

# North America

## Essential Information

APT

LUXURY TRAVEL

## Preparing For Your Trip

### PASSPORTS

Passports MUST be valid for at least six months beyond your return home date. We recommend a validity of nine months to prevent any problems. There must be at least three blank visa pages in your passport (not endorsement pages). Guests have been deported for having insufficient visa pages in their passports.

### VISAS AND PERMITS

It is your responsibility to ensure that you have the correct travel documentation. Failing to obtain correct documentation may affect entry into certain countries on tour. Visa information is correct at time of printing, however, as visa regulations are subject to change at short notice, APT recommends that you contact the relevant consulates for the latest information on visa requirements, costs and processing time. If you hold a passport from another country, check with your travel agent or APT about specific visa and permit regulations.

All Australian, New Zealand and UK citizens travelling to Canada and the USA are required to register online for an Electronic Travel Authorisation (eTA) to determine eligibility to enter. For all other nationalities, please contact your local consulate.

#### Canada

For Canada, please go to [cic.gc.ca/english/visit/eta.asp](https://cic.gc.ca/english/visit/eta.asp) to read about the conditions of application and to register online. There is a fee of CAD\$7 payable in conjunction with the eTA registration (current as at time of print).

#### USA

For USA (including an Alaska cruise), please go to [esta.cbp.dhs.gov](https://esta.cbp.dhs.gov) to read about the conditions of application and to register online. There is a processing fee of US\$21 payable in conjunction with the ESTA registration (current as at time of print).

We recommend that you obtain your ESTA as soon as possible to allow sufficient time for your application to be processed and approved. Applications are not immediate and may take several weeks to determine eligibility. If you do not have access to the internet, a third party, such as a relative or travel agent, may submit an application on your behalf. The traveller is still responsible under the law for the answers submitted on their behalf. Please print a copy of the document for your records as you may be required to present a copy to airline staff upon check-in.

Note that visa and passport requirements are the responsibility of the traveller to organise and are subject to eligibility with Canadian and United States government requirements.

### TRAVEL INSURANCE

For your protection, we strongly recommend that you purchase comprehensive travel insurance that covers trip cancellation for medical reasons, trip delay, medical expenses, accidental death, lost luggage, medical evacuation and airline cancellation charges under a variety of circumstances. Medical treatment can be very expensive and some hospitals in North America may not treat people who have no proof of insurance. Be sure to pack your policy in case you need to make a claim while on tour. Confirm that your insurance covers you for the whole time you'll be away and check what circumstances and activities are not included in your policy. Ensure all pre-existing medical issues are declared to the insurer so that non-covered conditions are ascertained in advance. Have the details recorded and accessible at all times during travel. We recommend your travel insurance includes coverage of events such as itinerary disruption as we will not be liable for any direct or indirect costs that you incur as a result of such an event or other factors beyond our control.

### GENERAL PHYSICAL FITNESS

APT's cruises and tours are not physically demanding, however, because of the nature of many of the sites you will be visiting, some tours will require a good level of fitness and health to participate. Some trips may not be appropriate for guests with certain medical conditions and physical restrictions. It is recommended that you visit a travel doctor in preparation for your trip. Walking tours are often on uneven ground and may include stairs as well as steep inclines. You should be able to stand on your feet for an extended period of time to visit museums, attractions and other sites, as well as when checking in for flights and cruises and at customs and immigration.

### ALLERGIES

If you have a food allergy or any other condition which needs to be managed on tour, please advise your booking agent as soon as possible, and your Tour Director upon commencement of your tour, as most suppliers require advance notice to cater for your condition. In some cases, you might be asked to fill out a form or waiver.

### EMERGENCY CONTACT INFORMATION

With your final documentation, we will provide you with some important phone numbers and other information. Our local representatives are also available to assist with any needs that may arise while you are on tour. If for any reason you require assistance, please contact one of our representatives in our Vancouver office on: +1 778 300 1058.

## LUGGAGE

Each passenger is entitled to take one piece of luggage that does not exceed 160cm<sup>2</sup> (63 inches<sup>2</sup>) and 23kg (50 pounds). The tour price includes portage for one piece of luggage; additional bags will be subject to approximately CAD\$10/US\$10 per bag, per hotel. Limit hand luggage to one bag that fits under your aircraft seat or in the overhead compartment. If your holiday includes a rail journey on VIA rail, you will be required to pack down to an overnight bag. Guests travelling on the Rocky Mountaineer are restricted to hand luggage on board. Luggage will be delivered to the hotel and will be available on your arrival.

Sometimes luggage is delayed during air transit. It is recommended to take a change of clothing and any essential toiletries or medication in your hand luggage, or pack some clothing in your travel companion's bag. Place a copy of the hotel contacts and ship details inside your hand luggage. Should your luggage be delayed, it is the responsibility of the airline to deliver it to you. Claims for reimbursement should be submitted directly to the airline. Should you need assistance in contacting the airlines for information, please ask your Tour Director or Cruise Liaison for assistance.

## WHAT TO PACK

The dress code while on tour is casual and for daytime we recommend that you pack a variety of light to medium-weight clothing, plus rainwear in case of cooler or wet weather. Layers are a good option to cover a range of temperatures and to suit changing conditions. Comfortable footwear is a must.

We believe the below list will be useful when packing:

- Breathable wind/waterproof gear (jacket)
- Fleece jacket/vest or warm jumper
- Warm jacket and beanie
- Hat with brim
- Walking trousers/shorts
- T-shirts
- Base layers of varying weight
- Clothing and shoes for downtime and restaurants
- Underwear and socks
- Bring some smart casual outfits for evenings
- An evening dress or jacket is suggested at some hotels and for formal nights on cruises

## OTHER NECESSITIES TO PACK

- Passport wallet (cash, credit cards, bank cards)/money belt
- Airline tickets/e-ticket confirmation details
- Travel bag (to hold extra layers, water, rain gear, snacks, etc.)
- A one-litre zip-top clear plastic bag to carry all liquids, gels and aerosols in carry-on luggage
- Water bottle
- Medication and copies of prescriptions
- Sunglasses, sunscreen and lip balm
- Toiletries, etc.

### Recommended optional items include:

- Insect repellent
- Small umbrella
- Camera/memory card and charger
- USB stick for sharing photos and images
- Plug adaptor and current converter for all electronics
- Small backpack for day use
- Binoculars
- List of important addresses and contact numbers
- Photocopy of front page of passport (kept separate from passport)
- Reading material

## VALUABLES & SECURITY

Do not take anything with you that will create emotional or financial hardship if lost or stolen. Carry all documents, money, passport, tickets, etc. with you. Do not carry these important items in your suitcase. You may find a money belt (worn inside clothing) useful while travelling. Never leave hand luggage unattended in hotel lobbies or dining rooms. Avoid exploration on your own of unfamiliar streets or areas. When sightseeing, lock valuables in the safe in your room or stateroom.

## CURRENCY & SPENDING MONEY

We recommend that you carry minimal cash with you to Canada and the USA. On arrival, the most convenient way to acquire money is via an ATM.

Before departing, please check with your local bank regarding your daily/weekly limits and bank charges, and ensure your debit card can be used overseas. Credit cards are also widely used in North America.

Please note if you are joining a cruise, you will need to establish a shipboard account using credit card, cash or debit card (bearing the logo of Visa®, Mastercard®, American Express® or Discover®).

Before you depart, ensure your credit cards are valid for at least 30 days after your proposed date of return and that they are activated. You can obtain local currency at ATMs where available, but we advise you to always carry \$50-\$100 of emergency cash. This should be enough to get you into town to withdraw more money. Remember to carry cash to cover restaurant bills and other services. Note that hotel receptions and after hours money exchanges carry high commissions and some stores do have a minimum spend amount.

Also note that most hotels require a credit card rather than cash card for a deposit upon checking in. Banks in North America are generally open from 10am to 5pm, Monday to Friday, although some might have extended hours to include weekends.

## TIPPING

In North America, it is customary to tip for a variety of services including taxi drivers, doormen, hairdressers and particularly in restaurants and bars. Your Tour Director can assist with advice on when and how much to tip. Wait staff and bartenders make minimal salaries and depend on tips for a large part of their earnings. As a guide, a restaurant waiter should be left (on the table as you leave) approximately 15-20% of the total bill, and up to 25% for outstanding service. In bars, you should give the bartender approximately \$1 per drink, although you may want to be a bit more generous for the first round, thus ensuring good service throughout the evening.

For included meals on tour, APT eliminates the confusion often caused by how much to tip by including the tipping of hotel and restaurant staff, as well as of local guides, in your tour price.

This does not include any additional meals or activities you may choose to do while on tour. Gratuities for your APT Tour Director, APT Coach Driver, rail attendants, as well as cruise line staff are also included in your tour price.

## ELECTRICAL APPLIANCES

In North America, the standard voltage is 120 V, with a standard frequency of 60 Hz. If you want to bring a hairdryer or shaver from home, make sure it is dual voltage (it should have a switch which you can move from 110/220 volts). If it is not, you will need a voltage adaptor. You will also need a plug adaptor, with two parallel flat prongs to fit North American sockets.

## INTERNET ACCESS

In Canada, enjoy complimentary Wi-Fi internet on board your coach and in select hotels including Fairmont Hotels & Resorts. On your Holland America Line ship, internet is available via satellite link, satellite conditions permitting. There is a charge for this service on Holland America Line ships. In Alaska, complimentary Wi-Fi is not available on coaches and may only be available in common areas for select hotels.

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## Staying Healthy on Holiday

It is important for you to be as healthy as possible before you travel, and to maintain your health by applying good hygiene practices while on tour. Respiratory and gastrointestinal illnesses, while usually minor in nature, can spread rapidly within a tour group and have a major impact on everyone's enjoyment. APT is committed to reducing the spread of infections on all tours and cruises, and asks that you read and follow our recommendations, to ensure a healthy, safe and enjoyable holiday for yourself and your fellow travellers.

### BEFORE YOU GO

#### Get Walking

As your tour or cruise will involve some sightseeing by foot, and you will be required to embark/disembark ships and/or other forms of transport, you will enjoy it more if you start exercising ahead of time. In the lead up to your trip, we recommend you start walking three times a week (including some steps) building up to an hour at a time. This will ensure you have the stamina and energy to see and appreciate all the sights your tour or cruise has to offer. You should ensure your walking shoes fit properly and have been broken in prior to departure.

#### See Your GP

Your GP or travel clinic is the best source of information about preventative measures including vaccinations. We recommend you consult your GP or local travel clinic for detailed advice to ensure maximum pre-travel preparation. Please take a copy of your travel itinerary with you to assist with the recommendations of appropriate medication and vaccinations.

If you have health problems, ask your doctor to prepare your medical history for a foreign doctor. It should include your name, address, emergency contact, blood type, medical history, current medications and dosages, drug allergies, reasons for prior hospitalisation and a list of vaccinations and dates.

A copy of your prescriptions is vital in case of any health problems. Prepare a list of your medications, including the name, dosage, prescribing doctor and their phone number. Pack sufficient medication for the duration of your tour. Your medication should be kept close at hand in your purse or carry-on bag. It is always good to carry a list of your medications in case they are lost and remember to leave everything in its original container so it can be easily identified. It is also a good idea to bring a copy of your prescription for glasses or contacts.

#### Pack a Medical Kit

A small medical kit is recommended for all travellers. Pharmacies in large cities will likely stock most basic medicines and supplies but they may be difficult to access and a script may be required for some medications.

##### Your medical kit should include:

- A general purpose antibiotic to cover respiratory, skin and gastrointestinal infections (e.g. azithromycin)
- Your favourite cold and flu medication e.g. cold and flu tablets, throat lozenges and a nasal decongestant
- Your preferred painkiller e.g. paracetamol, ibuprofen
- Medicine for gastrointestinal upsets e.g. antacids, 'stoppers' for diarrhoea and a laxative for constipation
- Other supplies including adhesive plasters, blister pads, thermometer, scissors, tweezers, and eye drops for dry eyes

### IN THE AIR

- Wear loose clothing and comfortable shoes during your flight
- Eat light meals, drink plenty of water, and minimise caffeine and alcohol consumption
- Alleviate pressure in your ears by chewing gum, yawning, swallowing, or gently blowing your nose
- Avoid wearing contact lenses during your flight because aircraft cabin air tends to dry them out
- To avoid swollen legs and to reduce the risk of deep vein thrombosis, wear knee-length flight socks for all long haul flights, and walk up and down the aisle to stretch your legs and get blood circulating.

You could also do a few isometric exercises while seated (refer to your inflight magazine for recommended exercise)

- If you arrive in the morning, try to sleep during your flight so you can stay awake until the evening. This will help you adapt to the new time zone and to avoid jetlag

### ON TOUR

Practicing good hygiene is vitally important in stopping the spread of common viral infections such as colds, flu or gastro, which can spread quickly.

#### Practice Good Hygiene:

- Washing your hands is the most effective way to reduce the risk of contracting and spreading infections
- Health experts recommend you wash your hands often with hot water and soap for 20 seconds or longer before eating, after sneezing or coughing, and after touching high-contact surfaces (such as door knobs, elevator buttons and railings)
- Please be mindful of your fellow travellers with respect to coughing, sneezing and the disposal of used tissues
- Hand sanitiser dispensers are located in various public areas on board all our ships. Please make sure you make use of these when reboarding and before all meals

#### Colds & Flu

Viral respiratory infections are the most common infectious illnesses affecting travellers. Colds and flu are primarily spread by people coughing, so please practice hygiene and respiratory courtesy – wash your hands often, cover your coughs and sneezes, and use anti-bacterial wipes/hand sanitiser frequently i.e. after shore excursions, prior to meals and throughout the day.

Influenza is commonly contracted while travelling overseas. The flu vaccine protects against flu viruses expected to be prevalent during the current flu season. You should discuss this with your GP.

#### Gastro & Traveller's Diarrhoea

Traveller's Diarrhoea is the second most common infectious illness affecting travellers. The illness can be due to a number of different bugs, including viruses and bacteria. Viral gastroenteritis is generally spread by person-to-person contact, whereas bacterial gastroenteritis is generally spread from consuming contaminated food or water.

### APT HEALTH & SAFETY PROTOCOL

APT has created Health & Safety as well as COVID-19 protocols that all our Tour Directors and Cruise Liaisons are required to adhere to. You may be requested to assist in reducing the spread of viruses if you are showing symptoms while on tour.

If you are showing symptoms of a cold or a virus while on tour, you may be asked to wear a face mask, have meals in your room or cabin instead of the dining room, or remain in your cabin until the symptoms improve.

Symptoms can include fever, nausea, vomiting, diarrhoea and abdominal pain. The incubation for the illness is variable depending on the cause. Symptoms are generally self-limiting and treatment includes rest, rehydration, simple diet, anti-nausea and anti-diarrhoeal medications. Antibiotics are generally reserved for use when symptoms are more severe or protracted, (e.g. fever, abdominal pain, bloody diarrhoea or duration of symptoms for more than two days.)

Strict personal hygiene measures, particularly hand washing, helps protect you from getting sick and of course, spreading the infection to others. Refer to our website for our most up-to-date protocols.

#### ALTITUDE SICKNESS

Acute Mountain Sickness (AMS) is a condition caused by ascending to high altitudes. Symptoms include headache, lack of appetite, nausea, dizziness, fatigue or weakness. We recommend you consult your GP for their opinion as to whether you may require preventative medication.

To reduce symptoms of altitude sickness we recommend that you drink plenty of fluids such as water, fruit juices, herbal tea and avoid caffeinated



and alcoholic drinks. If you experience any of the above symptoms, please inform your Tour Director. The highest elevations on tours are approximately 2,300 metres in the Canadian Rockies and approximately 1,100 metres in the eastern capital cities. You may experience shortness of breath, mild fatigue and a slight headache.

## SUN EXPOSURE & DEHYDRATION

The weather will be variable on your tour. Drinking plenty of water is important to prevent dehydration. A hat and high-quality sunscreen are important for preventing sunburn, even on overcast days.

## USEFUL HEALTH-RELATED WEBSITES

### Australia

- [traveldoctor.com.au](http://traveldoctor.com.au)
- [travelclinic.com.au](http://travelclinic.com.au)
- [travelvax.com.au](http://travelvax.com.au)
- [smartraveller.gov.au](http://smartraveller.gov.au)
- [tga.gov.au/travelling-medicines-and-medical-devices](http://tga.gov.au/travelling-medicines-and-medical-devices)

### New Zealand

- [holidayhealth.co.nz](http://holidayhealth.co.nz)
- [traveldoctor.co.nz](http://traveldoctor.co.nz)

### United Kingdom

- [fitfortravel.nhs.uk](http://fitfortravel.nhs.uk)
- [travelhealthpro.org.uk](http://travelhealthpro.org.uk)
- [masta-travel-health.com](http://masta-travel-health.com)

## Holland America Line



### ONLINE CHECK-IN & EXPRESS CRUISE DOCUMENTATION

It is essential that you complete your cruise Online Check-in prior to departing for your trip. Once you've completed the Online Check-in and are within 50 days of sailing, your electronic documentation (Express Docs such as your Cruise Luggage Tags) will be available for you to view or download. You will be required to print your cruise luggage tags before you depart the country. Please note that your Boarding Pass will be available to download approximately 15 days prior to your cruise embarkation day. To complete your Online Check-in you will need:

- Full legal name
- Date of birth
- Passport details
- Home address
- Home telephone number
- Emergency contact details
- Return flight information
- Credit card you wish to use for onboard purchases
- Operational Reference (located in your APT itinerary)

To complete your check in, go to [www.hollandamerica.com](http://www.hollandamerica.com), click on 'Manage My Cruise', choose the menu option to 'Check In', and enter the booking number located with your cruise details below, listed as 'Op Ref'.

Note: Online Check-In closes 3 days prior to the cruise departure date. Guests who wait to check in at the terminal risk being unable to sail, even if they arrive at the terminal before the vessel leaves.

### Settling Your Bill on Board

Cruise lines maintain a 'cashless society' on board – simply register your credit card details during the Online Check-in process, authorise your onboard purchases as you make them, then settle your account with one transaction at the end of your cruise.

Important: While most debit cards and pre-paid travel currency cards can be used to settle onboard accounts, we strongly recommend that they are not used to establish onboard accounts during the Online Check-in process.

Upon embarkation, Holland America Line will seek an initial pre-authorisation of up to US\$30 per person for each day of your cruise against the card that you have used to establish your onboard account.

This pre-authorisation may appear on your credit card account as a pending transaction or as a credit limit reduction. Those opting to use a debit card or pre-paid travel currency card will see this pre-authorisation as a withdrawal of funds from their account.

If you would prefer to establish your onboard account using cash, you will be required to leave a cash deposit of up to US\$30 per person, per day, with the ship's front desk on the day you embark. Failure to establish an onboard account may forfeit your right to board. Throughout your cruise, should your onboard spending exceed the amount of the pre-authorised funds, a further pre-authorisation(s) against your registered card, or an additional cash deposit, will be processed. Any applicable refunds issued during the cruise will be credited to your onboard account, whether the purchase was made prior to or during your cruise. You are also able to make payments against your onboard account during your cruise using cash, debit cards, pre-paid credit cards or alternate credit cards to the one that you used to establish your account. Note that personal cheques and travellers' cheques are not accepted on board.

At the end of your cruise, your registered card will be charged once for the total amount that remains owing on your account. Should your account be in credit, the eligible amount will be refunded to your registered card. Once this single transaction is completed, all pre-authorisations against your registered card will be released and funds will be restored to your account by your financial institution.

Please inform your credit or debit card issuer in advance that your card will be used on the ship. This will help prevent delays in obtaining the pre-authorisation(s) throughout your cruise.

Important: Some banks may keep pre-authorisation(s) in place for up to 30 days. Please allow for this deduction on your account for up to 30 days and contact your bank if you have any concerns or if the amount is not refunded. It can take up to six weeks for your bank to release pre-authorisations on debit cards or pre-paid travel currency cards. Please have the credit card you registered with you and available for the duration of the cruise.

### Appliances

All staterooms are equipped with standard 110 AC and 220 AC outlets. You will need a plug adaptor that has two parallel flat prongs to fit North American sockets. Hairdryers are available in staterooms on all ships.

### Dining

Formal dining is available in the main dining room and a buffet dining option is also available. Specialty restaurants on board are subject to a surcharge, starting from US\$19 per person. Complimentary room service is available 24 hours a day. If you have any special dietary requirements or other special needs, you may be required to complete a special request form prior to departing for your trip.

### Smoking Policy

For the comfort of all guests, all staterooms (cabins) including stateroom verandahs, show-rooms and most other indoor areas are designated non-smoking. Smoking is permitted on certain other designated, outside decks.

## Designated Smoking Areas

Nieuw Amsterdam, Noordam, Zuiderdam:

Sea View Bar area

Oak Room (Noordam only, including cigar and pipe smoking)

Koningsdam:

Sea View Bar area

Casino-smoking is allowed in designated areas for active players only

Volendam, Zaandam:

Sea View Bar area

Casino-smoking is allowed in designated areas for active players only

Sports Deck, outside Crow's Nest

Cigar and pipe smoking is not allowed anywhere inside the ship, with the exception of the Oak Room on the Noordam; it is only permitted on the outside decks where smoking is otherwise allowed. Any guest who smokes inside staterooms or on verandahs will be in violation of Holland America Line's policy and will be charged a US\$250 cleaning fee per day of violation.

## Staying Connected

Internet packages are available for purchase once on board the cruise and can be used at the on board computer terminals or on personal devices throughout the ship. Cellular phone service is available via a third-party provider and subject to international roaming fees.

## Gratuities

Tippling is included in your tour price for dining and stateroom services. Please note that a 18% service charge will be automatically added to your optional purchases, such as spa services and bar charges.

# At The Airport

## RECONFIRMATION OF FLIGHTS

We recommend that you contact your airline(s) or travel agent at least 72 hours before your initial flight to confirm your departure details. Be sure to check in online at least 24 hours prior to your flight.

## CHECK-IN

It is important that you arrive at the airport at least two hours before domestic flights and three hours in advance for international flights. This will allow you time to check your baggage, present your passport and ticket, get seat assignments and boarding passes, and make your way through security procedures to the boarding area. Please ensure you arrive at the airport at the correct time. Early morning flights may require you to check in the day before. Airlines have little leniency if flights are missed.

## DELAYED OR MISSED FLIGHTS

If your flight is delayed, or if you miss a connecting flight, please call our APT Vancouver office on +1 778 300 1058 with your new flight details, as they will make every effort to meet you when you arrive.

If you are not met due to a delayed or missed flight, please make your own way to the tour meeting point. Retain any receipts, in case you need to make a claim with the airline or travel insurance company.

## CHECKED LUGGAGE RESTRICTIONS

International airlines may impose fees or require you to remove articles if weight or size limits are exceeded. We recommend that you contact your airline(s) or travel agent for specific information prior to departure, especially as size and weight limits can vary between airlines.

## HAND/CARRY-ON LUGGAGE RESTRICTIONS

For your comfort, limit hand luggage to one bag that fits under your aircraft seat or in the overhead compartment. Make sure you have your passport, airline tickets, medication and all your travel documents with you in your hand luggage.

## LUGGAGE TAGS

We supply APT luggage tags for you to fill out and attach to your suitcase or hand luggage. It is also a good idea to put a label with your name, address and telephone number on the inside of your suitcase and hand luggage. For security reasons, keep all unchecked luggage in your immediate possession. Unattended luggage can be confiscated by

## Clothing

Shipboard attire is mainly casual during the day. Evening dress falls into one of two categories: smart casual and formal. The suggested dress for each evening is indicated on the ship's daily program, available on board and through HAL's Navigator App. It is recommended that men bring at least one suit jacket and tie to be prepared for the two formal evenings. On formal evenings, you can dine casually in the ship's buffet-style dining venue, if you wish.

## Laundry

Holland America Line offer full laundry and dry cleaning service on all ships. In each stateroom there will be laundry bags and price lists conveniently located in the closet.

## Medical Assistance

There are licensed medical staff on board and a charge for their service applies. You must pay for medical services up front and claim for reimbursement from your travel insurance company on your return home. The crew is authorised to have you confined to your cabin or disembarked for medical reasons and you may not be able to re-board. Please carry appropriate medical insurance with you.

## Shore Excursions

We suggest you book shore excursions online prior to departing, as the more popular tours can sell out even before you board. To book, go to [www.hollandamerica.com](http://www.hollandamerica.com). You will need your credit card and Holland America Line booking reference (this can be found in your personalised APT itinerary booklet).

airport personnel. We recommend that you use these APT tags on your checked luggage as they are easily identifiable by your Tour and Cruise Liaison as well as hotel and transfer staff.

## LOST OR DELAYED LUGGAGE

Sometimes luggage is delayed during air transit. It is recommended to take a change of clothing and any essential medication in your hand luggage, or pack some clothing in your travel companion's bag. Place a copy of the hotel contacts inside each piece of luggage. If your luggage is lost, this will help the airline find you. Should your luggage be delayed, it is the responsibility of the airline to deliver it to you. Claims for reimbursement should be submitted directly to the airline – a claim form should be filled out at the appropriate airline desk upon arrival. If you need assistance in contacting the airlines for information regarding your delayed luggage, please ask your Tour Director or local guide.

## AIRPORT & AIRLINE SECURITY

Most countries observe the following guidelines regarding liquid, aerosol and gel restrictions on flights. However, we advise you to check with your airline for clarification of regulations before you leave. Each container of liquids, aerosols or gels in your carry-on luggage must be 100ml or less. All must be sealed in a transparent, one-litre (or less) resealable plastic bag.

You may still carry through the screening point prescription medicines and non-prescription medicines that you need for the flight. Proof of need may be required. You will have to surrender any liquids, aerosols



Moraine Lake

or gels greater than 100ml that you are carrying at the screening point. This includes duty free items (at many airports, you are able to purchase duty free items after you have passed through the screening point for your international flight).

Items allowed include empty containers such as mugs or flasks, cosmetics and toiletries such as sanitary items, talcum powder, contact lenses and lens solution, solid foods, medicines including prescribed medication (e.g. insulin) and essential non-prescribed medication.

Items over 100ml not allowed include drinks in cans and bottles; liquid cosmetics and toiletries that are in liquid or gel form, such as perfumes,

creams and products in pressurised containers such as hairspray, shaving foam/gel and aerosol deodorants; and liquid-based food products.

## CUSTOMS

To prevent the introduction of exotic pests and diseases on your return home, arriving travellers are screened and luggage is often inspected or x-rayed by customs or quarantine upon entry into each international airport. All food and other such items of plant and/or animal origin need to be declared. Travellers should also declare items on which duty or tax might be payable (check with customs about the duty free concession).

# Arrival and Departure Information

## AIRPORT TRANSFERS

Transfers must be pre-arranged at the time of booking and flight details need to be provided at least 60 days prior to your departure.

If you are arriving at the airport on the first day of the tour, you will be welcomed by an APT representative and then transferred to your hotel. Airport transfers are included on the first and last day of the tour package. They are also included if you have booked pre- or post-tour accommodation with an APT tour hotel.

Transfers cannot be re-routed to other pick-up points or destinations. If you miss your pre-booked transfer, please call the APT Vancouver Office before you make your own way to the hotel at your own expense. Please check your APT personalised itinerary in your travel documents to make sure transfer details are indicated and correspond to your flight information. If you have independent travel arrangements prior to

your APT tour and do not have an APT transfer, the tourist information office at your arrival airport will be able to offer further assistance with directions to your hotel. All hotel addresses and contact details are outlined towards the end of your personalised itinerary.

## HOTEL ARRIVAL/DEPARTURES

**Check-In:** Hotel check-in time is generally 4pm local time, but where possible, the hotel will try and have your room available earlier. If your flight arrives in the morning, luggage can be dropped off at the hotel before check-in and stored until your room is ready.

**Check-Out:** Check-out times may vary, however, they are usually at 11am or noon. If you have a late afternoon or evening flight, most hotels have a luggage room where you can store luggage until your departure, and may charge a fee. A hotel day room may also be arranged with the hotel directly at an additional cost (subject to availability).

# General Information

## SPECIAL ASSISTANCE

Passengers require a good level of fitness and health to participate on our Canada and USA program. APT welcomes passengers with disabilities provided they are accompanied by a companion capable of providing all necessary assistance. However, any disability or medical condition must be reported to APT at the time of booking to ensure the tour you have chosen is suitable and meets your needs. If passengers require a wheelchair, they will need to provide their own. Wheelchairs need to be collapsible in order to be stored under the coach. We regret that we cannot provide individual assistance to a tour member for walking, getting on/off coaches and cruise ships and other transportation vehicles, or other personal needs.

## COACH SAFETY

Passengers must remain seated at all times while the coach is in motion to avoid serious injury. Passengers using the emergency bathroom do so at their own risk. Hand luggage and other personal items should be safely stored in the overhead luggage racks or under your seat to keep the aisles clear. Heavy items, bottles, etc. should not be stored overhead. No passengers are permitted to remain on the coach during stops. Do not leave any valuable items on the coach. Please watch the stairs and overhead entrances when ascending into the coach, and check for traffic when exiting the coach. Please follow these safety precautions and take the time to note all emergency exits.

## MINORS

Minors under the age of 18 travelling to foreign countries must be accompanied by an adult and have a notarised letter of consent signed by the parent(s) not travelling with them. Parents, guardians and chaperones are responsible for overseeing the conduct of minors in their care. As such, minors may not be left unsupervised on board the ship, coach or at hotels or attractions. Please contact the APT Reservations Team for more information.

## SEAT ROTATION

To ensure you have the opportunity to enjoy front and window seats, a daily seat rotation system is employed on our coaches. Your Tour Director will go through this in more detail at the beginning of your holiday.

## GUEST FEEDBACK

As part of our commitment to providing quality touring experiences, we welcome and encourage your feedback. Towards the end of your tour, your Tour Director will ask you to complete an electronic feedback form.

Please take the time to answer the questions and make relevant comments. Every feedback form is read at our Head Office and a summary of each tour is given to all members of APT management. Where necessary, relevant action is taken to rectify any problems.

## TWIN/TRIPLE ACCOMMODATION

Many hotels in North America require twin and triple rooms to use existing bedding – this may require two guests to share one bed and one sofa, and three guests to share two beds. While cruising, triple cabins will consist of a sofa bed.

## MEALS

Breakfasts are usually a buffet with hot and cold options. Lunches are generally not included unless on board a cruise.

In North America, an entrée is called a starter or an appetizer. The main course is called the entrée. Both alcoholic and non-alcoholic drinks are purchased at your own expense.

## USEFUL WEBSITES

**Climate:** [www.climate-zone.com](http://www.climate-zone.com)

**Time:** [www.timeanddate.com/worldclock](http://www.timeanddate.com/worldclock)

**Currency Conversion:** [www.xe.com](http://www.xe.com)

**Customs Australia:** [www.customs.gov.au](http://www.customs.gov.au)

**Customs New Zealand:** [www.customs.govt.nz](http://www.customs.govt.nz)

**Customs UK:** [hmrc.gov.uk/customs](http://hmrc.gov.uk/customs)

**International Telephone Calling:** [www.countrycallingcodes.com](http://www.countrycallingcodes.com)

**Australian Government Advisory & Consular Services:**  
[www.smartraveller.com.au](http://www.smartraveller.com.au)

**New Zealand Government Travel Advisory:** [safetravel.govt.nz](http://safetravel.govt.nz)

**UK Government Travel Advisory:** [gov.uk/foreign-travel-advice](http://gov.uk/foreign-travel-advice)



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## Canada at a Glance

Canadians are far too polite to say so, but their homeland possesses some of the most alluring destinations around, from the vibrancy of Vancouver to the stunning mountain scenery of the Canadian Rockies. It also provides countless settings for epic outdoor adventures that take in the majesty of the natural world.

**Currency:** CAD  
**Population:** 37.5 million  
**Area:** 9,984,670 km<sup>2</sup>  
**Time zone:** GMT -3.5 to -8  
**Capital:** Ottawa  
**International Dialling Code:** +1

### LANGUAGE

English and French are Canada's two official languages. English is spoken in most areas although in the province of Québec, people might address you in French first and expect you to know a couple of French words, which your Tour Director will happily teach you. Although French spoken in Québec is slightly different than in France (with its own sayings and a range of accents), if you speak standard French, Québécois will easily understand you.

### CURRENCY

The basic unit of currency in Canada is the Canadian Dollar. Paper currency comes in denominations of \$5 (blue), \$10 (purple), \$20 (green) and \$50 (red). The brown \$100 bill and larger bills are less common and can be difficult to change. Canadian coins come in denominations of 5 cents (nickel), 10 cents (dime) and 25 cents (quarter). Canada has \$1 and \$2 coins.

### SALES TAX

Canada has a 5% GST (Goods and Services Tax) as well as local and provincial taxes that change depending on which area you are visiting.

### TIME ZONE

Daylight Saving Time is in effect from the second Sunday in March, when the clocks in most of Canada and USA are advanced by one hour, until the first Sunday in November. Canada encompasses six of the world's 24 time zones. Pacific Time is the westernmost time zone and is eight hours behind Greenwich Mean Time. The easternmost time zone is Newfoundland Time. Newfoundlanders have set their time to an unconventional four and a half hours ahead of Pacific Time.

### WEATHER

Canada has four distinct seasons: spring, which runs from mid-March to mid-June, summer from mid-June to mid-September, autumn from mid-September to mid-December and winter from mid-December to mid-March. Note that in mountainous regions like the Rockies it is common to still have snow on the ground and/or for lakes to be frozen in June.

### BRITISH COLUMBIA

Visitors to British Columbia (BC) invariably find it hard not to be moved by its towering mountain ranges, wildlife-packed forests and uncountable kilometres of pristine coastline. Add in the richly varied cuisine of cosmopolitan Vancouver and the unique panoramas offered by the Rocky Mountaineer and you will never forget your time here.

**Population:** 5 million  
**Area:** 944,735 km<sup>2</sup>  
**Time Zone:** GMT -8 and -7  
**Capital:** Victoria  
**Home to:** 2010 Winter Olympics and Paralympics Winter Games.

### ALBERTA

Even the most well-travelled among us would be sure to find something new to captivate them within Canada's second province from the west. As much as its provincial neighbours tend to downplay it – and although Albertans yell it from the rooftops – this place is awesome.

**Population:** 4.3 million  
**Area:** 661,850 km<sup>2</sup>  
**Time Zone:** GMT -7  
**Capital:** Edmonton  
**Home to:** Calgary Stampede, 1988 Winter Olympics.

### YUKON TERRITORY

The name Yukon is evocative as well as descriptive: adventure, the far north, wilderness, moose. How can you even hear 'Yukon' and not feel a stirring within? And there is a good reason for this.

**Population:** 38,500  
**Area:** 482,443 km<sup>2</sup>  
**Time Zone:** GMT -8  
**Capital:** Whitehorse  
**Home to:** Whitehorse, the capital of the Yukon Territory and the driest city in Canada.

### MANITOBA

Manitoba is home to fascinating places with funny names, and is full of the things that make Canada great, mixed with lesser-known 'only here' secrets.

**Population:** 1.3 million  
**Area:** 552,369 km<sup>2</sup>  
**Time Zone:** GMT -6  
**Capital:** Winnipeg  
**Home to:** The character of Winnie-the-Pooh, who was inspired by a black bear named Winnie, after Manitoba's capital city, Winnipeg.

### ONTARIO

In all of Canada, when it comes to culture, cuisine and sophistication, Ontario wins hands down. Sure, there are just as many empty, cold acres here as anywhere else, but when you're in Ontario you can't help but feel a palpable connection with the rest of the planet.

**Population:** 14.5 million  
**Area:** 1,076,395 km<sup>2</sup>  
**Time Zone:** GMT -5  
**Capital:** Toronto  
**Home to:** An area larger than France and Spain combined, which makes up about one-fifth of the world's fresh water.

### QUÉBEC

An unspoiled land of expansive forests and European charm, Québec is brimming with lofty church spires and idyllic sidewalk cafes. French chic abounds in Québec City, a vibrant metropolis known for its delicious cuisine and beautiful people.

**Population:** 8.4 million  
**Area:** 1,540,687 km<sup>2</sup>  
**Time Zone:** GMT -5  
**Capital:** Québec City  
**Home to:** The Château Frontenac, the world's most photographed hotel.

### ATLANTIC PROVINCES

Canada's Atlantic Provinces were one of the first footholds of Europeans in North America. From Cape Breton Island's vertiginous coastal cliffs to Prince Edward Island's sienna beach flats topped by red and white lighthouses, these seaboard provinces provide a distinctive Canadian experience.

**Population:** 970,000 (Nova Scotia); 156,000 (Prince Edward Island)  
**Area:** 55,491 km<sup>2</sup> (NS); 5700 km<sup>2</sup> (PEI)  
**Time Zone:** GMT -4  
**Capital:** Halifax (NS), Charlottetown (PEI)  
**Home to:** Anne of Green Gables, star of the Lucy Maud Montgomery novel (1908); an abundance of seafood.

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## USA at a Glance

Geographically fascinating and culturally diverse, the USA is teeming with awe-inspiring national parks, rich history, and some of the world's most famous cities, according to its near-mythic status among migrants and travellers alike.

**Currency:** USD  
**Population:** 328 million  
**Area:** 9,826,675 km<sup>2</sup>  
**Time Zone:** GMT -10 to -5  
**Capital:** Washington, DC  
**International Dialling Code:** +1

### CURRENCY

The basic unit of currency in the United States is the US Dollar. In paper form it is available in \$1, \$2 (rare), \$5, \$10, \$20, \$50 and \$100. They are all the same size and colour and can be easily confused. Coins are available in 1 cent (penny), 5 cents (nickel), 10 cents (dime), 25 cents (quarter) and the rare 50 cents (half dollar) coin.

### SALES TAX

No national GST exists in the USA, however, the federal government levies several national selective sales taxes on the sale of particular goods and services. In the USA, 45 states collect a state-wide sales tax and 38 states also collect a local sales tax. In some states (Delaware, Montana, New Hampshire, Oregon) there is neither state nor local tax; Alaska has no state tax and other states have a combined state and local tax that varies by state from 2.2% (Delaware) to 9.45% (Tennessee).

### TIME ZONE

The Continental United States uses eight standard time zones. Pacific Time is the westernmost time zone and is eight hours behind Greenwich Mean Time. During the Alaskan summer, it may seem as if there is no night. On average there are around 18 daylight hours in Anchorage and 20 daylight hours in Fairbanks.

## ALASKA

Originally part of the Russian empire, Alaska was sold to America in the 1860s for the sum of \$7.2 million. Nowhere else in the USA is there such an undeveloped, unpopulated and unspoiled place. There are mountains, glaciers and rivers in other parts of North America, but few are on the same scale as those in Alaska.

**Population:** 737,500  
**Area:** 1,717,854 km<sup>2</sup>  
**Capital:** Juneau  
**Home to:** 17 of the 20 highest peaks of the United States.

## EAST COAST USA

From huge cities and political landmarks to deserted beaches and historic parks, the east coast has it all, including a mind-blowing array of famous and fabulous sights.

**Time Zone:** GMT -5  
**Famous for:** Frank Sinatra, Broadway, politics, Walt Disney World  
**Biggest City by Population:** New York City (8.4 million)

## WEST COAST USA

Stretching from the sunny shores of San Diego north past the bluffs of central California to the rocky, mood-filled beaches of Oregon and Washington; from the bright lights of Los Angeles and Las Vegas to the Grand Canyon and Bryce Canyon National Parks, there is much to love and admire about the West Coast.

**Time Zone:** Pacific Time; GMT -8 and Mountain Time; GMT-7  
**Famous for:** Hollywood, Silicon Valley, rock climbing, Disneyland, Grand Canyon  
**Biggest City by Population:** Los Angeles (LA; 3.9 million)

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## Summer Freedom of Choice™ Sightseeing

Personalise your holiday with a choice of included sightseeing options.

### BANFF

#### Heli Sightseeing

Take to the skies for a bird's-eye view of the Rocky Mountains. From soaring past snowy peaks and jagged mountain tops to breathtaking views of pristine lakes and alpine meadows, each tour has something for everyone. The tour includes your transfer to and from the Heli base. Helicopters typically seat four to six passengers.

**The Three Sisters** 12 minutes

**Duration:** 1.5-2 hours with transfers

#### Bow River Float Trip\*

Enjoy a relaxing float trip down the majestic Bow River and keep your eyes peeled for any wildlife on the river banks. The float trip launches at the base of Bow River Falls, near The Fairmont Banff Springs Golf Course. During the journey, you will travel approximately 7km down the Bow River between Tunnel Mountain and Mount Rundle. The trip will also take you past the legendary Hoodoos. This is an easy boat/rafting ride on class-2 waters. As it is a float trip, paddling is not required. The rafts included are customised with elevated floorboards so your feet stay dry. Suitable for most fitness levels.

**Duration:** 1 hour

#### Banff Experience Tour

Each tour is exclusive to APT and Travelmarvel guests only, and operated in a private vehicle. Your knowledgeable guide will identify points of interest, answer any questions you may have and stop for photos at some of the most picturesque locations.

**Duration:** 3.5-4 hours

### Banff Gondola

Take a scenic gondola journey nearly 700m up to the top of Sulphur Mountain and enjoy sweeping panoramic views out over the six Rocky Mountain ranges. Once at the summit, stroll along the mountain boardwalk and learn more about Canada's first national park, explore the interpretive centre, or experience the multi-sensory Above Banff Theatre.

**Duration:** 3.5-4 hours

### Fairmont Spa

Enter the tranquil and inviting oasis of Fairmont Spa at Fairmont Banff Springs. Recognised worldwide for excellence, Fairmont Spa features unique regional treatments, private steam and inhalation rooms, saunas, whirlpools and sun terraces for both women and men. Pamper yourself at the heart of the 38,000-square-foot spa in the therapeutic mineral pool offering three cascading waterfall pools while gazing at the dramatic Rocky Mountains peaks.

**Duration:** Allow 1-2 hours

### Ice Hockey Player for a Day

This is your chance to experience the thrill and excitement of being a real Canadian ice hockey player. Whether you have skated before or not, or played hockey on or off the ice, this is your chance to spend time getting to know Canada's renowned sport with the Canmore Eagles. Learn the secrets and the superstitions of this elite group of hockey players as professional coaches walk you through a day in the life of a player on the Canmore Eagles Junior 'A' team. You will go inside their dressing room, where you will put on full hockey gear – the players' gear. Do you know how many pieces of equipment are hidden under the jersey? If not, you will find out soon. This action-packed program will ignite your passion for hockey and give you an insider's in-depth knowledge of this iconic Canadian game.

**Duration:** 3 hours





## JASPER

### Jasper SkyTram

Ascend the Jasper Tramway to an altitude of 2,277 metres to the top of Whistlers Mountain. The knowledgeable Tramway attendant will be on hand to point out the sights and answer your questions along the way. Enjoy stunning vistas over mountain ranges stretching up to 80km away. On a clear day, the white pyramid of Mount Robson can be seen in nearby British Columbia. Take your time enjoying the view and return to Jasper when you are ready. Includes round-trip transfers to the Jasper Tramway, and SkyTram admission.

Duration: Allow 1-2 hours

### Maligne Valley Tour

This amazing tour includes a guided interpretive drive up the Maligne Valley. With hike: Early in the season, the tour includes a lovely 30–40 minute trail hike along the shore of Maligne Lake (weather and trail conditions permitting) before returning to town. With cruise: Once the water has thawed and the cruise is operational, take a 1–1.5 hour cruise to the world-famous Spirit Island. This tour is mainly a nature, scenic, and geological voyage, but be on the lookout for some of Jasper's wildlife.

Duration: Tour with hike: 4–4.5 hours (early season);  
Tour with cruise: 5–5.5 hours (summer)

### Rafting Athabasca River\*

Travel through the National Park on a 16km rafting trip passing through many small sets of rapids and calm stretches of the Athabasca River, while looking out for wildlife. The specially designed rafts offer a safe, comfortable ride that any first-time rafter will enjoy. No paddling is required and floatation devices will be provided. Tours will operate rain or shine, and a poncho will be provided when required.

Duration: 2.5 hours including transfers

### Harley Davidson Sidecar Tour

Explore the stunning Jasper wilderness during a chauffeured Motorcycle sidecar tour. Carrying two guests per sidecar motorcycle (one person sits in the sidecar and one person sits behind the driver), your personal guide/driver will stop for photo opportunities, allowing you to switch positions from the back of the bike to the sidecar. Putting on your full motorcycle gear (leather jacket, chaps, gloves, bandanna, helmet and goggles) is half the fun, so don't forget your camera.

Duration: 1 hour

## WHISTLER

### Float Plane Sightseeing\*

Discover Whistler from the air on an incredible Floatplane sightseeing tour. The aircraft are specially modified to maximise the sightseeing experience – everyone gets a window seat and stereo headset for the fully narrated tour. British Columbia boasts some of the most spectacular scenery in the world and there's nothing more traditionally Canadian than a De Havilland floatplane. This unforgettable 20-minute flight over the fascinating mountain environment is sure to complete your Whistler experience.

Duration: 20 minutes

### 'Peak 2 Peak' Gondola Ride

Enjoy a scenic gondola journey and discover the natural beauty of Whistler Mountain and Blackcomb Peak. Ride the Peak 2 Peak Gondola between the two mountains travelling 4.4km in just 11 minutes, making this the longest unsupported span and highest lift of its kind in the world at 415 metres above the valley floor. You can also enjoy the new 360 Experience with the opening of the Cloudraker Skybridge and Raven's Eye Cliff Walk (subject to the Peak chair being open). The 130-metre suspension bridge spans from Whistler Peak to the West Ridge over Whistler Bowl.

Duration: Allow 1–2 hours

### Mountain Jeep Safari\*

Ascend to new heights in our 4x4 Jeep Rubicons and see Whistler from a completely different altitude. Take in spectacular views of Whistler Village, lakes, golf courses and the massive volcanic peaks of the Coast Mountain range. As the season unfolds, so will a multitude of alpine flowers in spectacular hues. Our skilled, professional drivers will navigate the Jeeps as close as possible to the magnificent, 375-hectare Horstman Glacier.

Duration: 2 hours

### Snowcat Mountain Adventure\*

Climb into one of our 4WD vehicles and begin your journey up Whistler Mountain to the snowline (varies depending on time of the season). Extremely professional drivers will manoeuvre the vehicles to the highest accessible point on the mountain, where the next part of your adventure begins. Upon reaching the snowline, transfer to a heated snowcat to continue the journey higher up the mountain. Breathe in the crisp alpine air, and take in the astounding panoramic views of Whistler's valley and the surrounding Coast Mountain Range. Be sure to bring your camera on this adventure.

Duration: 2 hours

### Treetrek Tour

Enjoy a fully guided ecology-based tour through a network of suspension bridges, suspended stairways, boardwalks and forest floor trails. Explore the last spectacular old-growth forest stands of magnificent cedar, hemlock and fir trees in Whistler.

Duration: 1.5–2 hours

### Ziptrek Experience

Ziptrek's legendary tour. Five incredible ziplines ranging from 120–335m are joined by a network of suspension bridges, boardwalks and trails. In between ziplines, your guide will tell you about the ancient forest and diverse terrain that surrounds you. Suitable outdoor clothing is recommended and closed-toe shoes are required.

Duration: 2.5–3 hours

# Winter Freedom of Choice™ Sightseeing

Personalise your holiday with a choice of included sightseeing options.

## BANFF

### Dog Sledding^

Experience the thrill of dog mushing hands on. Relax as a passenger or drive your own dog sled team with the help of an experienced guide.

Duration: 2-3 hours with transfers

### Johnston Canyon Icewalk

Strap on a pair of ice cleats and follow your local guide on a trek through Johnston Canyon, along steel catwalks that are built into the rock wall. Admire glittering curtains of ice up close and enjoy the spectacular view down the canyon walls to the ice and river below. This popular ice walk will lead you past the lower falls and to the breathtaking upper icefalls (daytime treks only). This is a photographer's paradise! Total walking distance is 5.4km.

Duration: 4 hours including transfers

### Banff Experience Tour

Each tour is exclusive to APT and Travelmarvel guests only, and operated in a private vehicle. Your knowledgeable guide will identify points of interest, answer any questions you may have and stop for photos at some of the most picturesque locations.

Duration: 3.5-4 hours

### Afternoon Tea at Fairmont Banff Springs

Delight in this hallowed English custom which has made its way to the Canadian Rockies! Served in the Rundle Lounge, enjoy a selection of 12 of the finest loose-leaf teas specially created for the Fairmont Banff Springs, taking into account its unique and invigorating mountain water. The menu consists of a seasonal fruit cup with chocolate garnish; Victorian scones with citrus cream, preserves and honey; dainty finger sandwiches; fresh delectable pastries and sweets.

Duration: Allow 1 hour

### Fairmont Spa

Enter the tranquil and inviting oasis of Fairmont Spa at Fairmont Banff Springs. Recognised worldwide for excellence, Fairmont Spa features unique regional treatments, private steam and inhalation rooms, saunas, whirlpools and sun terraces for both women and men. Pamper yourself at the heart of the 38,000-square-foot spa in the therapeutic mineral pool offering three cascading waterfall pools while gazing at the dramatic Rocky Mountains peaks.

Duration: Allow 1-2 hours

## JASPER

### Maligne Canyon Icewalk

Visit the deepest canyon in Jasper National Park with your local guide, where you will have the opportunity to explore frozen waterfalls, ice caves, and incredible ice formations. Learn about Jasper's Maligne Valley, Karst topography, and the mystery of the 'disappearing' Medicine Lake. The Icewalk Tour covers approximately 3.5 kms and is mostly downhill.

Duration: 3-3.5 hours including transfers

### Snowshoeing Tour

Strap on your snowshoes and join an experienced guide through some of the most inspiring winter scenery in Jasper National Park. Learn about the history, geology, and ecology of the area as you explore the mountain wilderness, search for animal tracks, and listen for the song of the chickadee.

Duration: 3-3.5 hours with transfers

### Jasper Planetarium Dark Sky Astronomy Tour

Being the world's largest dark sky preserve, Jasper is the perfect place for an astronomy tour. Your tour starts with a 35-40 minute virtual guided tour in the Planetarium Dome Theatre with a live local astronomy guide. Explore local First Nations constellations, see recent Northern Lights displays in Jasper, watch the Milky Way soar overhead, and journey into space for a view of Jasper Dark Sky Preserve from hundreds of

kilometres above, then to the edge of the universe and back! After the Planetarium, head outdoors for an interactive 45-60 minute guided tour of the largest, most powerful telescopes in the Rockies. Participants must dress warmly for this outdoor portion of the tour.

Duration: 2 hours

### Winter Wildlife Discovery Tour

Travel through the frozen wilderness of Jasper National Park and observe the wildlife in its natural habitat on a guided sightseeing tour. Your knowledgeable local guide will provide commentary on the history, geology, and ecology of the area. Have your eyes peeled for elk, deer, mountain goats, bighorn sheep, coyotes and moose.

Duration: 3-3.5 hours

## WHISTLER

### Dog Sledding^

Join your professional musher in harnessing and staging the dogs. Learn the dog sledding commands and how to handle a dog sled. Let your eager and powerful dog team lead you into the magnificent old growth forest of the Callaghan Valley along a gentle mix of open and winding trails for a magical winter journey.

Duration: 3 hours including transport

### 'Peak 2 Peak' Gondola Ride

Enjoy a scenic gondola journey and discover the natural beauty of Whistler Mountain and Blackcomb Peak. Ride the Peak 2 Peak Gondola between the two mountains travelling 4.4km in just 11 minutes, making this the longest unsupported span and highest lift of its kind in the world at 415 metres above the valley floor. You can also enjoy the new 360 Experience with the opening of the Cloudraker Skybridge and Raven's Eye Cliff Walk (subject to the Peak chair being open). The 130-metre suspension bridge spans from Whistler Peak to the West Ridge over Whistler Bowl.

Duration: Allow 1-2 hours

### Heli-Sightseeing

This spectacular aerial introduction to Whistler Blackcomb is an incredible way to discover your surroundings and take in the natural beauty of the Whistler area. Enjoy remarkable views at every turn and no line up. Remember to bring your camera and sunglasses.

Duration: 15 Minute flight, allow 1-2 hours with transfers

### Ziptrek – Eagle Tour

Experience Ziptrek's legendary and original tour. Five incredible ziplines ranging from 120-335m are joined by a network of suspension bridges, boardwalks and trails. In between ziplines, your guide will tell you about the ancient forest and diverse terrain that surrounds you. Suitable outdoor clothing is recommended and closed-toe shoes are required.

Duration: 2.5-3 hours



Dog Sledding



## Snowmobile Tour<sup>^</sup>

Journey through the pristine Callaghan Valley to the historic North Air Goldmine site for a fabulous introduction to the backcountry. Follow wide, winding trails to an open play area. Experience the perfect mix of easy riding and spectacular scenery, ideal for first-time snowmobilers and families. Participants going as a single rider/driver must be at least 19 years old and fully licensed (valid license) to drive automobiles in their country of residence. The ideal weight for a smooth ride is 170kg per snowmobile.

Duration: 3 hours

## VICTORIA

### Horse-Drawn Carriage Tour

Escape the noise and traffic of downtown Victoria on this charming carriage tour. Pass by the totem poles of Thunderbird Park, and historical St Ann's Academy, as you make your way up into Beacon Hill Park. Travel through 155 acres of breathtaking natural and wild areas, as well as manicured, stunning floral gardens and elegant fountains. On the way back into town, ride through historic James Bay, passing heritage homes of the 1800's. Finish the tour with a spectacular view of the British Columbia Parliament buildings.

Duration: 45 minutes

### Craigdorrach Castle

This legendary Victorian mansion was built between 1887-1890 for Robert Dunsmuir, a Scottish immigrant, who made his fortune from Vancouver Island coal. Today, it is a National Historic Site. Take a glance into the lifestyle of the very wealthy as you wander the castle's four floors. Marvel at the exquisite stained-glass windows, the intricate woodwork and lavish Victorian era furnishing. Climb the 87 stairs to the Tower to enjoy fabulous panoramic views of Victoria, the Strait of Juan de Fuca, and the snow-capped Olympic Mountains.

Note: Craigdarroch Castle is a historic house museum, so there are no ramps or elevators and it is not wheelchair accessible.

Allow: 45 minutes – 1 hour

## Afternoon Tea at the Fairmont Empress Hotel

Enjoy traditional afternoon tea at the Fairmont Empress Hotel. Tea will be served in the historic Lobby Lounge filled with live classical piano accompaniment on a baby grand piano. The menu features ingredients from local suppliers and includes items such as tea sandwiches, traditional English raisin scones, decadent tarts and cakes, petite pastries and fresh fruit with house-made cream.

Duration: Allow 1 hour

## The Royal BC Museum

Delve into British Columbia's past, present and future at the Royal BC Museum, housing a collection of artefacts, documents and specimens of British Columbia's natural and human history, safeguarding them for the future and sharing them with the world.

Duration: Allow 1-2 hours

## FREEDOM OF CHOICE™ – SIGHTSEEING NOTES

One choice per person. If requesting to do more than one tour per person, your Tour Director will be able to advise availability and price. Minimum and maximum group numbers apply on some Freedom of Choice inclusions. If your first choice is unavailable, you may be asked to choose an alternative.

\* This activity is seasonal. Due to venue and operational closures on some dates, some options may not be available as listed.

<sup>^</sup> Indicates surcharges apply. Please enquire for further details and pricing.

**Personal Risk:** Some activities and excursions are by nature adventurous and can involve some personal risk. As a passenger, you must make your own assessment of the risk involved in any excursion and take sole responsibility for any decision to participate. As the booking agent, APT cannot be liable for any personal risk or injury.



Lake Louise

## APT Travel Centres

### Australia

Level 4, 1230 Nepean Highway,  
Cheltenham, VIC 3192

**P:** 1300 278 278 (within Australia)

**W:** [aptouring.com.au](http://aptouring.com.au)

### New Zealand

Level 1, 20 Augustus Terrace,  
Parnell, Auckland 1151

**P:** 0800 278 687 (within New Zealand)

**W:** [aptouring.co.nz](http://aptouring.co.nz)

### United Kingdom

48 Warwick Street, London,  
United Kingdom, W1B 5AW

**P:** 0800 012 6686 (within the UK)

**W:** [aptouring.co.uk](http://aptouring.co.uk)

### North America

Suite 530, World Trade Centre,  
999 Canada Place, Vancouver,  
British Columbia, V6C 3E1

**P:** 1800 290 8687 (within North America)

**W:** [aptouring.com](http://aptouring.com)



LUXURY TRAVEL

T&C's This booklet is designed as a guideline to assist you when preparing for your tour. Much of the information within is subject to change and while all care has been taken to ensure all information is correct at time of printing, we cannot take responsibility for any subsequent changes. Printed in Australia. Effective October 2024. Australian Pacific Touring Pty Ltd.(ABN 44 004 684 619. ATAS accreditation #A10825) APT-5479

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