



Best of America

Overview & Itinerary

Start	Newark, United States
Finish	San Francisco, United States
Destination	United States
Style	Basix
Theme	Explorer
Code	SSRXC
Trip rating	4.77
Validity	01 Jan 2019 to 31 Dec 2020

Is this trip right for you?

- This is a participatory trip. That's a fancy way of saying you're not just along for the ride – you're part of a team! You know the phrase 'the more you put in, the more you get out'. Well that's extra true on this trip. Be prepared to roll up your sleeves and help out with camp activities like food prep and washing up. It's all about giving your new travel mates a hand – everyone knows there's nothing worse than trying to put up a tent on your own!
- That teamwork also extends to our optional food kitty of approximately US\$10 per day, run to cover the cost of meals. This kitty saves you worrying about stuff like where to get food or what exactly sales tax is, and actually helps keep your costs down. Instead of paying individually as you go, it means we can bulk purchase items and cook our own food – though there's always the chance to use it for the occasional pizza night! The kitty is optional and for your convenience, so if you've got specific dietary requirements you can opt out and purchase (and cook) your own food.
- The United States is a world of endless possibilities – that's why our Basix trips are designed so they fit together as (not quite endless) combinations. That means while you might just be starting your trip, some of your new travel mates may have been travelling together for a week or more (and so have some great tips for you). You can see how our trips fit together and all the different possible combinations at www.intrepidtravel.com/brochures. Simply click view/download on the North America brochure and look at the combo map on page 12.
- Death Valley in the summer is extremely hot and dry. It does hold the record as the hottest place on earth after all. Hiking at this time of year isn't recommended. Sometimes in mid-summer we may be unable to visit the Valley itself if we feel that the heat presents a safety risk.
- Traffic in and out of the cities of New York City and Washington DC can be hectic, especially during the holiday period. There may be delays, so be prepared to take part in car games to keep you entertained.
- You'll be travelling in a van with a group of travellers, so conditions may feel a little cramped. This is all part of the adventure, however, and you might even make some long-term friends.

- The USA is a big country. Distances between destinations may be longer than what you're used to, especially if you're coming from Europe. There are many long days of driving, so expect to spend a lot of time in the van.
- Although our vans do have air conditioning, it has to work pretty hard to keep a full group cool. Expect to feel hot during summer and cold at other times of the year, especially at night. Please consider the season and research the weather conditions to determine the best time to travel for you. Remember to come prepared with adequate clothing.
- From the steep hiking trails of the various national parks to the towering hills of San Francisco, this trip involves a lot of walking. Please ensure you bring sturdy walking shoes and comfortable clothes. To make the most of the trip, it's best if you have at least a moderate level of fitness.
- This trip only allows for one night in Nashville and one night in Memphis. Although you'll get more or less a full day to explore these great cities, you might have to move quickly to see everything on your to-do list.

Physical rating



We recommend that you undertake regular aerobic exercise in the weeks before you travel, particularly if you are not in the habit of regular exercise. Walking, jogging, swimming or riding a bike are all good ways to increase your aerobic fitness, which will allow you to enjoy the trip to its fullest.

Many of the National Parks that we visit have hiking opportunities where walks of up to 4 hours can be an option for you. There are often easier options. Throughout the trip there are more adventurous optional activities that require some consideration regarding your physical abilities to complete the activity.

Joining point

Hilton Newark Airport
 1170 Spring Street
 Elizabeth
 Newark
 NJ
 07201
 UNITED STATES OF AMERICA

Joining point instructions

Transfer from Newark Airport:

Transportation from this airport is the cheapest and most convenient. From Baggage Claim at the airport, take the Airtrain to station P4 and wait for the Newark Airport Hilton Complimentary Shuttle. This will bring you directly to the Hotel and a shuttle arrives/departs every 15-20 minutes. It is customary to tip the driver who helps you with your bag (\$1-\$2 per bag).

Transfer from JFK or LaGuardia Airport:

From JFK and La Guardia airports you must transfer to New York Penn Station in Manhattan first. NY Penn Station is located at 31st and 7th Streets in Midtown. You will need to change at NY Penn Station and take another transfer to the Newark Liberty International Train Station, then board the Airtrain to P4 Station where you will find the Newark Airport Hilton Complimentary Shuttle bus that goes directly to the Hilton.

1). To transfer from the airport to New York Penn Station:

By Shuttle: The "Super Shuttle" service can be found adjacent to the Baggage Claim Area of the Airport and costs approximately US\$25.00 (including tip) to the NY Penn Station.

By Bus: The most convenient service is the "New York Airport Express Service Bus". This bus departs from both airports every 20-30 minutes (7am- midnight) and stops are located at the 'Express Bus Stop' at each airport terminal. Cost is US\$15.00. For reservations or for more info call (718) 875-8200 or visit their website at

www.nyairportservice.com/. Use taxis for transport during the hours of midnight-7am.

2). To transfer from NY Penn Station to Newark Liberty International Airport Train Station:

Trains depart New York Penn Station every 10-15 minutes to Newark Liberty International Airport Train Station. Purchase ticket at the ticket window for Newark Liberty International Airport, ticket cost around \$12.50, and wait till the train board displays your track. ALL trains that go to Newark Liberty International Airport Train Station are displayed as "EWR." The train ride to the airport station is about 22-25 minutes. You will be asked to show you ticket while on the train.

3.) To transfer from Newark Liberty International Train Station to the Newark Airport Hilton:

After exiting the train follow the sign the read: "AIRTRAIN." Board the Airtrain and get off at P4 Station. Outside P4 station look for a the Newark Airport Hilton Complimentary Shuttle Bus. This bus will take you directly to the hotel and arrives/departs every 15-20 minutes. . It is customary to tip the driver who helps you with your bag \$1-\$2 per bag.

For more information and alternative routes please see the New Jersey Buses and Trains website at www.njtransit.com or the New York Port Authority website at www.panynj.gov.

PRE/POST TOUR ACCOMMODATION:

If you have booked additional accommodation in conjunction with your trip, please note that it is standard policy in the USA for debit and credit cards to be authorized at check-in by hotels for the amount of your stay, plus an amount to cover incidentals. The authorization will hold the funds until check out, at which time the amount actually incurred during the stay will be charged. Authorized amounts can take up to 30 days after departure to be released by your bank or financial institution. If you are unsure at check in as to what your card is being charged for, please ask the staff to explain their policy. Please also clarify with the hotel when you check in or out that all deposits will be refunded as promptly as possible.

Continuing point

Hotel 504 (Formerly Clarion NOLA)
1300 Canal Street
New Orleans
LA
70112
UNITED STATES OF AMERICA
Phone: 504 2999900
Fax: 504 2991737

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please contact our operations base on 1-800-786-8735 (toll free in the USA and Canada) or +1 707 523 1800 (office hours).

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. But we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

POLICE AND AMBULANCE

In case of an emergency, local authorities can be contacted by calling 911 – this is the toll free phone number for the police, fire department and the ambulance in the USA and Canada. In case of doubt, call the operator on 0.

BOOKING ENQUIRIES / ISSUES

For general enquiries or questions about your booking, please contact your agent or adventure specialist, or visit us at:

<http://www.intrepidtravel.com/au/contact-us>

CRISES AND EMERGENCIES

In the case of a genuine crisis or emergency please contact our local ground representative on the number below (remember to drop the +xx country code if you are calling from within the country):

+1 707 483 9460

Itinerary

 **Expand All**

Day 1: New York (Newark)

Welcome to the USA. Your adventure begins with a welcome meeting in the hotel lobby at 6 pm. If you're going to be late, please inform the hotel reception. We'll be collecting your insurance details, food kitty and next of kin information at this meeting, so please ensure you have all these details to provide to your leader. If you arrive a couple of days earlier to see the sights (recommended), we'll be happy to book additional accommodation for you (subject to availability). Consider doing a one-day sightseeing tour of New York by visiting: urbanadventures.com.

Accommodation

- Hotel (1 night)

Meals Included

There are no meals included on this day.

Day 2: Washington DC

Today, drive south towards the nation's capital of Washington DC, stopping at Philadelphia on the way for a quick look at some of the highlights of the Old City, including the Liberty Bell, Independence Hall, and the 'Rocky' steps. After touring around Philly, continue onto DC. The total driving time from New York to Washington DC will take about seven hours.

Accommodation

- Camping (with facilities) (1 night)

Included Activities

- Philadelphia - City highlights stop

Meals Included

There are no meals included on this day.

Day 3: Washington DC

Today is a free to explore Washington DC, with the city being easily discovered on foot. To see as much as you can today, it may be an idea to get a map and make a plan. Choose from any of DC's almost 100 world-class museums – the National Air and Space Museum, the U.S. Holocaust Memorial Museum, the National Museum of Natural History, and the Newseum are just a few. There are also many other small fascinating museums hidden around the city. The city is overflowing with iconic monuments and buildings, so don't miss the White House, Capitol Building, Washington Monument, Lincoln Memorial, MLK Monument, FDR and Jefferson Memorials. You'll most likely do a lot of walking today, so maybe reward yourself with a relaxing evening.

Accommodation

- Camping (with facilities) (1 night)

Optional Activities

- Washington DC - Arlington National Cemetery - Free
- Washington DC - Bike and Roll Tour - USD45
- Washington DC - International Spy Museum - USD21
- Washington DC - National Air & Space Museum - Free
- Washington DC - National Archives - Free
- Washington DC - National Gallery of Art - Free
- Washington DC - National Museum of American History - Free
- Washington DC - National Museum of Crime and Punishment - Free
- Washington DC - National Museum of Natural History - Free
- Washington DC - Newseum - USD22

Meals Included

There are no meals included on this day.

Day 4: Appalachian Mountains

Journey into the breathtaking scenery of the Blue Ridge Mountains, part of the Appalachian Mountains (500 km). Shenandoah National Park is one of the highest and most scenic portions of the Appalachian Mountains. Taking the Skyline Drive along the crest of the mountains, travel through deep woods and past spectacular vistas. Stop to stretch your legs under the impressive oak trees and admire the gorgeous views. Later in the afternoon, drive to your campsite for the night. Total driving today will take around eight hours including stops.

Accommodation

- Camping (with facilities) (1 night)

Included Activities

- Shenandoah National Park

Optional Activities

- Shenandoah National Park - Hiking - Free

Meals Included

There are no meals included on this day.

Day 5: Nashville

Drive for around six hours further south today to Nashville, Tennessee. Once settled into the campground perhaps visit the Country Music Hall of Fame, which contains the golden Cadillac that once belonged to Elvis. Another point of interest is Music Row, where more than 50 recording studios and approximately 200 music publishing houses are located. The Wildhorse Saloon is a great spot in the evening to experience authentic southern food and live music.

Accommodation

- Camping (with facilities) (1 night)

Optional Activities

- Nashville - Country Music Hall of Fame - USD26
- Nashville - Ryman Auditorium Tour - USD14

- Nashville - Tennessee State Museum - Free
- Nashville - Wildhorse Saloon - USD10

Meals Included

There are no meals included on this day.

Day 6: Memphis

Head west this morning to Memphis, which should take around four hours. Just out of the city you can visit Graceland, Elvis Presley's former home and the site of his tomb. Here you can see the famous jungle room, as well as his cars, private planes and much more. In the evening, consider heading down to check out Beale Street's traditional blues clubs, made famous by legends such as W.C Handy, Howlin' Wolf and B.B. King. For those with an interest in history, there's the National Civil Rights Museum (at the former Lorraine Motel) where Martin Luther King, Jr. was assassinated.

If you have time, a must-see in Memphis is Sun Studio - the 'Birthplace of Rock'. It boasts the first recordings of legendary performers like Elvis, Johnny Cash and Jerry Lee Lewis.

Accommodation

- Camping (with facilities) (1 night)

Optional Activities

- Memphis - Graceland Museum - USD35
- Memphis - Sun Studio tour - USD14
- Memphis - National Civil Rights Museum - USD16

Meals Included

There are no meals included on this day.

Day 7: New Orleans

Today make the long drive across the state of Mississippi to New Orleans (the 'Big Easy'), which usually takes around eight hours. After checking in to your hotel in the French Quarter, use your free time getting to know the 'Big Easy'. An eclectic mix of European, Creole and Cajun culture manifests in the city's architecture, cuisine and music scene. Possibly take a walk down rowdy Bourbon Street or through the former plantation area of the Garden District. Perhaps join the rest of the group tonight for a typical Cajun-style dinner and toast to your adventure.

Accommodation

- Hotel (1 night)

Meals Included

There are no meals included on this day.

Day 8: New Orleans

Today is free to fit in as much of New Orleans as you can. Founded by French traders in 1718, there are many layers of history in this city and its many attractions combine to make it one of the most visited cities in the USA – a trend that was only momentarily halted by Hurricane Katrina in 2005. Tour the Honey Island Swamp (watch out for 'gators), cruise the Mississippi on a riverboat or visit the fascinating little Voodoo Museum. In the evening, perhaps check out a jazz show and dance the night away in the bars along Frenchman Street.

Accommodation

- Hotel (1 night)

Optional Activities

- New Orleans - Bourbon Street - Free
- New Orleans - Cabildo - USD5
- New Orleans - Cemetery Tour - USD25
- New Orleans - French Market - Free
- New Orleans - Mississippi River Steamboat Jazz Dinner Cruise - USD63
- New Orleans - New Orleans School of Cooking - USD29
- New Orleans - Presbytere - USD6
- New Orleans - Preservation Hall Jazz - USD15
- New Orleans - Ursuline Convent Tours - USD5
- New Orleans - Voodoo Museum - USD7

Meals Included

There are no meals included on this day.

Special Information

As this is a combination trip, your leader and the composition of your group may change at this point. There will be a group meeting to discuss the next stage of your itinerary. You're welcome to attend, as this is a great chance to meet your new travel companions. After the meeting, you'll be free to enjoy your last night in this energetic city.

Day 9: East Texas

It's quite a journey from Louisiana and into Texas (nearly 700 kilometres). You'll be on the road for around nine hours today, so sit back and enjoy the ride. There may be the chance to stop for a swamp tour along the way, and you'll get other chances to stop and stretch your legs as well.

Accommodation

- Camping (with facilities) (1 night)

Optional Activities

- New Orleans - Swamp Tour - USD40

Meals Included

There are no meals included on this day.

Day 10: San Antonio

Join the truckers along Highway 10 to San Antonio. Mexican-influenced San Antonio is the home of the Alamo, an original reconstructed Spanish-Mexican fort from the 18th century. On arrival, you can stroll along the famous River Walk or walk in the footsteps of Davy Crockett and Jim Bowie at the Alamo. Total driving time today is around three to four hours.

Accommodation

- Camping (with facilities) (1 night)

Optional Activities

- San Antonio - The Alamo Mission - Free
- San Antonio - Riverwalk - Free
- San Antonio - The Alamo IMAX Theater - USD14

Meals Included

There are no meals included on this day.

Day 11: Carlsbad Caverns National Park

After traversing the state of Texas, enter the deserts of New Mexico on the way to Carlsbad Caverns National Park. One of the largest caverns in the world, Carlsbad Cavern is still only partially explored. Hike deep into the 'Big Room' and beyond. In the evening, witness the overwhelming sight of a bat flight - thousands of bats swarming out of the caverns. As the bats migrate south in October for the winter, this is a seasonal sight and is best viewed in July and August. Total driving today is about nine hours.

Accommodation

- Camping (with facilities) (1 night)

Included Activities

- Carlsbad Caverns National Park

Meals Included

There are no meals included on this day.

Day 12: Santa Fe

Continue the journey north to Santa Fe today. The total drive should take around five hours. Santa Fe is the oldest capital city in the US. You might like to check out the pueblo architecture surrounding the town plaza or see the San Miguel Mission, the USA's oldest church. If you're an art buff, then a visit to the Georgia O'Keeffe Museum is a must.

Accommodation

- Camping (with facilities) (1 night)

Optional Activities

- Santa Fe - San Miguel Mission - USD1
- Santa Fe - Georgia O'Keeffe Museum - USD12
- Santa Fe - Loretto Chapel - Free

Meals Included

There are no meals included on this day.

Day 13: Mesa Verde National Park

Continue on to Mesa Verde National Park, home to the largest and best-preserved cliff dwellings of the Anasazi Indians. The park protects over 4,000 known archaeological sites. Explore a cliff dwelling on a short walk, or (for a small fee) join a ranger-led walk to the harder-to-access sites. Total driving time today is approximately five hours.

Accommodation

- Camping (with facilities) (1 night)

Included Activities

- Mesa Verde National Park

Optional Activities

- Mesa Verde - Guided Tour of Ruins - USD13

Meals Included

There are no meals included on this day.

Day 14: Monument Valley

After a drive through fascinating desert regions, reach Monument Valley. Monument Valley is so-named after the giant sandstone formations scattered across the desert. The backdrop for countless westerns, the valley is part of the biggest Indian reservation in the US and is home to more than 200,000 Navajo Indians. Perhaps see the sights from the back of a jeep with a Navajo guide. Visit areas only open to the Navajo, see traditional Navajo homes, hike up sand dunes and gaze at spectacular rock formations. Total driving time today is around three-and-a-half hours.

Accommodation

- Camping (with facilities) (1 night)

Optional Activities

- Monument Valley - Navajo-guided jeep tour (2.5 hrs) - USD55
- Monument Valley - Jeep tour & overnight experience - USD90

Meals Included

There are no meals included on this day.

Day 15: Grand Canyon

Today drive from Monument Valley to the Grand Canyon, stopping at a Native American trading post along the way. The total drive will take around four hours. Words don't do justice to the Grand Canyon, one of the Seven Wonders of the Natural World. This stunning gorge is 1.5 kilometres deep, formed by over six million years of erosion from the Colorado River. You'll spend two nights here, in order to allow a full day of exploration tomorrow.

Accommodation

- Camping (with facilities) (1 night)

Included Activities

- Grand Canyon National Park

Meals Included

There are no meals included on this day.

Day 16: Grand Canyon

Today is a free day to explore the Grand Canyon. Stroll along the meandering South Rim Trail or hike your way along the South Kaibab Trail to Skeleton Point. If you're feeling extra adventurous, you might even opt for a scenic helicopter flight over the area (at your own expense). In the early evening, relax at the canyon's edge and enjoy a spectacular sunset.

Accommodation

- Camping (with facilities) (1 night)

Optional Activities

- Grand Canyon - Helicopter flight (45 mins) - USD295
- Grand Canyon - Hiking - Free
- Grand Canyon - IMAX movie - USD15

Meals Included

There are no meals included on this day.

Day 17: Las Vegas

Head out of the Grand Canyon and cross the western deserts of Arizona to Las Vegas. Along the way, you'll drive along a section of the famous Route 66, stopping in at the nostalgic township of Seligman. The total drive will take around five hours. Las Vegas may be the gambling capital of the world, but there's plenty to do if gambling isn't your thing. Hit the shops, feel your stomach drop on a rooftop roller coaster or simply stroll along the Strip, soaking up the glitz and gaudiness. In the evening, perhaps feast on an 'all you can eat' buffet, check out one of the many shows on offer or party the night away in a Vegas nightclub.

Accommodation

- Hotel (1 night)

Meals Included

There are no meals included on this day.

Day 18: Las Vegas

You'll have another day to further enjoy the delights of Las Vegas. Use the opportunity to find a swimming pool to relax by, have a crack at black jack, check out a show or just soak up the craziness that is Vegas. You may also choose to go on an optional adventure on the infamous Las Vegas Roller Coaster.

Accommodation

- Hotel (1 night)

Optional Activities

- Las Vegas - Big Apple Express roller coaster - USD15
- Las Vegas - Mob Museum - USD24
- Las Vegas - Monorail - USD5
- Las Vegas - Fremont Street Experience - Free
- Las Vegas - Bellagio Fountains - Free
- Las Vegas - Eiffel Tower - USD20

Meals Included

There are no meals included on this day.

Special Information

As this is a combination trip, your leader and the composition of your group may change at this point. There will be a group meeting to discuss the next stage of your itinerary. You're welcome to attend, as this is a great chance to meet your new travel companions. After the meeting, you'll be free to enjoy your last night in this energetic city.

Day 19: Death Valley

Today is a long day of driving (approximately six hours). You'll cover more than 550 kilometres through Death Valley and across the Eastern Sierra. Death Valley is one of the hottest places on the planet, with temperatures rising to 56°C in the summer. The park features huge sand dunes, sculpted rocks, isolated valleys and volcanic craters. The canyon and mountain walls change colour with the changing light. Elevations fluctuate from 85 metres below sea level near Badwater Basin (the lowest point in the United States) to 3,756 metres at Telescope Peak. Stop at the visitor centre and, if it's not too hot, take a walk on the stunning salt flats.

Accommodation

- Camping (with facilities) (1 night)

Included Activities

- Death Valley National Park

Meals Included

There are no meals included on this day.

Special Information

Please note that sometimes over the summer months, we may not be able to visit Death Valley itself if the heat is extreme and we feel that the conditions present a safety risk. In these cases we will visit some areas on the outskirts with similar geography so that you can still get a feel for the valley, but at a higher elevation where it is not as hot. Depending on weather and the wishes of the group, you may also be offered the option of spending the morning in Las Vegas, visiting a ghost town in the desert, or going to Mono Lake.

Day 20: Yosemite National Park

Driving west, travel through the Tioga Pass (snow levels permitting) into the heart of the Sierra Nevada Mountains. Your destination is Yosemite National Park. One of the most famous parks in the USA, Yosemite's colossal granite cliffs, cascading waterfalls and redwood forests attract visitors from all over the world. You'll spend two nights in the park in order to have a full day of exploration tomorrow. The total driving time today is approximately five hours, or longer if the Tioga Pass is closed.

Accommodation

- Camping (with facilities) (1 night)

Included Activities

- Yosemite National Park

Meals Included

There are no meals included on this day.

Special Information

Please note that the campsites around Yosemite National Park are limited and receive mixed feedback. We tend to use different campsites depending on the time of the year. The campsites closest to the park can get overcrowded in summer and tend to have poorer facilities, whereas the nicer campsites are a little further away, requiring more driving time to enter the park each day. Your leader will book the site they believe best suits the needs of the group depending on the time of year and availability, however please note that there may be limited access to showers whilst at this location, or that you may be camping just outside of the park.

Day 21: Yosemite National Park

Today is a free day to get out and discover the park. There are plenty of hikes available, each varying in steepness and difficulty. Hike under the cooling breezes of Nevada Falls (4-5 hours) or to the serene Mirror Lake (45

minutes). Keep an eye out for squirrels and perhaps even a bear along the way. You might prefer to hire a bike and explore Yosemite Valley. Visit the park's museum, photo gallery, shops and restaurants along the way. In the heat of summer, a relaxing float down the Merced River followed by a few drinks at the park's cafe is just the trick.

Accommodation

- Camping (with facilities) (1 night)

Optional Activities

- Yosemite - Cycling in Yosemite Valley - USD12
- Yosemite National Park - Hiking - Free
- Yosemite - Raft Rental (seasonal) - USD30

Meals Included

There are no meals included on this day.

Day 22: San Francisco

Leave Yosemite behind today and drive west for about four hours to San Francisco. The 'City by the Bay' has a beautiful setting and a vibrant, multicultural heart. You might like to check out the vintage stores along funky Haight Street, catch the tram down to the waterfront or take a cruise on the bay to see the impressive Golden Gate Bridge.

The trip finishes on arrival into San Francisco and no accommodation is provided tonight. The arrival time depends on each group, but if you decide to fly out on this day, please don't book a flight before 9pm. This will give you enough time to catch a shuttle from the hotel to the airport and be there two hours before departure. If you are staying in town for the evening, perhaps head out for some dumplings in Chinatown or pasta in North Beach. If you do wish to spend extra time in San Francisco we'll be happy to book additional accommodation for you (subject to availability).

Optional Activities

- San Francisco - Adventure Cat Bay Cruise - USD45

Meals Included

There are no meals included on this day.

Special Information

As there's a great deal to do in San Francisco, we recommend you stay a couple of extra days to make the most of the city. This trip doesn't allow time for a visit to Alcatraz, so you'll need to make your own arrangements to visit the island prison. Tickets must be booked in advance, as they're limited and sell out quickly.

Notes: You can make your own Alcatraz reservations online at alcatrazcruises.com or call +1 415 981 7625 between the hours of 8 am and 7 pm, Pacific Standard Time (USA). We recommend booking your tickets for the day after the trip finishes. If you need help booking extra accommodation, our reservations team will be happy to assist (subject to availability). Also consider doing our one-day sightseeing tours of San Francisco through urbanadventures.com.

Finishing point

The Red Roof Inn at San Francisco Airport
777 Airport Blvd
Burlingame
San Francisco

CA
94010
UNITED STATES OF AMERICA

Finishing point instructions

There is a free 24-hour shuttle from the hotel to the airport for your convenience. Please book with reception.

Itinerary disclaimer

We've allowed plenty of room for freedom and flexibility in our trips. In fact, flexibility is one of the ingredients that makes each of our trips so exciting. This style of travel offers us some unexpected circumstances at times, for example, bad weather and road conditions, technical defects of transportation, inconveniences caused by local operators and authorities, and other circumstances beyond our control. Changes in the program may be required to make the best of the unique situations that we encounter.

Overnight stops and driving distances each day may vary to best suit the needs of the group. Our described itineraries are to be used as a general guide only.

OPTIONAL ACTIVITIES:

A selection of optional activities are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only. Prices are approximate and are for entrance only and don't include transport to and from the sites or local guides unless indicated. All activities are subject to availability and it may not be possible to do all the activities listed in the time available at each destination. Where activities are considered medium or high risk, we work with operators whose safety and credentials we have sighted and assessed. This means that it is possible that you may find the same activity cheaper with another operator on the ground, however we cannot vouch for the safety or quality of that operator. Activities not listed above have not been assessed by us and as such our staff and leaders are unable to assist you with booking these activities. The decision to partake in any activity not listed is at your own discretion and risk.

Feedback

After your travels, we want to hear from you! We rely on your feedback. We read it carefully. Feedback helps us understand what we are doing well and what we could be doing better. It allows us to make improvements for future travellers.

<http://www.intrepidtravel.com/feedback/>

Essential Trip Information

Important notes

1. This trip finishes on arrival into San Francisco in the afternoon on day 22.

Passport and visas

Visas are the responsibility of the individual traveller. Entry requirements can change at any time, so it's important that you check for the latest information. Please visit the relevant consular website of the country or countries you're visiting for detailed and up-to-date visa information specific to your nationality. Your consultant will also be happy to point you in the right direction with acquiring visas. Visas can take several weeks to process, so familiarise yourself with any requirements as soon as you have booked your trip to allow for processing time.

Entrance requirements to the USA have changed in recent years so please read the following instructions carefully, even if you have travelled to the USA before.

Many countries now operate under a visa waiver program (meaning a visa isn't required) however you still need to obtain an authorisation which confirms that you have been approved to travel. This authorisation must be obtained in advance of travel. See <https://travel.state.gov/content/travel/en/us-visas/tourism-visit/visa-w...>

Many citizens from Visa Waiver Program countries can travel to the USA without a visa for a 90 day stay, if they meet certain requirements. Travellers from all Visa Waiver Program countries must present a machine-readable, biometric passport (which meets US requirements) at the port of entry to enter without a visa, otherwise a US visa is required. You can get further information from the US Department of State website:

- <https://travel.state.gov/content/travel/en/us-visas/tourism-visit.html>

Also please note, all travellers from Visa Waiver Program countries must obtain an electronic travel authorization prior to their flight from the Electronic System for Travel Authorization (ESTA) website: <https://esta.cbp.dhs.gov>

All ESTA registration applications or renewals require a US\$14.00 fee paid by credit or debit card. You should apply for your visa waiver authorisation at least 1 week prior to travel to avoid any last minute delays. You will require your passport details and your address in the US (you can use the starting point hotel/hostel address).

Please note that if there is any discrepancy between the name on your ESTA, your passport, your tickets and even your frequent flyer membership, you may be detained at Immigration and subject to a secondary inspection which could take a few hours. If you have recently changed your name, please check that your details have been updated everywhere.

If you are from a country eligible for the visa waiver program but are a dual citizen of Iran, Iraq, Syria or Sudan, or if you have travelled to Iran, Iraq, Syria or Sudan since 1 March 2011, you will not longer be eligible for the visa waiver program and will instead need to apply for a non-immigrant visa. Please see the Department of State website for more information: <http://travel.state.gov//content/travel/en.html>

Medical and health information

All Intrepid travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to cope with our style of travel. Please note that if, in the opinion of our group leader or local guide, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, Intrepid Travel reserves the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations and anti-malarial requirements before departure. We recommend that you carry a first aid kit as well as any personal medical requirements (including a spare pair of glasses) as they may not easily be obtained at the locations on this trip. For legal reasons our leaders and guides are prohibited from administering any type of drugs including headache tablets and antibiotics. Please ensure that you are adequately prepared.

PERSONAL MEDICATIONS:

Medical prescriptions written outside of the US and Canada aren't accepted at pharmacies. Therefore, we recommend you bring along your personal medications in the necessary quantities for your trip.

DEHYDRATION & SUN PROTECTION:

The most likely medical incidents to occur on our trips are dehydration, over exposure to the sun, and twisted ankles from walking on uneven ground. While hiking please ensure you drink enough water to remain hydrated as some hikes don't have refill stations for your water bottles. The sun (especially in desert areas in the West) can be harsh, particularly in the warmer months. Ensure you apply adequate sun protection cream and wear a hat. Travelling with sunburn can be uncomfortable.

USA HEAT WAVE 2016

So far in 2016 the USA has been experiencing a severe heat wave, and predictions are that this will continue and that 2016 will be a hotter than usual summer. As a result, from time to time it may be necessary to change the itinerary with little notice, or cancel hikes, if we deem the conditions to be unsafe. Please make sure you take a water bottle and hat with you, and pay attention to how you are feeling, and alert your tour leader if you feel unwell at any time, particularly with symptoms such as muscle cramps, headaches, nausea or dizziness.

ZIKA VIRUS

Recently it has been confirmed that 4 people in Florida have been infected by the Zika virus by local mosquitoes. These are the first known infections of the virus being transmitted by mosquitoes locally. Up to this point all other cases have been contracted overseas.

This virus is mostly concerning to pregnant women as recently in Brazil local authorities have linked the virus to an increase in babies born with microcephaly (smaller than normal skull). In addition to this risk, the World Health Organisation have reported that Zika symptoms may include mild fever, skin rash and conjunctivitis. These symptoms normally last for 2-7 days.

At this stage, WHO is not recommending any travel or trade restrictions related to the Zika virus, however we recommend all women who are pregnant or trying to get pregnant to closely monitor the information provided by the World Health Organisation, and also the USA government's Center for Disease Control (<http://www.cdc.gov/zika/geo/>).

More information on the Zika virus can be found at the following links:

World Health Organisation: <http://www.who.int/mediacentre/factsheets/zika/en/>

Food and dietary requirements

While travelling with us you'll experience the vast array of wonderful food available in the world. Your group leader will be able to suggest restaurants to try during your trip. On our camping trips we often cook the region's specialities so you don't miss out. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though.

On our trips in North America, we operate an optional kitty, where travellers are encouraged to contribute to a central fund which is used to buy groceries which then supply meals to the entire group. In our experience all travellers generally participate, however some with special dietary requirements may prefer to opt out. The kitty is administered by the group and is payable per week of the trip. The cost is:

USA - US\$70 per week

Alaska - US\$90 per week

Canada - CA\$90 per week

While camping, some breakfasts, lunches and dinners are paid from the food kitty. Sometimes we'll go out for dinner and eat at restaurants at everybody's own expense.

Your leader will participate in the food kitty as well. On hotel nights (if included) the food kitty doesn't operate and everybody eats at their own expense.

Chores such as buying and cooking the food, washing up, etc. will be shared by everyone on the trip. Teams of two people will carry out the camp duties on a rotating basis. On camping nights, we usually cook our evening meals together on our own stove, or barbecue food over the camp fire. We usually prepare salads, grill meats and cook pasta, rice and vegetables. For breakfast we usually buy milk, coffee, tea, cereals, bread, jam, butter etc. Not all personal eating preferences can be catered for, however we endeavour to provide tasty, basic meals.

We keep our food costs as low as possible by sharing the expenses. The kitty is based on the average cost from our past experiences and from passenger feedback about what they are prepared to pay for shared meals. Personal beverages, lunches and snacks are not included in the food kitty. If there's any cash left over it will either be redistributed to the group or put towards paying for a group activity.

Accommodation

Camping (with facilities) (16 nights), Hotel (5 nights)

The campsites that we use are selected for either their scenic beauty, their convenient location to places of interest and/or the facilities available. We aim to offer you a selection of different types of campsites.

If you've never camped before - no problem! We provide a complete set of camping and cooking equipment. This includes roomy easy-to-pitch tents, which are shared by only two people and are equipped with thin foam rubber mattresses and vinyl floors. Your leader will show you how to pitch a tent on the first day. On many trips we also spend a few nights in reasonably priced hotels / motels / hostels (as per the itinerary).

For the group, we also provide two burner stoves, efficient camp kitchen equipment, dishes, coolers, food storage boxes, a water container, lamps and a sun and rain roof. Please take good care of all the equipment. You'll be assigned a specific tent so please look after it well. The equipment has to be returned clean, complete and in the same condition as you received it. Please keep in mind that sleeping bags are not provided and you'll need to bring your own. Please read the 'What to Take' section of these notes for more information on choosing a sleeping bag.

Our high quality camping equipment (including tents) can be affected by bad weather conditions. This can result in some wet and cold conditions inside the tent. Your spirit of adventure and flexibility will help make your adventure trip an exciting and unforgettable experience. On nights where the group is camping and weather conditions are extreme (such as snow or heavy rain) there may be an opportunity for the group (if everyone agrees) to stay at an alternative location such as a nearby hostel or hotel. When this is the case the upgrade is at your own expense.

You'll find the necessary facilities - toilets and in most cases showers, washing machines and driers - at many of our campsites. The showers at some campsites only have cold water available and some may require a payment (usually no more than US\$1-\$3 for a quick shower). This is payable locally and is generally a contribution to paying for a limited water supply. Please be aware that some campsites won't have any facilities, however it will rarely be for more than one night at a time. This is true of many campsites within Yosemite National Park, so if your trip is visiting this park, please prepare to go without a shower on this night, although it can often be arranged to stop and utilise facilities on our way out of the park.

In all the campsites there are strict quiet hours, when absolutely no loud noise is allowed. This means that all music, singing and group gatherings have to stop. We request that all our travellers respect these campsite rules.

For trips where there are lodges/cabins used, couples travelling together may be separated as our rooming arrangements are based on single gender.

CAMPING OUTSIDE THE SUMMER MONTHS:

Our trips extend beyond the traditional vacation months (June - September). This is because over the years we've recognised there's a demand from our travellers for trips outside this period. Many enjoy the experience of North America in the snow, or in the crisp and clear atmosphere of spring. We've operated successful trips throughout the year however some consideration must be taken when choosing a trip that travels in the colder months such as:

- Have you got a suitable sleeping bag?
- Do you have suitable warm clothing - fleece, waterproofs, thermals?
- Are your walking and hiking boots waterproof and warm?

You may also like to think about bringing your own camping mat for this period as the double layer provides extra warmth.

In some locations it may be possible to upgrade from camping to cabins if it is cold. You will need to pay for, and arrange this locally and it is of course subject to availability. In some locations it may only be possible to upgrade if the whole group is willing to.

If you come prepared and are willing to experience North America at this very special time of year, then you will be set for a great time.

Transport

Private vehicle

FLEET

Our large fleet of vans are fully equipped with dual air-conditioning system, V8 engines and any camping or cooking equipment needed for your trip. Most have cloth-upholstered seats and carpeted interior with radio/tape or CD players. Your baggage is transported in a trailer which is towed behind the van.

The vans are regularly serviced in our own maintenance facility and continuously checked and serviced by a well established network of maintenance and service facilities throughout the continent. However, unforeseen maintenance problems can still occur while on the road and we appreciate the patience of our travellers as we make necessary repairs as quickly as possible.

WI-FI

Beginning 01 January 2013, all private vehicle trips through the United States, including Alaska, will feature mobile Wi-Fi hotspots. Please note that trips in Canada will NOT have Wi-Fi hotspots in your van. Whilst travelling in the van, use Wi-Fi to check-in back home and share your background and cultural interests with your fellow travellers. Some usage restrictions may apply depending on demand and use. Hotspot devices provide wireless connections for up to five devices (up to two for optimal service and speed). Many camp grounds and hotels supply Wi-Fi for additional use outside the van.

DRIVING TIMES

All driving times mentioned in our itinerary are intended as a guide only and represent an estimated driving time - not including lunch stops, fuel stops, photo stops, traffic congestion, adverse weather conditions or any last minute alterations to the itinerary for any unforeseen circumstances. Please note that there are some long driving days on this tour - we'll have some starts as early as 7am and late arrivals at our final destination, sometimes after dark). As always, your group leader will make stops for viewpoints, short walks and lunch/rest breaks to help break up the journey.

We recommend you are fully prepared for these long travel days by reviewing our notes and indicated drive times. Some travellers prefer to bring pillows on board for added comfort, others prefer reading material or games and puzzles. The reality is that to get from one fabulous location to another, the distances are great and we like to think at least some of the adventure is in the journey - not just the destination. You'll be on board with up to 12 other passengers plus your group leader so patience and cooperation goes a long way in making this journey a comfortable one.

SEAT BELT POLICY

Safety is our priority and therefore our travellers are asked to sign a document on Day 1 of the itinerary indicating your understanding of our seat belt policy.

Money matters

It can be difficult to exchange money while on the road so we suggest that you bring some cash in US dollars, or exchange/withdraw money at the airport when you arrive, or at least before you start the trip.

Your individual budget will depend on your personal plans. Think about how much you want to spend on souvenirs, shopping, entertainment, food, drinks, excursions and attractions that aren't included in your trip (eg. helicopter flights etc). Please bear in mind that North America has endless things to do and see. Not all possible optional activities are listed in our Trip Notes.

The cheapest and most convenient way to acquire money is via an Automated Teller Machine (ATM) which are plentiful throughout all cities and towns, and even at roadside stops. This allows you to draw funds from your personal account at a superior exchange rate. Bank fees for these withdrawals can be either a flat rate or a percentage of the amount withdrawn. Check with your bank for information on their international fees.

Don't forget your PIN and make sure you know the telephone number for cancelling your card if it's stolen. Keep this in a safe place. When using your debit card, check your receipts and keep them to compare against your statement when you get home.

Occasionally banks will also allow cash advances on your credit card, but it's not recommended to rely on this method only. We recommend that you carry some cash for situations when ATMs can't be accessed.

SPENDING MONEY:

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget a sensible amount for things like meals not included, drinks, shopping, optional activities and laundry. It's always better to bring a little more than you think you'll need. Also make sure you've read your trip details thoroughly so you know what's included in the trip price and what isn't. This should make budgeting a little easier. You'll find this info in the Inclusions section of your Essential Trip Information (that's this document).

TIPPING

If you're happy with the service you receive, providing a tip - though not compulsory - is appropriate. While it may not be customary to you, it's of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many Intrepid destinations. Please note we recommend that any tips are given directly to the intended recipient by a member of your group as our group leaders are prohibited from collecting cash for tips.

The following amounts are based on local considerations and feedback from our past travellers:

Restaurants: We suggest 18% to 22% of your bill.

Bars: Recommended US\$1 for each drink ordered to ensure you are served again.

Local guides: Throughout your trip you may at times have a local guide in addition to your leader. We suggest US\$5-20 per day for local guides. Ask your leader for suggestions as to what is appropriate for a given activity.

Your Group Leader: You should also consider tipping your leader for outstanding service throughout your trip. Your leader works long and hard for you. He or she may well become your friend during the trip but they do need to pay their bills. If the leader's performance meets or exceeds your expectation they will gladly accept a tip from you. The amount is entirely a personal preference; however you should plan to tip your leader US\$5-7 per person per day.

Another charge not normally listed in North American costs is the state and federal taxes, keep this in mind when your bill comes out slightly higher than the original price listed.

Tipping in North America can be confusing. If you'd like some more detail about when and how much to tip, see <http://www.intrepidtravel.com/adventures/tipping-guide-united-states/>

DEPARTURE TAX

All departure taxes should be included in your international flight ticket.

CONTINGENCY FUNDS:

We try to plan for every eventuality, but there are still some things beyond our control. Please make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last minute changes to enable our trips to continue to run, and as a result there may be some extra costs involved.

Packing

LUGGAGE RESTRICTIONS:

All luggage is carried in trailers or inside the vehicle so please don't bring more than one medium sized bag, backpack or suitcase (20kg maximum) per person, plus a sleeping bag. Your suitcase/rucksack may get some rough handling, so make sure it's a tough one. A small daypack and camera may also be carried inside the vehicle.

As well as your underwear, toothbrush and other items you always need to pack for travel, below are some items that you specifically need for this trip.

ESSENTIAL

- Sleeping bag. Please bring one from home or purchase one before your trip starts - you may not have time once we're on the road. Sleeping bags can easily be bought in the US and Canada at big stores like Walmart, Kmart, Target or at sports and camping supply stores. Renting sleeping bags isn't possible on our trips. As we offer trips throughout the year and travel in diverse climate zones, we recommend you carefully consider the weather and choose an appropriate sleeping bag. Please bear in mind that nights can be very cold even in the warmer months. We can experience temperatures as low as -5C and even snow.

- Towel

- Travel pillow

- Reusable water bottle. We recommend at least a 1.5 litre capacity. The sale of bottled water contributes to an enormous environmental problem around the world. Tap water in the US and Canada is safe to drink and there are many places to fill up along the way, so please save plastic by bringing your own water bottle.

- Sun protection - hat, sunscreen, sunglasses

- Clothing you can layer. You may encounter a wide variety of temperatures en route due to altitude and

unforeseen weather conditions - so be prepared! Make sure to pack a warm fleece and a waterproof jacket. We suggest you check the expected temperatures en route and bring clothing that you can layer.

- Closed-in shoes. As this trip includes camping and/or bush walking we highly recommend that you take a pair of comfortable, closed-in walking shoes. Closed-in shoes will help to protect your feet from cuts and scratches when walking through bush/grass-lands, and will also act as a barrier protection in rare cases against bites or stings from dangerous animals in this environment.

RECOMMENDED

- Power adaptor
- Insect repellent
- Spare camera battery. You should have access to electricity to charge your battery most nights, but as some of the places we stay are a little isolated, it is always a good idea to carry a spare.
- Swimwear
- Head torch
- A simple plastic bag/waterproof toiletry bag (that can hang on a nail on the back of a door) will be useful to keep your clothes dry inside basic camp shower structures.
- Personal medical kit. Your guide will carry a large kit but we recommend you carry items such as mild pain killers, electrolytes, anti-diarrhoeal, antibacterial gel, wet wipes, bandaids/plasters etc.

OPTIONAL:

- Sleep sheet. If you are travelling during the hot season you may wish to also pack a sleep sheet so you will be comfortable no matter what the weather.
- Thermarest. While we provide a basic camping mattress for each client, some travellers find they like the extra comfort of a double layer.
- Ear plugs to guard against a snoring tent-mate
- A good book, a journal or an Ipod for the long drives.

Climate and seasonal information

NATIONAL HOLIDAYS:

The following national holidays are observed in the US, which can affect our itinerary as traffic can be extreme, and shops, restaurants and attractions can be closed:

- New Year's Day
- Birthday of Martin Luther King, Jr.
- Washington's Birthday
- Memorial Day
- Independence Day
- Labor Day
- Columbus Day
- Veterans Day
- Thanksgiving Day
- Christmas Day

Group Leader

Your Intrepid group leader's role involves organising the overall operation and smooth-running of the trip, managing trip logistics and camp responsibilities. They will work to make the trip as safe and enjoyable as possible for all travellers. Intrepid's North American trips are built around the co-operation and participation of all the group members under the supervision of the group leader. On our camping trips, your leader will show the group how to set up and use the camp equipment, and form work groups to take turns cooking, cleaning and shopping. Everyone is expected participate and carry their share of the workload, making camp chores easier. If the whole group participates it will be quicker, easier and more fun.

Your leader will provide basic information about the sights and cities you'll be visiting but please note that our leaders are not 'tour guides' in the traditional sense. They are adventure travel specialists and are there to organise your trip, arrange activities and help with questions or problems you may have while on your tour. Your leader will provide you with all the important information you need to embark on your own explorations.

They are also responsible for driving the van and navigating across the country. The allowable driving times for drivers is strictly controlled in North America. This ensures our drivers are well rested and are not over-tired from too many hours on the roads.

While your group will have a minivan for all included activities on the trip, please note that the services of the van and the driver may not be available for your use during free time, or after you have arrived for the day. If you need a special trip into town you may need to arrange transport or a taxi.

We endeavour to provide the services of an experienced leader however, situations may arise where your leader is new to a particular region or training other group leaders.

It's strictly forbidden for non-qualified rangers to present any information about some National Parks in North America, therefore we adopt a system (as requested by the park rangers) where our leader will encourage travellers to visit the information centres in the National Parks for details about the site.

We have designed our trips to make the most of your time in the States, but please understand that there are certain times during each day that your leader will need to be off duty from work. This includes having meal and rest periods and personal time. Your leader will provide you with all the important information you need to embark on your own explorations.

Safety

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 and ensure that your travel insurance covers you for all areas your itinerary covers. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trip.

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however during your trip you'll have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

For more details on the type of conditions and safety standards you can expect on your trip, please refer to Intrepid's operational safety policy on our website. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how well it's being implemented in the field:

<http://www.intrepidtravel.com/contact-us/safety>

PETTY THEFT AND PERSONAL SAFETY:

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

DRINKING SAFETY:

Please note that in the US the legal drinking age is 21 and in some parts of Canada it is 19. When out drinking in bars please be responsible and take the same precautions you would at home. Don't accept drinks from strangers, and don't let your drink out of your sight. It is always a good idea to go out with a group and stick together.

UNFENCED CAMP SITES:

On some trips you will at times stay in unfenced camp sites within national parks. While this is a fantastic experience, there are a few safety rules to follow. While staying in national parks it's important that you listen to

any advice given by your tour leader and the park rangers regarding responsible and safe behaviour.

BEARS:

Whilst travelling throughout North America it's not uncommon to encounter bears within campsites and national parks. Your group leader has been specifically trained for these situations and, if camping, will inform the group on how to 'bear proof' the camp in the evenings or when the site is unattended. There's absolutely no reason to be alarmed by this possibility as it is extremely rare for bears to attack humans.

A couple of rules

Illegal drugs will not be tolerated on our 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 Intrepid travellers. Intrepid's philosophy of travel is one of respect towards everyone we encounter and in particular, the local people who make our destinations such special places. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Everyone has the right to feel safe and secure on their trip. We don't tolerate any form of violence (verbal or physical) or sexual harassment at Intrepid, either between passengers or involving our leaders, local operators or locals.

Sexual relationships (consensual or otherwise) between a leader and a passenger are unacceptable. If you ever feel another person is behaving inappropriately please inform us immediately by contacting the emergency contact number detailed in these trip notes.

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SINGLE TRAVELLERS:

Our group trips are designed for shared accommodation and don't involve a compulsory single supplement. Single travellers share with people of the same gender in accommodation ranging from twin to multishare. Some of our itineraries have accommodation booked on a mixed gender share basis and where applicable this will be specified in our Trip Notes. On a selection of our trips, you have the option to pay a single supplement to ensure that you have your own accommodation (where available). Please note that this only applies to accommodation during the tour - pre-trip and post-trip accommodation will be booked on a single room basis.

Travel Insurance

Travel insurance is compulsory for all our trips. We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.

When travelling on a trip, you won't be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number and emergency contact number rather than the bank's name and credit card details. Please contact your bank for these details prior to arriving in-country.

<http://www.intrepidtravel.com/insurance.php>

Responsible Travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects. Please visit our website for further details and suggestions on how you can be a responsible traveller.

<http://www.intrepidtravel.com/ourtrips/rt/responsibletraveller>

The Intrepid Foundation

Help us change thousands of lives by creating meaningful work and supporting skills training in communities around the world.

The Intrepid Foundation is the not-for-profit for Intrepid Group. We work with local organisations around the world to improve the livelihoods of vulnerable individuals and communities through sustainable travel experiences. With our travellers' help, we've contributed more than AU \$6 million to over 100 community organisations since 2002.

Did you know that tourism is one of the biggest contributors to the global economy, making up 1 out of every 10 jobs? That's why we support local projects that create meaningful jobs and give people the skills they need to work in the destinations we take you to. And it's why we exist – to make it easy for travellers to give back to the communities and places they've been in an effective and meaningful way.

All donations to The Intrepid Foundation are matched by Intrepid Group dollar for dollar (up to AU\$10,000 per donor and AU\$500,000 in total each financial year, excluding emergency appeals). And because Intrepid Group covers all administration costs, every cent goes directly to the projects. Donating is simple and secure. Please ask your leader for information about the projects we support through The Intrepid Foundation or visit our website:

<http://www.theintrepidfoundation.org/>