river below.

#### **Private Vehicle**

Page - Monument Valley 2h-3h 200km

Settle in and scan the scenery from the convenience of a private vehicle.

#### **Meals included: Breakfast | Lunch**

**Accommodation**

**Hampton Inn Kayenta (or similar)**

Hotel

#### **Day 5 Monument Valley/Grand Canyon National Park**

This morning you'll be treated to a sunrise Navajo guided jeep tour of Monument Valley. Admire the majesty and magnetic atmosphere of this special place before continuing on toward the Grand Canyon. En route, stop for lunch at a family-owned Navajo food truck, before arriving at the awe-inspiring Grand Canyon just in time for a spectacular sunset.

#### **Monument Valley Jeep Tour**

Monument Valley

Explore this magical and sacred place on a jeep tour. See magnificent colours, miles of mesas, buttes, and pinnacles that make Monument Valley a truly wondrous experience.

#### **Private Vehicle**

Monument Valley - Grand Canyon 3h30m

Settle in and scan the scenery from the convenience of a private vehicle.

#### **Your G for Good Moment: Native Grill Food Truck Experience**

Get off the beaten track for an authentic Navajo meal that gives back to the community at the Native Grill Food Truck. Although the Grand Canyon is one of the most popular destinations to visit in the USA, the Indigenous community living on Navajo land captures less than 7% of the \$1.5 billion that this region sees annually. Your meal stop at this family-owned enterprise benefits 50 community members directly, with ripple effects throughout Navajo Nation.

#### **Grand Canyon Sunset**

Grand Canyon National Park

Head to the rim of the Grand Canyon at sunset. Point your camera in any direction and capture memorable shots as the shifting light plays off the layers of red, yellow, and brown rock. This is truly one of the great wonders. Enjoy the moment.

**Meals included: Breakfast | Lunch  
Accommodation**

**Red Feather Lodge (or similar)**  
Hotel

### **Day 6 Grand Canyon National Park**

Marvel at the out-of-this-world views as you get up close and personal with the Grand Canyon today. Spend a full day exploring and hiking from the South Rim. There are a variety of hikes to choose from that will take you deeper into the canyon where you can really appreciate the size and depth of this national park. Choose whichever trail you wish or do short bursts of multiple hikes, just make sure you bring plenty of water and take your time.

If you wish to see this natural wonder from a bird's eye view with an experience you'll never forget, opt to book the Grand Canyon helicopter tour.

#### **Grand Canyon Hike**

Grand Canyon 1h-4h 1-10km

Opt to hike along the rim or down into the canyon. Experience breathtaking scenery with spectacular views. Bring lots of water, a hat and plenty of energy. Remember -- hiking down is optional, hiking back up is mandatory!

#### **Optional Activities - Day 6**

##### **Bright Angel Trail Hike**

Grand Canyon National Park 3h-9h 14-19km

Free

Hike towards the heart of the Grand Canyon on the spectacular Bright Angel Trail. Descend into the canyon to experience its natural beauty in a way most visitors miss. Journey to Indian Garden, and depending on group fitness and the season, continue on to Plateau Point.

#### **Grand Canyon Helicopter Tour**

Grand Canyon

The Grand Canyon helicopter ride is a must! Enjoy a bird's-eye view for 45 to 50 minutes as you fly over the canyon, taking in the stark contrast of the blue-green Colorado River against the thousand shades of red rock found in the canyon. From above, you can fully appreciate the greatness of the gorge and see why it is one of the seven natural wonders of the world.

**Meals included: Lunch**

**Accommodation**

**Red Feather Lodge (or similar)**

Hotel

### **Day 7 Grand Canyon National Park/Las Vegas**

Wave good-bye to the Grand Canyon as the group drives back to Las Vegas along the famous Route 66.

Tour ends on arrival in Las Vegas.

Your flight must depart no earlier than 5pm.

#### **Private Vehicle**

Grand Canyon National Park – Las Vegas 6h-7h 480km

Settle in and scan the scenery from the convenience of a private vehicle.

## **What's Included**

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Your G for Good Moment: Native Grill Food Truck Experience

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group. Hike to The Narrows. Bryce Canyon National Park visit. Horseshoe Bend and Antelope Canyon visits. Navajo guided Monument Valley jeep tour. Sunset along the rim of the Grand Canyon. Full day hiking in Grand Canyon National Park. Drive along Route 66. Entrance fees to all national parks and monuments with hiking and walking excursions. All transport between destinations and to/from included activities.

## **Highlights**

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Spend a whole day hiking in Zion National Park, Explore the hoodoos of Bryce Canyon National Park, Take in the view of the Colorado River from above at Horseshoe Bend, Wander through Antelope Canyon, Enjoy a Navajo guided jeep tour of Monument Valley, Cruise along the famous Route 66 on the way to Las Vegas.

## Dossier Disclaimer

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## Itinerary Disclaimer

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While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## Important Notes

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### 1. ANGELS LANDING

Please note that while the trail to Angels Landing is not included in this itinerary, it is available to be done independently. If you're interested in continuing to the top, you must apply ahead of time for a permit via the National Park's lottery system at this [website](#).

2. Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may continue after this tour ends.

3. In order to cover the vast distance in North America to be able to visit several different parks and cities along our trip, we will have a couple of long driving days.

4. All walks and hikes proposed in this itinerary are moderate to strenuous level. You may choose to participate or not, but exploring our national parks on foot is part of our way of travelling. It's a healthy way to discover North America's beauty and landscape.

5. The American West is generally known for warm weather, but temperatures do vary significantly in the mountain and desert areas especially. The day time temperature could exceed 30 C, while the night time temperatures do regularly decrease to single digits, or even possible below freezing. Please be prepared for such extreme conditions.

6. Please note that the legal drinking age in the United States is 21. Many bars and clubs will ask for ID at the door, therefore listening to live music in certain bars or spending a night out in Las Vegas is not possible when you are under the legal age, even if you don't plan on consuming alcohol. Drinking laws are strictly enforced and our CEOs are unable to help those under age obtain alcohol of any kind.

While this should not stop those under legal drinking age from booking a tour, it is important to note that if a traveller is under-age there are certain optional nighttime activities that they may not legally be able to participate in. When trying to book the right trip, we recommend that travellers under legal drinking age take this into consideration when booking a tour that visits several big cities.

### 7. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

## Group Leader Description

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This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). The CEO will be the group manager, leader and sometimes the driver - this person is knowledgeable in the routes travelled and will organize and lead the meal preparations and has experience in cooking a variety of local and international dishes for large groups.

As the group coordinator and manager, the aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. While not being guides in the traditional sense, you can expect them

to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. They will also offer suggestions for things to do and to see, recommend great local eating venues and introduce you to our local friends.

While our CEOs are trained and have resources to assist them along the way, the United States is the fourth largest country on the planet, and it is impossible for them to know everything about this massive country. We recommend local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

Please note that specific tour guide licenses are required to guide in certain cities and regions, and as such, our CEOs will oftentimes provide brief orientation walks or drives to point out useful places like supermarkets, main squares and ATMs but for more specific or in depth destination information, an official guided tour is recommended.

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## Group Size Notes

Max 13.

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## Meals Included

4 breakfasts, 3 lunches

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## Meals

All included meals will be prepared from goods bought en route from supermarkets, local shops and markets. Breakfasts will generally consist of breads and cereals, if time allows a warm breakfast may be prepared. Many lunches will be provided en-route and will be light meals such as sandwiches and/or salads. All evening meals will be freshly-prepared hot meals, and will consist of a variety of continental and local dishes.

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## Transport

Air-conditioned private vehicle, hiking, walking.

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## About our Transportation

For this trip we use 15-passenger vans for up to 14 people plus the CEO/Driver. These vans are durable vehicles that allow us to drive on most types of roads in North America.

Each van has a front passenger seat and 4 benches that will accommodate 3 people each with mandatory seat belts to keep us secure and safe. No standing is permitted in these vehicles.

This is not a physically demanding journey. There is air conditioning to cool things down on warm days to keep everyone more comfortable. Travelling can be difficult, with long drives and limited space in the van. Please take note of the travel times and distances in the above itinerary. Despite some of the long days, most travellers feel that the diversity of the North American landscape, culture and wildlife are all well worth the experience!

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## Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

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## Accommodation

Hotel (6 nts).

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## My Own Room

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

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## About Accommodation

This trip uses 2-3 star hotels and motels in cities and near park entrances. Our chosen hotels vary in size, character, and amenities, but are of a good standard, and the rooms are double occupancy with a private bathroom.

## Joining Instructions

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For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

From Las Vegas airport (LAS), to reach your starting accommodation you can take a shuttle bus, rideshare service or a local taxi.

Shuttle Bus: at terminal 1, group shuttles are located on the west side of baggage claim, outside door exits 7 - 13. At Terminal 3, shuttles are parked outside on Level Zero on both the west and east side of the building. Advance reservations are required.

Rideshare Services: there is a dedicated pick-up spot in each terminal. In Terminal 1, head over to T1 Parking and take the elevator up to level 2M. In terminal 3, head to T3 parking and take the elevator to level V. Follow the signs for Uber / Lyft.

Taxi: available outside the baggage claim areas at Terminal 1, at the door exits 1 to 4. You can also find taxi ranks on Level Zero at Terminal 3.

WELCOME MEETING TIME: 14:00

WELCOME MEETING LOCATION: Golden Nugget - Claim Jumper Restaurant

Please note that Day 1 is also a travel day, departing Las Vegas around 3pm from the joining hotel. Please refer to your tour voucher for your confirmed starting point.

Your CEO will organize a short meeting on the morning of Day 1 during which you will meet other tour participants and receive information about general and specific aspects of the trip. Should you arrive early, a welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, please call the emergency line as soon as possible to arrange onward transportation to catch up with the group.

## Emergency Contact

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Should you need to contact us during a situation of dire need, it is best to first call the G Adventures Local Representative. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (Las Vegas)

From outside the USA: 1-725-201-1494

From within the USA: 725-201-1494

If you are unable for any reason to contact our local representative, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## Finishing Point Instructions

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Please note this tour ends on arrival into Las Vegas. Your flight must depart no earlier than 17:00.

## What to Take

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You will be on the move a lot, so our advice is to pack as lightly as possible.

For days in the outdoors, we recommend the use of lightweight, breathable, moisture-wicking fabrics made of wool or synthetic fibers. Cotton is not recommended for days spent hiking as it does not allow for heat or moisture to enter or escape, and it will not dry easily once wet.

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. Heavy luggage is not recommended for the health of the CEO, who will take a lead in loading the storage trailer. Due to space in the trailer, we will not be able to accommodate more than one piece of main luggage per person. A good size day-pack (20-35L) is also essential to carry your personal gear for the day, as access to luggage between destinations will be limited. This daypack will be used to carry your personal gear for the day, your lunch and a water bottle. Your CEO recommends a hydration pack style water bottle.

The American west is generally known for warm weather, but temperatures do vary significantly in the mountain and desert areas especially. The day time temperature could exceed 30 C, while the night time temperatures do regularly decrease to single digits, or even possible below freezing. It is therefore important to pack clothes for warm days and cool evenings - a light jacket is necessary.

Seasonal temperature ranges:

March - May ; September to December: -7 C to +30 C

June - August: 0 C to + 35 C

Additionally, a set of smart casual clothes is also advisable.

## **Packing List**

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Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Hand sanitizer (required)
- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear



Note: For evenings out in some cities there will be a dress code. If you wish to participate, please bring a nicer outfit for these occasions. We recommend a nicer pair of shoes and a collared shirt or blouse.

## **Laundry**

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Laundry can be done at least once a week while on tour. Some private campgrounds and most cities have laundromats where you can buy soap and wash your laundry in coin-operated machines. Your CEO will advise you along the trip where you will be able to do your laundry.

## **Spending Money**

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Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## **Money Exchange**

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The United States currency is the US Dollar (USD).

Credit cards are accepted almost everywhere in the US and can be used to purchase small and large items. When purchasing products or services with a foreign credit card in the USA, you may be charged additional fees by your credit card company for foreign purchases.

Credit cards and debit cards are very useful for cash advances but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs). Both Cirrus and Plus system cards are the most widely accepted debit cards. Both Visa and Master Cards are the most widely accepted credit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work check with your bank before you travel. A visit to an ATM can be arranged on Day 1 and other days of the trip.

Do not rely on credit or debit cards as your only source of money. A combination of US Dollars as cash (preferably smaller bills, 5's, 10's and 20's), traveller's cheques and credit cards is best. Currency exchange is best obtained prior to travel or at the airport, currency exchange is very difficult to find in the USA and most banks do not accommodate.

Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

## **Emergency Fund**

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Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## **Tipping**

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It is customary in North America to tip service providers such as waiters, bartenders and taxi drivers, at approximately 18-20%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are times during the trip where there is opportunity to tip any local guides used. Recommendations for tipping local guides would range from \$2-8 USD per activity depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures Chief Experience Officer did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline \$5-10 USD per person, per day can be used as a guide. If your CEO(s) exceeded your expectations, feel free to tip more.

## **Optional Activities**

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Zion National Park  
- The Narrows Hike (Free)

Bryce Canyon National Park  
- Queen's Garden and Navajo Loop Hike (Free)

Grand Canyon National Park  
- Bright Angel Trail Hike (Free)

Grand Canyon  
- Grand Canyon Helicopter Tour

## **Safety and Security**

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Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## **A Couple of Rules**

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Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## **Travel Insurance**

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Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## **Planeterra Foundation - the non-profit partner of G Adventures**

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Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local

communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## Feedback

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After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

## Newsletter

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Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation - Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## Minimum Age

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You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## International Flights

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Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## LGBTQ+ Safety

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The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.