

Trek Tips® 2010

Dear Trekker,

Welcome to the diverse and exciting world of adventure travel!

This version of our Trek Tips has been prepared to provide you with the most essential details that you will need to know about your forthcoming trek - it is not intended to be a complete guide. Your tour leader will provide you with much more detailed information at the beginning and throughout your tour.

Undoubtedly, you're excited about your adventure and have a lot of questions about where to go, what to do and what to take. If you would like any more information on your particular tour after reading these Trek Tips, please do not hesitate to contact your local trek office or visit our website at www.trekamerica.com.

We have put a lot of effort into organising your holiday, but its final success depends on you - so be adventurous and make the most of each and every opportunity as it arises. The more you and your fellow trekkers put into your trek, the more entertaining, enlightening and fulfilling your holiday will be.

Whatever tour you've chosen to experience, we hope that you bring back some lasting memories of this truly diverse and colourful continent.

Have a great time and keep on Trekking!

The TrekAmerica & Grand American Adventures Team

TREKAMERICA SALES CONTACTS

If you have any questions, after reading through our Trek Tips, please contact the relevant sales office below.

UK / Worldwide Sales Office:

Tel: +44 (0) 208 772 3758

Email: info@trekamerica.co.uk

USA Sales Office:

Tel: 1 (800) TREKUSA (873-5872)

Email: info@trekusales.com

All details are provided in good faith. Due to the nature of travel, this information can change and should therefore be taken as an indication only and not as a contractual obligation on the part of TrekAmerica and Grand American Adventures.



The World of TrekAmerica Travel

TREK VOUCHERS

Once your trip has been paid for in full your Tour vouchers will then be emailed to you. **Accommodation vouchers** for any hotel nights before or after your trek that you have booked will also be available for you to print. For those without email access your vouchers will be posted. Please make sure you have the correct vouchers and take these with you. **If you require hotel accommodation before or after your trek**, but have not booked this yet, visit our website and check our affordable gateway hotel rates. www.trekamerica.com. **If you are leaving your home country early**, contact your travel agent or the relevant TrekAmerica office to arrange for your vouchers to be emailed to you while you are away.

EMERGENCY CONTACT DETAILS

Treks Departing From:	Contact Numbers:
Los Angeles, Las Vegas, San Francisco & Anchorage:	Toll-Free: 1 (800) 345 - 8777 Int'l: 001 (310) 719 - 9877
New York & Boston:	Toll-Free: 1 (800) 637 - 8931 Int'l: 001 (973) 989 - 7501
Seattle & Portland:	Toll-Free: 1 (800) 600 - 5343 Int'l: 001 (206) 878 - 0948

TRAVEL INSURANCE

It is a condition of joining any of our tours that you must be insured against medical and personal accident risks (to include repatriation costs, air ambulance, and helicopter rescue service). Our insurance policy is designed specifically to cover the potential risks on our holidays-particularly the many optional activities offered. If you do not take our policy, you must ensure that the policy you do take offers an equivalent level of protection and covers you for the activities involved - be aware that some policies do not include, or restrict, coverage for this type of travel. There may be cheaper policies available, but this does not mean it may better value - we strongly advise you check fully what will and won't be covered. In particular, cover provided by credit cards is often very restricted. You will be asked to provide details of your insurance policy, including insurer, policy and phone number before embarking on the trip. Any claims concerning matters for which you are insured must be directed to your insurers.

FLIGHT ARRANGEMENTS

All international or domestic flights are the passengers own responsibility. TrekAmerica is unable to delay a tour, or finish a tour early due to your flight times. We recommend you book your flight to arrive into the departure city at least one day prior to your trek's departure, this will allow you some adjustment time and opportunities for sightseeing.

We recommend you book your return flight the day after your trek finishes. If you do have to return home on the day your trek finishes, please make sure your flight does not depart before 9pm. In the event you must leave the trek early for your return flight, TrekAmerica must be informed at least two weeks before your trek's departure.

Trek can book flights departing from most UK airports. Please contact us. TrekAmerica cannot be held responsible for any delays, cancellations or changes to your flights.

HEALTH REQUIREMENTS

If you have any medical condition such as diabetes, epilepsy, asthma, take prescribed medicines, or have a condition that will effect your participation in the trek, you must tell us or your travel agent at the time of booking. Please be aware we may require a doctor's note prior to travel for some conditions. This information is essential in case of emergency. All our vehicles carry a basic first-aid kit, but for everyday use you should bring your own medical supplies, such as, pain relievers, antibiotic cream, upset stomach relievers, in addition to sunscreen and insect repellent.

PASSPORTS & VISAS

It is your responsibility to obtain the proper passport and visa(s) for the country/countries you are visiting - it is important that you apply for each of the necessary visas while in your home country. Please keep in mind that some tours may spend time in more than one country. For visa information visit www.projectvisa.com.

International travellers who are seeking to travel to the United States under the Visa Waiver Program are now subject to enhanced security requirements. All eligible travellers who wish to travel under the Visa Waiver Program must apply for authorisation online at:

<https://esta.cbp.dhs.gov>

Please note **all US citizens** will need a valid passport to cross US borders.

IMMIGRATION & CUSTOMS

On entering a country you will need to proceed through customs. As long as you have a valid passport and visa (if necessary) you will have no worries. If you are asked your destination or how you intend to support yourself, show your tour voucher and return airline ticket.

VACCINATIONS

We recommend that you contact a physician or travel medicine clinic at least two months before travel in order to allow enough time for any immunisations that may be required to be completed. This is especially true for those planning travel to tropical areas or developing countries. A health professional will be able to assess your individual need for immunisations or preventative medication depending on your health situation, previous immunisation history and your travel itinerary. Information prior to your consultation with a doctor can be obtained from the 'Fit for Travel' website <http://www.fitfortravel.nhs.uk/>

TREK ITINERARIES

Although each trek follows an itinerary, there is a certain amount of flexibility and from time to time your trek leader may suggest changes. This may be due to road conditions, weather, or a visit to a special attraction that happens to be in progress. Flexibility is key and often a side diversion will be a highlight of the trek.

SLEEPING BAG

Our camping tours require you to take a warm sleeping bag. On TrekAmerica tours we will supply you with a thermal sleeping pad. For added comfort you may wish to take a small camping style pillow and your own self-inflating mattress. **You do not need a sleeping bag if you are joining a Western BLT, Westerner 2 BLT and Northeastern BLT.**

Be Prepared! If you are travelling on an early or late season trek, a winter trek or throughout the season in Canada, Alaska and the Northwest, we suggest you bring a mountain climate sleeping bag. The weather can be much cooler with possible rain or snow, so thermal underwear, hat and gloves are also useful. Better to be too warm than too cold!

Purchase a Sleeping Bag.

If your TrekAmerica camping and certain BLT trek starts in New York, Los Angeles or Seattle and you do not own a sleeping bag, you can purchase a good quality bag on the first day of your trek.

Summer sleeping bags cost US \$45 and winter sleeping bags cost US \$80. If you wish to purchase a sleeping bag from us, please notify TrekAmerica before joining your trek.

LUGGAGE

Luggage Allowance

One bag, backpack or suitcase (20kg maximum) per person, plus a sleeping bag. A small daypack and camera may also be carried in our vehicle.

Luggage Storage

TrekAmerica offers secure storage facilities at our operations offices if your tour starts and finishes in either Los Angeles, New York and Seattle. The cost is US \$10 per item, per week and should be paid in cash to the local TrekAmerica representative. Please notify TrekAmerica, before the date you wish storage to commence. Your luggage will be returned to the gateway hotel at the end of your trek for you to collect. All stored luggage must be locked and clearly marked with your name, contact telephone number, name of your trek and the dates your trek starts and finishes. This storage service is generally very safe, however, we are unable to insure the contents on your luggage. The company accepts no responsibility for lost or damaged goods.

Packing Tips

Keep in mind that our dress tends to be informal. Take a practical selection of clothes for both hot and cool climates to suit the season. You may encounter a wide variety of temperatures en route due to altitude and unforeseen weather conditions, so be prepared. Please note the airlines have various rules on what can be taken in your luggage. If in doubt check with your airline before travelling.

Besides your essential clothes, here's a checklist of other items you should take:

- ✓ Warm sweater/Fleece
- ✓ Casual/evening out clothes
- ✓ Hiking shoes / Boots
- ✓ Hat / Gloves
- ✓ Swim wear
- ✓ Camera
- ✓ Alarm clock / Watch
- ✓ Insect repellent (containing at least 20% DEET)
- ✓ Towel & face cloth
- ✓ Shaving supplies
- ✓ Waterproof jacket
- ✓ Waterproof sandals or flip-flops
- ✓ Comfortable day shoes
- ✓ Sunscreen / Sunglasses
- ✓ Binoculars (optional)
- ✓ Small Flashlight (Torch)
- ✓ Travel power adaptor (optional)
- ✓ Sleeping bag (see notes)
- ✓ Toiletries / Personal medicine

Clothes Washing

You will have the opportunity to wash your clothes while on trek. This can often be done at the campsite, or in a nearby town. Ask your trek leader for local information.

Footwear

Comfortable shoes with good ankle support will make all walking more enjoyable. We strongly recommend walking boots/shoes. If you do not own a pair, sneakers/trainers will suffice.

TREK JOINING INSTRUCTIONS!!!!!!

Most of our treks start at our gateway hotels at 7.30am. There are some exceptions, so please check your vouchers. Make sure you have your bags packed, eaten breakfast and have checked out of your room before meeting your trek leader in the hotel lobby. You will spend a few minutes filling out paperwork and meeting your fellow trekkers before departing the hotel.

IF YOU MISS YOUR TREK'S DEPARTURE

The unexpected can happen. Your plane may be delayed or you may even miss it! If you have missed your trek departure, first check with the hotel to see if your trek leader left you a message. If not, call the relevant TrekAmerica emergency number and speak to our staff who will be happy to help you catch up with the group. You are responsible for any extra travelling expenses incurred because of a missed trek, so please be on time.

TREK CONCLUSION

All treks end on arrival at the gateway hotel in the terminating city. If you require accommodation on this last night, it is essential that you book this before your tour departs. Most treks end at our hotel between 5pm to 6pm on the final day. Some tour activities scheduled for the last day may preclude an earlier arrival at the gateway hotel, so you should not book a departure flight that leaves prior to 9pm. You will be responsible for any transportation costs if you have to arrive for an earlier flight.

SPENDING MONEY

We recommend you take at least US\$35/CAN\$40 dollars per day to budget for your optional activities and snacks along the way on all our North American Treks. This does not include money for food kitty and en route hotel expenses. We suggest you bring US \$150 with you in cash. ATM's and cash machines are readily available throughout North America and major credit cards are widely accepted throughout the country. Traveller's checks are accepted and can be a safe way to take your funds but aren't always the most practical. In some off the beaten track destinations ATM's and cash machines may be limited. Credit card payment can't be accepted for food kitty and enroute hotel payments.

BATTERY CHARGING

Many of our trekkers bring mobile phones, music devices and cameras that require frequent battery charging during a tour. On camping tours it is often difficult to find a safe and secure wall outlet to recharge these devices, and therefore we recommend bringing a car charger. Every vehicle has at least 2 outlets for your use, convenience, and safety. For lodging tours car chargers may be used within the vehicle and your hotel room will have an electrical outlet (don't forget your travel plug).

TIPPING

Although it may not be customary in your country, it is normal and expected in North America to tip waiters, bar staff, any type of guide and taxi drivers. Service workers are paid a low wage and depend upon their tips for their livelihood. A minimum of 10% is standard in restaurants. Your trek leader works long and hard for you. He or she may well become your close friend during the trek, but they also need to pay their bills. If the leader's performance meets or exceeds your expectations we recommend a tip of US \$5 per person, per day.

SECURITY

No matter where you find yourself in the world you need to look after your valuables. Use your best common sense! While in cities, do not leave valuables in the vehicle. While camping, do not leave valuables in tents when away from camp. In general, the safest place for items such as passports, flight tickets and cash is on your person or in a hotel safe where available. When in doubt consult your trek leader.

RESPONSIBLE TRAVEL

We hope you are looking forward to your tour. When packing we would like to remind you NOT to leave your common sense at home and to remember that you are ultimately responsible for your safety and well-being. Whether you are taking public transport, going for a hike, taking part in an optional activity or just staying out all night and living it up, we request that you carry yourself in a mature and responsible manner - not only for your personal safety, but for that of the group and other travellers. When you are in the campsites, especially the National Parks, remember that quiet hours are in effect. Please respect your fellow campers who are there for the peace and tranquillity of camping. Have fun, but don't forget to think first!

Another matter that is becoming increasingly important to TrekAmerica Travel Ltd is for all our clients to become more aware of the delicate balance that exists in the variety of natural wonders you will visit. National Parks and monuments, archaeological sites and other sensitive areas should and MUST be treated with respect. TrekAmerica strives to operate tours with minimum impact on the land. So, if you see a notice to 'stay on the path' or 'pick up litter', please be a responsible traveller and understand that there is a good reason for the notice.

FOOD KITTY

All Camping Tours

We operate a food kitty system on all TrekAmerica camping tours. Your trek leader will collect the food kitty payment of US \$10 (or local currency equivalent) per day. The kitty can be paid in either travellers cheques or cash. Sorry, credit cards cannot be accepted for food kitty payment. Food kitty money will cover most meals when camping. For the days that you are staying in a city (i.e. not on the road), you are encouraged to try many of the specialty foods that each city offers, so allow extra money for the nights you eat out in local restaurants. We will provide all cooking equipment and everyone will take turns in the buying, preparation and cooking of the food.

BLT Tours

There is no food kitty collected on our TrekAmerica BLT tours. All meals are scheduled to be taken in local restaurants where passengers pay individually for each of their meals. Most group leaders will offer their tour members the choice to operate a "lunch only" food kitty that has proven to be a popular alternative to three daily restaurant meals. Leaders will more fully explain this option and the whole group will have to agree to implement this system. We would recommend budgeting around US\$25 per day for meals paid locally, but please note that this is a recommendation only as ultimately how much you want to spend is dependant on one's personal choice.

Please make sure we are aware of any special meal requirements before travelling.

DRINKING AGES / DRUGS

USA & Canada

The legal drinking age in the USA is 21. In most Canadian provinces it's 18, in others it is 19. If you are under the legal drinking age you will be refused entry to bars and most nightclubs. Proof of age (ID) is your passport, so never forget to take your passport on nights out. The trek leader will endeavour to find alternative entertainment for those under 21, but this is not always possible. Obviously these restrictions are not within Trek America's control.

Drugs

Possession of drugs without a proper medical prescription will not be tolerated. If anyone is found with an illegal drug, they will be instantly removed from the trek.

PARK PERMITS

Our U.S division, Premiere International Corp / {dba} TREKAMERICA Travel Ltd is operating under a variety of Incidental Business and Special Use Permits from the United States National Park Service, the United States National Forest Service, the United States Bureau of Land Management, the Park Service of Canada, the Hopi Indian Nation and the Navajo Indian Nation. TrekAmerica is an equal opportunity service provider.

PRE TOUR AND POST TOUR HOTELS

Our gateway hotels are conveniently located and serve as your trek's arrival and departure points. If you are travelling on your own, for most departures we can book you into a twin room sharing with one other passenger for up to 2 nights before and after your trek. Additional nights may be available on a request basis. If you would prefer to have your own room, we can also book single rooms (with the applicable surcharge).

If you have not booked your gateway hotel, please visit our website for prices and booking details: www.trekamerica.com

ACCOMMODATION ON TREK

Camping Accommodation

TrekAmerica tours use National and State Park campsites and also a wide assortment of private campgrounds. Most will have flush toilets and hot showers. Many campgrounds charge an additional fee of \$1-\$3 for showers. You will sleep in high quality, heavy duty, four person tents which single travellers share with one other trekker of the same sex. Most campsites have a quiet time from 10pm to 7am. Please respect your fellow campers who are there for the peace and tranquillity of camping.

Hotels En Route

At all night stops designated as (H), we will stay in budget hotels with an average cost of US \$30-\$50 per person, per night. This is based on a multi-share basis. Occasionally, twin-share will be required at a slightly higher cost. These supplements are paid directly to your tour leader, as we cannot pre-empt each tour's specific requirements, due to the flexible nature of our suggested night stops. On some occasions we will stay in cabins, at ranches or in a traditional Navajo Hogan as per the itinerary, where the cost is included in the price of the tour.

Hostels

On our BLT trips we use a combination of hostels, hotels, motels and cabins. Most "cabins" are multi-share sleeping 4 to 6 people and a sleeping bag is normally required (except Western BLT, Westerner 2 BLT and Northeastern BLT). Hostel nights are generally single sex multi-share, subject to availability. We always try to keep the group together, but this is not always possible. We also try to accommodate couples, however, twin rooms cannot be guaranteed.

GATEWAY HOTEL DETAILS

All transfer details are based on travel between the closest international airport and our gateway hotel. Prices and transfer times are approximate. These hotels are subject to change so please check your vouchers to confirm this information.

ANCHORAGE HOTEL

Inlet Tower Hotel & Suites
1200 L Street
Anchorage, AK 99501
Ph: 1-907 276 0110
Fax: 1-907 258 4914

Transfer: The hotel offers a 24 HOUR FREE SHUTTLE. Contact the hotel upon arrival using the hotel phone in the baggage claim area, or call the hotel directly. It is normal to tip the "free" shuttle driver \$2 per person.

BOSTON HOTEL

Hampton Inn & Suites Boston
Crosstown Center
811 Massachusetts Avenue
Boston, MA 02118
Tel: 1-617 445 6400
Fax: 1-617 445 6411

Transfer: Hampton Inn & Suites offer a FREE shuttle for airport pickups and dropoffs. Airport pickups are outside the baggage claim & can be arranged by using the hotel phones located in the baggage claim area to call the listed number for the hotel. Taxi fare approx \$20. For drop-offs at the airport, clients can schedule times with the hotel front desk. The hotel also offers free daily shuttle departures to designated major attractions within Boston - ask hotel staff for details.

CHICAGO HOTEL

Red Roof Inn Chicago Downtown
162 East Ontario Street
Chicago, IL 60611
Tel: 1-312 787 3580
Fax: 1-312 787 1299

Transfer: "Continental Airport Express" is a private shuttle company and can be found in the airport baggage claim area. Cost is approx. US \$28 per person, plus tip. Transfer takes approx. 45 minutes. If you wish to pre-reserve your shuttle, call within the US toll-free (888) 284-3826 or visit www.airportexpress.com.

LAS VEGAS HOTEL

Alexis Park Hotel
375 East Harmon
Las Vegas, NV 89109
Tel: 1-702 796 3300
Fax: 1-702 796 4334

Transfer: From the airport you may catch a taxi for approx. \$10. The CLS Shuttle service also is available for approx. \$7 per person. The trip takes about 5 minutes and transport services operate 24 hours a day.

LOS ANGELES HOTEL

The Hacienda Hotel
525 North Sepulveda Blvd.
El Segundo, CA 90245
Tel: 1-310 615 0015
Fax: 1-310 615 0217

Transfer: The hotel provides a free, 24 hour airport shuttle (a nominal tip of approximately US \$2 per person is recommended). Contact the hotel upon arrival using the designated hotel phones in baggage claim, or call the hotel directly. Transfer takes approximately 20 minutes.

MIAMI HOTEL

Days Hotel Thunderbird Beach Resort,
18401 Collins Ave,
Sunny Isles Beach, FL 33160
Tel: 1-305 931 7700
Fax: 1-305 932 7521

Transfer: Take a 'Super Shuttle', which operates 24 hours/day. Costs US \$18, plus tip. Super Shuttle representatives are located outside the baggage claim area of the airport in blue or gold jackets. Transfer takes approx. 45 minutes. Alternatively pre-book a shuttle by calling 'Super Shuttle' on 305-871-2000 in advance..

NEW YORK AREA HOTEL

Holiday Inn Harmon Meadow
300 Plaza Drive, Secaucus, NJ 07094
Tel: 1-201 348 2000
Fax: 1-201 348 6035
www.holiday-inn.com/secaucusnj

Transfer: To/From JFK or LaGuardia Airports take a 'Super Shuttle', located in the baggage claim area and operates 24 hours/ day (costs US \$25 including tip), to the NY Port Authority Bus Terminal. From Manhattan take NJ Transit Bus 320, located in the NY Port Authority Bus Terminal, to the "Plaza at Harmon Meadow" bus stop for the Holiday Inn Secaucus. Bus costs approx. US \$3.15 (one-way) and departs every 30 minutes. To/From Newark Airport take either a taxi or "State Shuttle" directly to the hotel. Shuttle costs US \$40 including tip and is found adjacent to the baggage claim area.

GLOBAL AIRPORT TRANSFERS

For those wishing to pre-book transfers from the airport to your hotel we have secured competitive rates with Book a Limo where you are able to book transfers in over 1000 cities worldwide. To book this service, go to the website - www.bookalimo.com - click on the "EZ quote and reservations" link and enter your arrival details, which gateway hotel you are heading to and the exclusive membership number - **125005**. Your confirmation email will contain a global free phone number for any further enquires.

MINI ADVENTURE HOSTEL PICK-UPS

If advised at the time of booking we are also picking up from the below hostels:

NEW YORK MINI ADVENTURE:

Chelsea International Hotel
251 West 20th Street
New York, NY 10011
212.647.0010

Pick up at 0730 am

PORTLAND HOTEL

Country Inn and Suites
7025 N.E. Alderwood Road
Portland, OR 97218
Tel: 1-503 255 2700
Fax: 1-503 255 4700

Transfer: Country Inn and Suites offer a 24 hour complimentary shuttle from Portland airport. To arrange a pick up you need to call the hotel on arrival. There are courtesy phones in the baggage claim area at the airport.

SAN FRANCISCO HOTEL

Best Western Americana
121 Seventh Street
San Francisco, CA 94103
Tel: 1-415 626 0200
Fax: 1-415 626 3974

Transfer: Take a shuttle, which leaves approximately every 10 minutes. There are several companies available including Super Shuttle and Lorries and all cost around US \$17 per person, plus tip. They are available 24 hours a day and can be found just outside the terminal. Transfer takes approximately 45 minutes.

SEATTLE HOTEL

Clarion Hotel
Seattle International Airport
3000 South 176th Street
Seattle, WA 98198
Tel: 1-206 242 0200
Fax: 1-206 242 1998

Transfer: There are courtesy phones in the baggage claim area for hotel shuttle service. You can pick up any of these phones and dial # 38 to request a pick up. Once you have requested this you will need to follow the signs to courtesy shuttle pick up, Islands 1 or 3. (head up the escalators, over the sky bridge and back down ground level where they will need to be at either island 1 or 3). Alternatively the cab fare should be under US \$10.
