



Luxury Travel
since 1927

North America to a T.

ESSENTIAL TOUR INFORMATION

PREPARING FOR YOUR TRIP

Passports

Your passport must be valid for at least six months after your return date; we recommend nine months to avoid any problems. Ensure your passport has at least three blank visa pages (not endorsement pages). Travellers have been deported for having insufficient visa pages.

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 the 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: eTA application

To apply for a Canadian eTA, please go to cic.gc.ca/english/visit/visas.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). Please note, 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

We strongly recommend purchasing comprehensive travel insurance that covers trip cancellation for medical reasons, delays, medical expenses, accidental death, lost luggage, medical evacuation and airline cancellation charges. Medical treatment can be very expensive,

and some hospitals in North America may refuse treatment to those without proof of insurance. Pack your policy details in case you need to make a claim while travelling. Check that your insurance covers the full duration of your trip and review any exclusions, including specific circumstances or activities. Ensure all pre-existing medical conditions are declared to the insurer, and check which medical conditions your policy does not cover. Keep your policy details accessible at all times. We also recommend insurance that covers itinerary disruptions, as APT 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 that 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 travel documents, we'll include important phone numbers and other helpful information. Our local representatives are also available to assist with any needs during your tour. If you need assistance at any time, please contact our representatives at APT's Vancouver office on **+1 778 300 1058**.

Luggage

Each passenger is entitled to take one piece of luggage that does not exceed 160 cm² (63 inches²) and 23 kg (50 pounds). The tour price includes portage for one piece of luggage; additional bags will be subject to approximately CAD\$10 or 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. Checked luggage will be delivered directly to your hotel and available upon your arrival. Sometimes luggage is delayed during transit. We recommend packing a change of clothes, essential toiletries and any necessary medication in your hand luggage or putting some items in your travel companion's bag. Include a copy of your hotel contacts 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 for assistance.

What to Pack

The dress code on tour is casual. In addition to your usual clothing and packing items, we suggest bringing a good pair of walking shoes, lightweight clothing that can be layered, a jacket or parka, sweater, thermals, warm clothing for the cold nights, a hat, and sunscreen.

Packing essentials

- Passport wallet (cash, credit cards, bank cards) and 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

Recommended optional items

- Insect repellent
- Small umbrella
- Camera (with memory cards and charger)
- USB stick (for sharing photos)
- Plug adaptor and current converter (for all your electronic devices)
- Small day backpack
- Binoculars
- List of important addresses and contact numbers
- Photocopy of front page of passport (kept separate from passport)
- Reading material

Valuables and Security

Do not take anything with you that will create emotional or financial hardship if lost or stolen. Carry all important items including documents, money, passport and tickets with you. Do not carry these 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 exploring unfamiliar streets or areas on your own. When sightseeing, lock valuables in the safe in your room or stateroom.

Currency and 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. Before you depart, ensure your credit cards are activated and valid for at least 30 days after your planned return date. To avoid inconvenience, always carry \$50-\$100 of the local currency for emergency cash. This should be enough to get you to a local ATM. Remember to carry cash for restaurants and daily expenses. Hotel

receptions and late-night exchanges often charge high fees. Some stores also have minimum purchase amounts, so cash is useful. 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, tipping is customary in restaurants and bars, as well as for a variety of other service providers, including taxi drivers, doormen, and hairdressers. Your Tour Director can assist with advice on when and how much to tip. Wait staff and bartenders 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 and experiences on your APT tour, gratuities for hotel and restaurant staff, as well as local guides, are covered in the tour price, eliminating any uncertainty about the appropriate amount to tip. Gratuities for any additional activities or dining you choose to partake in independently on tour, are not covered in your tour price. Gratuities for your APT Tour Director, APT coach driver, and rail attendants are also included in your tour price.

Electrical Appliances

The standard voltage is 120 volts in North America, with a standard frequency of 60 Hz. If you want to bring a hair dryer or shaver from home, make sure they are dual voltage with a switch that allows you to adjust between 110 and 220 volts. If they don't, 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 on board your coach and in select hotels, including Fairmont Hotels & Resorts.



STAYING HEALTHY ON HOLIDAY

It's important to be in good health before you travel, and to maintain proper hygiene during your tour. Respiratory and gastrointestinal illnesses, although usually mild, can spread quickly within a group and impact everyone's enjoyment. APT is committed to reducing the spread of infections on all tours and cruises. Please follow our health recommendations to ensure a safe, enjoyable and healthy holiday for yourself and your fellow travellers.

Before You Go

Get Walking

As your tour or cruise will include sightseeing on foot and require you to embark and disembark ships or other forms of transport, you'll have a more enjoyable experience if you begin exercising in advance. 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. Make sure your walking shoes fit properly and are broken in before you depart.

See Your GP

Your GP or travel clinic is the best source for preventative measures, including vaccinations. Share your travel itinerary with them to assist with medication and vaccination advice. 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. Keep a copy of your prescriptions and a list of your medications, including name, dosage, prescribing doctors and their contact details. Pack enough medication for the tour, storing it in your purse or carry-on bag. Always keep medications in their original containers for easy identification, and carry a list in case they are lost. It's also helpful to bring a copy of your glasses or contact lens prescription.

Pack a Medical Kit

A small medical kit is recommended for all travellers. While pharmacies in large cities typically stock basic medicines and supplies, they may be hard to access, and some medications may require a prescription.

Recommended medical kit items

- A general purpose antibiotic to cover respiratory, skin and gastrointestinal infections (e.g. azithromycin)
- Your preferred cold and flu medication (e.g. cold and flu tablets, throat lozenges and a nasal decongestant)
- Your preferred painkiller (e.g. paracetamol or 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 in-flight 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 jet-lag.

On Tour

Practicing good hygiene is crucial to preventing the spread of common viral infections like colds, flu, and 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 washing your hands with soap and hot water for at least 20 seconds before eating, after sneezing or coughing, and after touching high-contact surfaces like door handles, 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 re-boarding and before all meals

Colds and 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 viruses expected to be prevalent during the current flu season. You should discuss this with your GP.

Gastro and 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 and Safety Protocol

APT has created Health and 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 illnesses vary depending on the cause. Symptoms are generally self-limiting and treatment includes rest, rehydration, simple diet, anti-nausea and anti-diarrhoea 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 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, shortness of breath, lack of appetite, nausea, dizziness, fatigue or weakness. Consult your GP to determine if you need preventative medication. To reduce symptoms of altitude sickness, drink plenty of fluids such as water, fruit juices and herbal tea, and avoid caffeinated and alcoholic drinks. If you experience any of the above symptoms of AMS, 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.

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 time to check-in 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 offer 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, and our team 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

Label all pieces of luggage 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 airport personnel. Upon arrival, your Tour Director will give you additional tags for your checked luggage, which are specific to your tour group. These tags will help your Tour Director as well as hotel and transfer staff, to easily identify your luggage.

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 reach out to your Tour Director or local guide.

Airport and 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 will be permitted to bring prescription and non-prescription medicines that you need for the flight through the screening point. Proof of need may be required.

You will have to surrender any liquids, aerosols 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 100 ml or less

- Drinks in cans and bottles
- Liquid cosmetics and toiletries that are liquid or gel (e.g. perfume)
- Creams and products in pressurised containers (e.g. hairspray)
- Shaving foam or gel
- Aerosol deodorants
- 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-tour 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.

Checkout

Checkout 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. They 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 in our North America program. APT welcomes passengers with disabilities provided they are accompanied by a companion capable of providing all necessary assistance. Any disability or medical condition must be disclosed to APT at the time of booking to ensure that the tour you've selected is appropriate and meets your needs. Passengers who require a wheelchair 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 boarding the coach, and check for traffic when exiting. Please follow these safety precautions and take the time to note all emergency exits.

Minors

Anyone 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) who are 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.

CANADA AT A GLANCE

Canada offers some of the most alluring destinations in the world, from vibrant Vancouver to the stunning mountain landscapes of the Canadian Rockies. The nation also boasts countless settings for epic outdoor adventures in the world.

- **Currency:** CAD
- **Population:** 40 million
- **Area:** 9,984,670 km²
- **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, Quebecers 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 also 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.

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 the details of this system 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 or 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 include 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 can be purchased at your own expense.

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. Please note, 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 magnificent, pristine coastline. Additionally, the diverse cuisine of cosmopolitan Vancouver and the unique panoramas traversed on Rocky Mountaineer will ensure you never forget your time here.

- **Population:** 5.6 million
- **Area:** 944,735 km²
- **Time zone:** GMT -8 and -7
- **Capital:** Victoria
- **Famous for:** The 2010 Winter Olympics and Paralympics Winter Games.

Alberta

Even the most well-travelled would be sure to find something new to captivate them within Canada's second province from the west.

- **Population:** 4.8 million
- **Area:** 661,850 km²

- **Time zone:** GMT -7
- **Capital:** Edmonton
- **Famous for:** The Calgary Stampede outdoor rodeo, 1988 Winter Olympics.

Yukon Territory

The name Yukon conjures visions of adventure, Canada's untamed Far North, and boundless wilderness – of moose grazing by still waters and vast, open landscapes stretching to the horizon. To hear “Yukon” is to feel an undeniable stirring within, a call to explore the region's wild beauty and timeless spirit. And indeed, there is good reason for this allure.

- **Population:** 46,700
- **Area:** 482,443 km²
- **Time zone:** GMT -8
- **Capital:** Whitehorse
- **Famous for:** Whitehorse, the capital of the Yukon territory and the driest city in Canada.

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 5.4 km.

Duration: 4 hours including transfers

Discover Banff and It's Wildlife Tour

Experience the magic of Banff with a local guide as you uncover the stories behind this historic mountain town. Marvel at breathtaking alpine views, explore iconic landmarks, and connect with the natural beauty of this World Heritage Site — where wildlife roams and history comes alive.

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 exquisite loose-leaf teas, specially crafted for the Fairmont Banff Springs, and blended to complement the unique and refreshing mountain water of the region. 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: 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: 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 km 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 Experience

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 local astronomy guide. Explore 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

Enjoy a scenic gondola journey and discover the natural beauty of Whistler and Blackcomb Mountains, travelling 4.4 km in just 11 minutes. This is the longest unsupported span and the highest lift of its kind in the world, soaring 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: 1-2 hours

Heli Flightseeing

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 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 120-335 metres 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

Snowmobile Tour^

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 solo rider 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 170 kg 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 1800s. Finish the tour with a spectacular view of the British Columbia Parliament buildings.

Duration: 45 minutes

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 accompanied by live classical piano music 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: 1 hour

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. Not all tours are offered on all itineraries and departure dates.

TRUSTED TRAVEL WEBSITES

Australia

traveldoctor.com.au
travelclinic.com.au
travelvax.com.au
smartraveller.gov.au
tga.gov.au

New Zealand

holidayhealth.co.nz

United Kingdom

nhsinform.scot
travelhealthpro.org.uk
masta-travel-health.com

Useful Travel Websites

Climate: climate-zone.com

Time: timeanddate.com/worldclock

Currency conversion: xe.com

Customs Australia: customs.gov.au

Customs New Zealand: customs.govt.nz

Customs UK: gov.uk

International telephone calling: countrycallingcodes.com

Australian Government advisory and Consular services:
smartraveller.com.au

New Zealand Government travel advisory: safetravel.govt.nz

UK Government travel advisory: gov.uk/foreign-travel-advice

APT TRAVEL CENTRES

AUSTRALIA

Building 4, Level 1, 15 Cochrane Road,
Moorabbin, VIC 3189

P: 1300 278 278 (within Australia)
W: aptouring.com

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Level 1, 20 Augustus Terrace,
Parnell, Auckland 1052

P: 0800 278 687 (within New Zealand)
W: aptouring.com

UNITED KINGDOM

3rd Floor, 52 Grosvenor Gardens,
London SW1W 0AU

P: 0800 012 6686 (within the UK)
W: aptouring.com

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



*Inclusion of Freedom of Choice™ touring will vary depending on your chosen tour. Please refer to your itinerary for details. Banff (UT15JWBV only), Talkeetna, Denali National Park, New York and Canada's Winter Wonderland options must be pre-booked. *This activity is seasonal. Due to venue and operational closures on some dates, some options may not be available as listed. ^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. This booklet is designed as a guide 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 information is correct at the time of publication, we cannot take responsibility for any subsequent alterations. Effective April 2025, Australian Pacific Touring Pty Ltd. ABN 44 004 684 619. ATIA accreditation #A10825. APT-6687



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