



TRAVEL PLANNER

GLACIER & WATERTON LAKES—EPIC NATIONAL PARKS IN MONTANA & ALBERTA



MULTI-ADVENTURE | Casual Hotels

GLA-M-HC-R-001-24 4/29/2024

GLACIER & WATERTON LAKES— EPIC NATIONAL PARKS IN MONTANA & ALBERTA

Itinerary	4
Trip Accommodations	8
Arriving & Departing	9
During Your Trip	10
Destination Details	13
Trip Documents & More	14
Getting Active for Your Trip	16
Biking Safety & Gear	18
Where to Stay Before & After Your Trip	20
Suggested Packing List	22

801 Cedar Street
Berkeley, California 94710

800-GO-ACTIVE (462-2848) or
510-527-1555
510-527-1444 (fax)
www.backroads.com

 **BACKROADS**



STRAIGHT *talk*

We want to make sure you're on the right trip and that you have the best experience possible. Every Backroads trip is unique and this one is no exception.

ACCOMMODATIONS & SERVICE STANDARDS

While the accommodations on this trip reflect the natural surroundings of the national parks and provide unparalleled access to the best activities in the area, they are much simpler than is typical of Backroads lodging. Many buildings date back to the turn of the century and have only been minimally renovated, in accordance with park regulations. These historic hotels have basic guest rooms that are not equipped with televisions or air-conditioning. Overall, the service standards can seem slow and casual when compared with the hospitality found on other Backroads trips. Please note that internet and cell phone service are extremely limited throughout the parks.

MEALS IN NATIONAL PARKS

The National Park lodges we use on this trip are chosen for their character and ideal location – they are not known for their food. Meals at park lodges and the surrounding local restaurants can be simple and menu options tend to lack variety. Please be aware that options for vegetarian, vegan, gluten-free and low-carb meals will be especially limited and substitutions are rarely available.

WEATHER & ITINERARIES IN GLACIER AND WATERTON LAKES NATIONAL PARKS

Glacier and Waterton Lakes National Parks are special places where four seasons can occur in one day. For that reason, our itinerary may change based upon road and trail status due to weather (including snow) or animal activity. The opening of Going-to-the-Sun Road is determined by snow levels and weather. The road often opens by the third week of June, but some years it does not open until early July.

If the west side of the road is not open, we will shuttle 2½ hours to our trailhead (instead of 1½ hours). Status of Going-to-the-Sun Road can be checked on Glacier National Park's website: www.nps.gov/glac/planyourvisit/gtsrinfo.htm.

ESSENTIAL TO YOUR BACKROADS TRIP

During this trip, we cross the Canada/US border. US citizens must present a valid US passport or other Western Hemisphere Travel Initiative (WHTI)-compliant document to re-enter the United States from Canada. Non-US citizens may need a visa for entry into the United States and/or Canada.

DAY 1

On the first day of the trip, meet your Backroads Trip Leaders (the folks in Backroads T-shirts) at 10:30 a.m. at Grouse Mountain Lodge (406-862-3000), located at 2 Fairway Drive in Whitefish, Montana. Please arrive dressed in your biking clothes and bring your luggage and a daypack containing your rain gear pedals or bike saddle if you brought them and anything else you may want for today's ride (your luggage will be transported to our first night's accommodations).

LATE TO THE TRIP START? See "Arriving & Departing" for more information.

SHUTTLE TO APGAR 1 Hour

BIKING OPTIONS

Flathead River Route: 12 Miles * (900' elevation gain)
Apgar Village Route: 24 Miles * (1,600')
Lake McDonald Route: 33 Miles (1,900')

**with shuttle*

Welcome to Big Sky Country! After meeting in Whitefish we shuttle to the Apgar picnic area at the south end of Lake McDonald in Glacier National Park. We get acquainted over lunch before your Backroads Trip Leaders fit your bike and give a brief talk on biking techniques and safety. Ready to hit the road? Follow the route through Apgar Village and on to McGee Meadow Overlook—the perfect spot to take in sweeping views of Lake McDonald and the surrounding valley. Be sure to stop in at Apgar Village and check out regionally made crafts in the shops and galleries, or drop by the visitor center to learn about the park's flora and fauna. If you're in the mood for a treat, try some delicious huckleberry ice cream at the general store. As you pass by Lake McDonald, consider parking your bike and cooling off in the chilly waters—if you dare!

The last part of the ride is a scenic lakeside stretch to Lake McDonald Lodge. Built as a hunting lodge in 1913, this rustic Swiss-style retreat is now listed on the National Register of Historic Places. This evening we gather for a welcome reception followed by dinner at the lodge's restaurant. *Lodging: Lake McDonald Lodge*



DAY 2

SHUTTLE TO ST. MARY VALLEY 1½ Hours

WALKING & HIKING OPTIONS:

St. Mary Falls Route: 3.8 Miles * (200' elevation gain)
St. Mary Valley Route: 5.6 Miles (500')
Virginia Falls Route: 6.7 Miles (600')

**with shuttle*

SHUTTLE TO MANY GLACIER HOTEL 45 Minutes

Prepare to be awestruck this morning as we shuttle to St. Mary Valley along the famous Going-to-the-Sun Road, often said to be the most beautiful 50-mile stretch of road in the world. Carved out of solid rock, it's the only road connecting the park's east and west entrances. It crosses the Continental Divide at Logan Pass (6,600 feet) and offers stunning views of the park's diverse scenery.

We begin our hike from Jackson Glacier Overlook and follow the St. Mary River down to the valley floor. As you navigate the narrow trail, be sure to look up to take in the glorious scenery unfolding before you. Choose an ideal spot to enjoy your lunch along the way—there are many! When we reach our destination, Sun Point, revel in the dramatic panorama of mountain peaks surrounding the impossibly blue St. Mary Lake.

In the afternoon we shuttle to Many Glacier Hotel in the northeastern part of the park, an area originally dubbed "America's Little Switzerland." Looking out over Swiftcurrent Lake to the towering mountain peaks beyond,

it's certainly not hard to see why. Tonight we sit down to eat in the hotel's Ptarmigan Dining Room. *Lodging: Many Glacier Hotel*

DAY 3

SHUTTLE TO BAAB 30 Minutes

BIKING OPTIONS:

Chief Mountain to Belly River Route: 12 Miles * (800' elevation gain; 1,700' elevation loss)

Chief Mountain Overlook Route: 29 Miles (2,000')

**with shuttle*

Today begins with a shuttle as we set our sights north to Canada. Our morning ride starts with a 5-mile uphill (or skip the climb and boost over the hill in the van) to an overlook where you're rewarded with incredible views of Chief Mountain, one of the holiest areas of the park. As legend has it, a Blackfoot Indian climbed the 9,000-foot mountain on a vision quest, leaving behind a bison skull he ostensibly used as a pillow. The story's authenticity was buoyed in 1892 when Henry L. Stimson (future Secretary of State) and his climbing party found a decomposed bison skull on the summit. Leaving the lookout, you'll encounter more hills and cross several small rivers before reaching the US/Canada border (don't forget to carry your passport today!). This is where Waterton Lakes National Park and Glacier National Park share a border and make up the Waterton-Glacier International Peace Park, the first of its kind, which commemorates the long history of friendship between the United States and Canada. We cross the border and enjoy a breezy descent into Canada to our lunch spot near the Belly River.

After lunch, our afternoon ride provides rolling hills and expansive views of the mountains and distant plains on our way to Waterton Lakes National Park. After entering the park we pedal alongside Lower and Middle Waterton Lakes as we make our way to the Prince of Wales Hotel, our home for the next two nights, which stands alone on a bluff above Upper Waterton Lake against an extraordinary backdrop of glacier-carved peaks. This historic inn is one of the most photographed hotels in North America, thanks to its supremely picturesque setting where the mountains meet the prairie. Tonight we dine lakeside at a beloved restaurant in the quaint town of Waterton. *Lodging: Prince of Wales Hotel*

DAY 4

OPTIONAL ACTIVITIES IN WATERTON LAKES NATIONAL PARK

OPTIONAL BIKE ROUTES:

Cameron Lake Route: 20 Miles (1,900' elevation gain)

Red Rock Canyon Route: 22 Miles (1,300')

OPTIONAL WALKING & HIKING ROUTES 3–11 Miles (200–1,500' elevation gain)

The day is yours to choose from a multitude of activities (or *in*-activities!). Park regulations prohibit Backroads leaders from guiding hikes or bike rides. If you choose to hike or bike in Waterton Lakes National Park today, you'll be on your own but leaders can provide an overview and maps of suggested routes. Consider hiking to Rainbow Falls, the infamous Crypt Lake or Bertha Lake or putting in a few more miles on your bike exploring the stunning valley.

Get a new perspective on the landscape by taking a cruise, paddleboarding or kayaking on some of the nearby lakes, keeping an eye out for birds, including kingfishers, spotted sandpipers, red-naped sapsuckers and white-crowned sparrows. Or perhaps fishing is more your speed? Horseback riding through the wildflower-clad meadows is another wonderful option.

If you're in the mood to shop, head into Waterton Townsite to scout for souvenirs. Or book a massage at the nearby spa. Or do both! Whatever you choose, you'll be surrounded by a spellbinding tableau of peaks, broad lakes and rugged glacial valleys. (Please note these optional activities are not included in the trip price. See "During Your Trip" for more information. Advance reservations are recommended for fishing and spa treatments, especially during peak season.)

Enjoy dinner on your own in one of Waterton Townsite's inviting restaurants. *Lodging: Prince of Wales Hotel*

DAY 5

MORNING BIKING OPTIONS:

Mountain View Route: 18 Miles * (800' elevation gain)

Cardston Route: 37 Miles (1,400')

SHUTTLE TO EAST GLACIER 1¼ Hours

AFTERNOON VAN TOUR TO TWO MEDICINE 2 Hours

**with shuttle*

This morning we start riding from the Prince of Wales Hotel, through the Alberta prairie and into the town of Cardston where we enjoy a picnic on the grounds of the Remington Carriage Museum. Along the route you're treated to a spectacular panorama of vast plains bordered by the long sweep of mountains. After lunch we shuttle across the border from Canada back into the United States.

This afternoon enjoy a scenic driving tour of the less-visited Two Medicine Lake area with your leaders. Take in the pristine alpine scenery, including Sinopah Mountain rising above Two Medicine Lake, before heading back towards East Glacier.

On our final night we stay at the historic Glacier Park Lodge, featuring a grand lobby with a soaring ceiling supported by 40-foot-high Douglas fir pillars. We celebrate our last evening together with a memorable dinner at a favorite restaurant. *Lodging: Glacier Park Lodge*



DAY 6

SHUTTLE TO MOCCASIN CREEK 1 Hour

WHITE-WATER RAFTING Half Day

SHUTTLE TO GLACIER PARK INTERNATIONAL AIRPORT & WHITEFISH 1 Hour

What better way to cap off the trip than with an exciting white-water rafting adventure? Don't worry if you're new to rafting; our experienced guides will get you geared up and teach you the basic skills for a safe and fun outing. Paddle through calm flat water and Class II and III rapids, with names like Bone Crusher, Jaws and Fluffy Bunny. Enjoy splashes of chilly mountain water and the gorgeous alpine scenery. Watch for eagles and ospreys overhead, or an elk sipping from the river's edge. A delicious picnic lunch awaits at our West Glacier landing spot.

Afterward we shuttle to Glacier Park International Airport and Whitefish hotels, where we say our goodbyes. Please see "Arriving & Departing" for end-of-trip logistics.

KEEPING YOU UP TO DATE

We are always seeking opportunities to enhance this itinerary. We'll be certain to notify you of any important changes prior to departure; other changes may be communicated on trip by your leaders.

SHIFT GEARS

Our trips are designed to be flexible, giving you the freedom to experience the best of the region the way YOU want. Feel like you're ready to go, go, go? We can show you the way! Want some downtime or prefer to head out on your own? No problem!

Your Trip Leaders will make sure to tell you the best days to take time for yourself (if you want it) without feeling like you're missing out.

So feel free to shift gears and make it your day!

TRIP ACCOMMODATIONS

Casual Hotels



1 Night Lake McDonald Lodge

Listed on the National Register of Historic Places, with a large stone fireplace in the lobby and a terrace overlooking the lake. | Glacier National Park | www.glaciernationalparklodges.com | 406-888-5431 or 406-892-2525

1 Night Many Glacier Hotel

An early-1900s Swiss-chalet-style hotel set on the shore of Swiftcurrent Lake amid the peaks of the Many Glacier Valley. | Glacier National Park | www.glaciernationalparklodges.com | 406-732-4411 or 406-892-2525

2 Nights (Pictured) Prince of Wales Hotel

This historic green-gabled hotel offers vistas of the mountains reflected in glacier-fed lakes. | Waterton Lakes National Park | www.glacierparkcollection.com | 403-859-2231

1 Night Glacier Park Lodge

Located on the park's eastern edge in Blackfoot country; immense timbers hold aloft its expansive lobby ceiling. | Glacier National Park | www.glacierparkinc.com | 406-226-5600

ARRIVING & DEPARTING

After reviewing the following information, please inform us of your arrival and departure plans on your *Personal Information Form*.

To make our morning meeting time, **plan to arrive in Whitefish at least one day before the trip starts.**

All prices are in US dollars and subject to change.

Meeting Time & Location

On the first day of the trip, meet your Backroads Trip Leaders (the folks in Backroads T-shirts) at 10:30 a.m. at Grouse Mountain Lodge (406-862-3000), located at 2 Fairway Drive in Whitefish, Montana. Please arrive dressed in your biking clothes and bring your luggage and a daypack containing your rain gear and anything else you may want for today's ride including pedals and bike saddle if you brought them (your luggage will be transported to our first night's accommodations).

Arriving Late to the Trip Start?

If you have a delay or emergency on the day your trip starts and need to contact Backroads, please email your Trip Leaders (you'll receive an email 48 hours prior to the trip start with their contact info) or call the Backroads office at 800-462-2848 (domestic) or 510-527-1555 (international).

If you're unable to meet the group in Whitefish it's possible to get to the first night's hotel on your own. Lake McDonald Lodge is approximately 40 miles (one hour) northeast of Whitefish in the town of West Glacier.

For information on transportation options from Glacier Park International Airport, please visit the airport website: iflyglacier.com/ground.

It costs around \$150 to take a taxi from the airport to our first night's hotel.

Conclusion of the Trip

Our trip ends in West Glacier at around 2 p.m. From here we shuttle to Glacier Park International Airport in Kalispell, arriving 3–3:30 p.m. Please schedule your flight for no earlier than 4:30 p.m.

From the airport, the shuttle continues to the following Whitefish hotels, arriving between 3:30 and 4 p.m.: Grouse Mountain Lodge, Best Western Rocky Mountain Lodge, The Firebrand and Good Medicine Lodge.

Note: Backroads hotel drop-offs are in Whitefish. If you are staying at a hotel in Kalispell, there are taxis available from the airport to Kalispell.

Flight Arrangements

This trip starts and ends in Whitefish, Montana, with a drop-off available at the airport, which is located between Whitefish and Kalispell. We suggest flying into Glacier Park International Airport (airport code: FCA; iflyglacier.com).

For help arranging air transportation to and from your Backroads trip, please work with your own travel advisor, or you may work with our travel agency. Their professional expert travel advisors are ready to assist you with any of your travel needs. Please note that they are an independent travel agency and consulting and ticketing fees may apply, based on the services requested. Simply ask your Backroads Trip Consultant to connect you! You can also book directly with the airline, or through a travel website.

Transportation from the Kalispell Airport to Whitefish

The drive from Glacier Park International Airport in Kalispell to Whitefish takes around 20 minutes, but shuttle and taxi companies will likely charge the rate for a full hour (around \$100—please contact the companies for the current price). Rideshare services are available but limited. Plan ahead for hotel shuttles and taxis, particularly late night arrivals.

See the airport website for transportation options: iflyglacier.com/ground.

Driving to Whitefish from Missoula

You may find it more convenient to fly into the larger

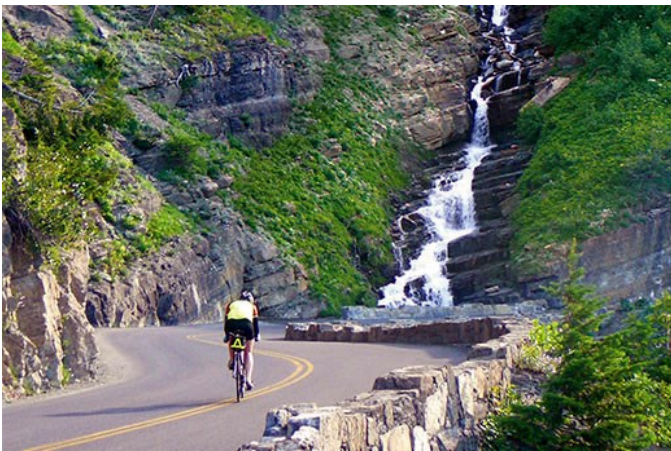
international airport in Missoula and rent a car to drive 2½ hours to Whitefish, located 130 miles away. You can park your car in the hotel parking lot of the Grouse Mountain Lodge for the duration of the trip.

Taking the Train to Whitefish

Amtrak (www.amtrak.com; 800-872-7245) provides limited service to Whitefish (station code: WFH). Discounts are offered to seniors and children; sleeping cars are available at a higher fare. Please contact Amtrak for the most current schedule and fares.

PRICES & SCHEDULES

All prices and schedules were current at the time of printing, but are subject to change at any time.



DURING YOUR TRIP

Backroads On Trip App

Enjoy the convenience of your itinerary details in one place, including daily snapshots, routes, elevation profiles and more. We'll send you an email seven days before your trip starts with the link and code for your itinerary. We encourage you to download the app and the trip experience before you depart (your leaders can help you on trip if needed). Just search for "Backroads" in the Apple App store or the Google Play Store.

Trip Leaders

Each of your Trip Leaders plays many roles during your vacation: guide, host, caretaker, naturalist, chef, historian, troubleshooter, interpreter. These remarkable individuals have highly developed instincts for making people comfortable, for seamlessly handling the logistics of travel and for successfully navigating a wide range of unexpected situations. They're passionately committed to ensuring you enjoy an exceptional vacation—smooth, flexible and tailored to your needs. According to past guests, the caliber of our leaders is what sets Backroads apart from all other travel companies. With their knowledge, professionalism, enthusiasm and service ethic, they're the number-one reason people return to travel with us again and again. We look forward to having you meet them.

A Word about Gratuities

We think our leaders are unparalleled at what they do—you be the judge.

Gratuities for most services during your trip are included in the price. While we've thought about including a Trip Leader tip as part of the overall trip cost, we acknowledge that gratuities are often customary as a way to recognize excellent service on a more personal level.

We offer specific Trip Leader tip recommendations because our guests have consistently asked for them.

Our recommended gratuity for this trip is \$250 per guest.

While cash gratuities are always preferred, PayPal is another available option. If you prefer to tip via the

PayPal app or website, please note that your account must be set up prior to departing the US. At the beginning of the trip you'll receive a contact list with your leaders' email addresses, which also serve as their PayPal IDs. Regardless of the number of leaders on your trip, you can pay the full amount to any one of them. All gratuities are then divided among your leaders.

Accommodations

All rooms have private baths. Single and triple room availability is limited on this trip (triple rooms typically include a rollaway in tight quarters or two double beds). Our accommodations are rustic national park lodges that reflect the natural surroundings of Glacier and Waterton Lakes national parks. We have chosen them for their historical significance and proximity to our activities. In keeping with their early 20th-century origins, the historic inns and lodges on this trip can be quirky. Rooms do not offer air-conditioning or televisions, bathrooms are small and most do not have bathtubs. Please also note that Glacier Park Lodge, despite its historic timbers and cultural significance with local Blackfeet, is the most modest of the accommodations on this trip.

Cell Service & Internet Access

There is very limited cell phone and data service in the locations we visit on this trip. Internet access is available (but spotty) in the lobbies at Lake McDonald Lodge, Many Glacier Hotel and Prince of Wales Hotel. Wifi at Glacier Park Lodge is often available.

International rates may apply while in Waterton Lakes National Park. Check with your service provider before departing for your trip.

Meals

Food is an important part of the Backroads experience. For lunch we look for the best way to capture the essence of the region. It may be a Backroads Grand Picnic, when your Trip Leaders prepare the freshest and healthiest local fare at a carefully chosen setting along the day's route; a boxed lunch; a packed lunch; a meal together at a favorite restaurant; or the opportunity to have lunch on your own.

Our dinners feature hearty comfort food at hotel restaurants and in nearby towns. Generally meals in the

national parks tend toward simple ingredients and may lack variety.

All breakfasts, six lunches and four dinners are included in the trip price. One dinner is on your own.

Be aware that vegetarian/vegan, gluten-free and low-carb dishes are not always available. And when they are available they may be simple and not provide as much protein as one would like. If you have special dietary requirements, please indicate them on the *Personal Information Form*. Your Trip Consultant will pass on the information to your Trip Leaders. Alcoholic beverages at meals are not included in the trip price, unless otherwise noted.

Recommended Dinner Attire

Restaurants on this trip are casual. You'll feel comfortable wearing anything from jeans and T-shirts to slacks and dressier shirts.

Lost Luggage

On any flight, there is the possibility of lost luggage. Backroads believes that it's a great idea to take a small carry-on bag with enough clothing and supplies to last a day or two. Also be sure to bring with you any personal gear you deem indispensable on the trip. This way, in the event of lost luggage you won't have to spend time replacing essential items and miss activities while you wait for your bags to catch up. Please note that Backroads does not assume responsibility for any luggage lost or damaged during your trip.

Firearms

The National Park Service requires us to inform you that national park regulations generally allow firearms. However, it is Backroads' policy to prohibit guests from bringing firearms on any trips including, but not limited to, those going to national parks.

Trip Guest List

During the trip, leaders will distribute a guest list that includes the names and contact information of everyone on the trip. If you do not want your contact information to appear on the guest list, please inform your Trip Consultant at least 30 days prior to the trip start.

Waterton Lakes National Park

Due to permit restrictions in Waterton Lakes National Park, your Trip Leaders will be unable to hike and bike with you. Instead your leaders will give an orientation to the area's flora and fauna, and provide maps, directions and terrain information. If you would like to hire a hiking guide for **Day 4**, please contact our friends at Tamarack Outdoors (www.hikewaterton.com; 403-859-2378).

Spa Treatments

Spa treatments are not included in the trip price. Advance reservations are recommended. Also, be sure to review the spa's cancellation policy to avoid any unexpected charges on your credit card.

Day 4

Prince of Wales Hotel does not have a spa but you can head to nearby Serenity Spa in Waterton Townsite Book an appointment for any time on **Day 4**, but we recommend the afternoon if you plan to hike or ride today. Contact the spa to make a reservation—advance reservations are especially recommended during peak season (www.serenityspawaterton.com; 403-859-2404).

Optional Fishing on Day 4

Interested in booking a fly-fishing trip for your optional day in Waterton? If so, contact our preferred provider, **Incept Adventure Co.** (inceptadventureco.com; 403-308-7718). We recommend inquiring early to check availability—it might take a day or two to receive a reply.

The cost for 1–2 persons for a half day is around \$550 and a full day is around \$700 plus taxes. This includes transportation from Prince of Wales Hotel. Each additional person is \$150. Details: Booking requires a 50% deposit (MasterCard or Visa); cost includes required gear, refreshments and snacks; you're responsible to purchase your own license or Incept can pre-purchase for you and the cost will be added.

(Please contact Incept for current pricing, details and requirements.)

Van Shuttles

Big Sky Country is vast, just as its name implies. To bring you the best of Glacier and Waterton Lakes National Parks, we make liberal use of shuttles on this trip. So although you'll be seeing the inside of the Backroads van on most days, consider it an opportunity to view some spectacular scenery while resting your legs in preparation for your next hike or ride.

ENTER TO WIN!

BACKROADS GUEST PHOTO CONTEST



**Share your favorite trip images
for the chance to win**

1 of 5 GRAND PRIZES

**up to \$5,000 in Backroads Trip Credit
or Honorable Mention**

\$250 in Backroads Trip Credit awarded to 75+ photos

FOR RULES GO TO BACKROADS.COM/PHOTO_CONTEST

DESTINATION DETAILS

Climate

Summer temperatures in western Montana and southern Alberta are usually pleasant and warm during the day, becoming chilly at night. **Afternoon thunderstorms are always possible**, especially at higher elevations. High winds are common close to the Continental Divide and can rapidly bring colder temperatures and clouds. (Waterton Lakes is the second windiest place in Alberta.) Please come prepared with waterproof breathable rain gear (jacket and pants) and warm clothes. Knit or fleece hats and mittens are also handy on cooler evenings. Remember that at higher altitudes, the weather is unpredictable and can change from sunny and warm to rainy and cold in a matter of minutes.

Whitefish

Average:	Jan	Feb	Mar	Apr	May	Jun
High °F	30	35	44	56	65	72
Low °F	15	15	22	31	39	45
Precip. inches	2.2	1.6	1.4	1.6	2.5	3.2
Average:	Jul	Aug	Sep	Oct	Nov	Dec
High °F	79	79	71	55	38	30
Low °F	50	48	39	31	24	17
Precip. inches	1.7	1.6	1.4	1.4	2.0	2.3

Temperatures in Canada are measured in degrees Celsius. Zero degrees Celsius is 32 degrees Fahrenheit. For a quick conversion, double the Celsius reading and add 30 to determine the approximate temperature in degrees Fahrenheit.

Expecting the Unexpected

One of the things that makes Backroads' national park destinations so special are the wild animals who call these places home. Occasionally, and often with little notice, unexpected animal activity may cause a road or trail to close.

Unexpected wildfires are a possibility in the western United States & Canada. They may cause the closure of roads, trails or accommodations and can obstruct views.

If unexpected fires or smoke affect the area, we may make a change to your trip itinerary. Backroads Trip Leaders are well-trained to respond and adapt to these situations, which may include changing planned routes. In very rare cases we may be forced to adjust accommodations or even cancel your trip due to extreme conditions.

Should a personal issue require early departure from the Canadian portion of our trips, guests should plan to fly from Calgary to their desired destination. There are no available taxi, shuttle services or one-way car rentals across the border.

Money Matters

This trip spends two nights in Canada. The standard unit of currency in Canada is the Canadian dollar. At the time of printing, **1.27 CAD = 1 USD**. For the most up-to-date exchange rate, visit www.xe.com (Universal Currency Converter).

Establishments in Waterton accept US dollars and will give Canadian dollars as change; the exchange rate is usually 1 USD to 1 CAD. You can also get money from local ATMs, but you should call your bank before you leave the United States, as many limit the number of withdrawals you can make in Canada.

Visitor Information

Glacier National Park
www.nps.gov/glac

Waterton Lakes National Park
www.pc.gc.ca/eng/pn-np/ab/waterton/index.aspx

Travel Montana
www.visitmt.com

Helpful Information

Visit www.backroads.com/trip_prep for links to other websites offering helpful travel information.

RECOMMENDED READING



The more you know about your destination before you go, the more you'll appreciate all that you'll see when you get there. We've selected a few of our favorite books to help capture the essence of the region.

- *The Big Sky*, A. B. Guthrie, Jr.
- *Exploring Glacier National Park*, Jane Gildart
- *Glacier National Park: The First 100 Years*, C. W. Guthrie
- *A River Runs Through It and Other Stories*, Norman Maclean
- *Rising Wolf, the white Blackfoot*, James Willard Schultz



TRIP DOCUMENTS & MORE

Travel Documents

During this trip, we cross the Canada/US border. We recommend bringing a passport for proof of citizenship. **Though a birth certificate is accepted as proof of citizenship for US citizens when entering Canada, it is not acceptable documentation for US citizens returning to the United States from Canada.** In order to re-enter the United States by land, US citizens must present a valid US passport, Enhanced Driver's License, NEXUS card or other Western Hemisphere Travel Initiative (WHTI)-compliant document (a passport is required for air travel). US citizens under age 16 may present an original or copy of their birth certificate instead. Passports issued to minors under the age of 16 are set to expire every 5 years. Check your expiration dates carefully! Not having proper ID and proof of citizenship may prevent you from re-entering the United States. For more information about the Western Hemisphere Travel Initiative and acceptable forms of identification for land and sea travel, visit www.cbp.gov/travel/us-citizens/whti-program-background.

Please be aware that you are personally responsible for your own admittance to and exit from Canada. They are strict with some of their policies, such as past DUIs. To ensure you have the most current information on entry eligibility requirements, check the US State Department's website: travel.state.gov.

Please note that non-US citizens may require a visa for entry; visit the above resource for more information.

IMPORTANT: Each time you renew your passport, you are issued a new passport number. Depending on the trip, some of our service providers (like hotels or airlines) may require current passport information for each guest, so if you renew your passport after booking your trip, please make sure to update us with the new information prior to your departure date.

We recommend that you make two photocopies of your airline ticket/e-ticket confirmation and your passport.

Leave one set of copies at home with a friend or relative, and bring one set with you, keeping it separate from the original documents.

Travel Protection Plan

Backroads' travel protection plan, offered through our preferred insurance company, provides coverage for trip cancellation or interruption, trip delay, medical expenses and evacuation/repatriation, lost baggage and more. We know that the unexpected sometimes happens and we strongly recommend protecting your travel investment. If you're interested in purchasing the plan, give us a call at 800-462-2848.

Cancellations & Refunds

If you must cancel your reservation, a fee will be charged. Please review your trip invoice for cancellation policy details. **Exceptions to this policy cannot be made for any reason**, including those of weather or personal emergencies. There is no refund for joining a trip late or leaving early. Private rooms and staterooms, bike rentals and internal air charges are considered part of the trip price and are subject to cancellation fees. You are required to provide a signed *Release of Liability, Assumption of All Risks and Arbitration Agreement* and a completed *Personal Information Form* prior to your trip departure. If you fail to provide a signed release form, you will not be allowed to join the trip and will be subject to Backroads' cancellation policy. For complete details on our cancellation policy, see www.backroads.com.

Transfers

With the exception of Private and Custom Trips, you may transfer from one trip to another without penalty, within the parameters of your trip's transfer policy. When transferring to a different date or trip, if the trip costs more than your original trip, you are responsible for the difference in cost. Please review your trip invoice for additional transfer policy details. After the allowable transfer date, our cancellation policy applies. Cancellation penalties will not be charged if you are able to fill the vacancy with another guest(s).

Itinerary Changes

If unforeseen circumstances require a change in the trip itinerary, Backroads will make every effort to select alternative accommodations of the same quality and to keep the activity modifications minimal.

Electronics & Other Valuables

It is best to leave valuables at home. If you must bring valuables on the trip, please understand that they are 100 percent your responsibility, regardless of what anyone (including leaders) might tell you. Cash, jewelry and passports are especially important to keep in your possession. It's not safe to leave valuables in Backroads vans; while not common, break-ins do happen. You may choose to lock them in your room's safe, if one is available to you. If you're concerned about forgetting items in the safe (easy to do!), a good trick is to leave something on top of it that you can't forget, such as a single shoe.

On Biking and Multi-Adventure Trips, if detachable bike bags are available to you, you can store your valuables in the bag and take it with you when you're not biking. **Please note that our bike bags are water-resistant but not waterproof.** Be sure to protect your valuables from the elements accordingly.

Although we will transport your valuables during your trip as a convenience, **we do not assume responsibility for any damage or loss.** This policy applies to personal electronics as well as other items, such as luggage, jewelry, and fragile and delicate accessories, whether purchased on the trip or otherwise.

After your trip ends, if you realize that you've accidentally left an item behind in Backroads' possession, we'll do our best to honor return requests. However, we're not able to guarantee returns based on leader availability, limitations to find and send items (our leaders are on the go!) and possible shipping issues. If you've left an item at a hotel, please contact that hotel directly to make arrangements.

On-Your-Own Activities

During the trip, there may be time for you to enjoy some of the region's favorite physical activities on your own. These activities may be a highlight for those who choose to do them, but due to liability and because they're not to everyone's liking, these activities are not included in the price of the trip. Backroads does not run these activities and is not responsible for their operation, and makes no representation concerning that entity's liability insurance or the existence of any such insurance. Participation is at your own risk.



GETTING ACTIVE FOR YOUR TRIP

NAVIGATION OPTIONS ON THIS TRIP

GPS devices come pre-loaded with all the **biking** route options for this trip. Turn-by-turn paper directions are included (or downloadable GPS files are available for use on your own device) for the **walking** routes.

Activity Level

The routes on this trip are rated Levels 1-4.

ACTIVITY LEVEL	Avg. Time in hours	BIKING		WALKING	
		Avg. Miles	Max Elev. Gain in feet	Avg. Miles	Max Elev. Gain in feet
1	2-3 hrs	8-22	1000'	2-5	800'
2	2-4 hrs	18-32	2200'	4-7	1300'
3	3-5 hrs	26-42	3400'	5-9	2000'
4	4-6 hrs	36-54	4400'	6-11	3000'
5	5-7+ hrs	48-70+	4400'+	7-13+	4000'+

Review the "Activity Level" section on the web for more details on daily route options.

Terrain

On this trip we hike on well-groomed trails and bike on mostly smooth roads. Occasionally we ride on sections of road that have a narrow shoulder or fast-moving traffic. The hilly terrain, combined with the effects of altitude and long days of activity, can make this trip more strenuous.

Remember, take your time and go at your own pace—you're on vacation! Your Backroads Trip Leaders are there to provide the support you need when you're ready for a snack, a cool drink, or a lift back if you're done for the day. Most days you'll have a choice of mileage options, so you can decide how active you want to be—it's always up to you.

Conditioning Tips

Every Backroads trip is designed to appeal to a wide variety of interests and fitness levels. We know your pace may vary from one day to the next—and your traveling companions' may differ somewhat from yours. So we present a range of mileage options, and each day you decide exactly what and how much you want to do.

Before your trip, we suggest biking and hiking regularly and hitting a few hills whenever you can. Review the route options in the daily itinerary for the range of mileages offered on this trip. But mostly, just show up and have fun!

Cadence & Gearing

The steady rate at which you pedal is called “cadence.” Ideally you should try to maintain a constant high cadence in any gear. This technique not only lets you bike for longer periods without tiring, but also puts less strain on your knees. Shifting to lower gears when riding up hills will help you maintain the same cadence you established on more level terrain and get you up the hills without overextending yourself. Using lower gears also helps you to be more efficient when riding against the wind.

Pacing & Endurance

It's important to pace yourself throughout the day, so you have the stamina to ride or walk as far and as long as you'd like. Keep your energy level constant by eating high-energy snacks (your leaders will have plenty on hand). Drink fluids often—before you are thirsty—to avoid dehydration.

Some people find that a water-pack hydration system, worn like a backpack and equipped with a plastic tube for drinking, is a good accessory on long outings or in hot climates, since it enables you to carry more water and drink regularly without having to stop.

Resources

One book we recommend is *The Bicycling Big Book of Cycling for Beginners* by Tori Bortman. It offers valuable advice for new cyclists, from choosing the proper clothing to basic riding and etiquette skills.

Visit *Bicycling* magazine's website at www.bicycling.com to browse for tips on how to improve your technique—as well as advice on nutrition, gear and safety, and basic bike maintenance.

The American Hiking Society website is packed with all sorts of useful information related to walking and hiking. Visit americanhiking.org.

Your local outdoor store can be an excellent resource too; ask to speak with an experienced employee.

Staying Comfortable: FAQs

Q: How do I prevent soreness while bicycling?

A: Think padding! Padded shorts make sitting on the bicycle seat a lot more comfortable, and padded bicycling gloves help prevent blisters and hand numbness.

Q: Should I buy a pair of biking shoes for my trip?

A: Rigid shoes maximize the power of your pedaling stroke, but there's really no need to purchase a pair of biking shoes just for this trip. Any athletic shoes—provided they have stiff soles—will be sufficient.

Q: Do I need to bring hiking boots for my trip?

A: Varying weather conditions and terrain can make any trail challenging, whether you're hiking up a mountain or walking through a valley. We recommend hiking boots or sturdy hiking shoes (sometimes called "light hikers") with robust tread, ample ankle support and waterproofing. Your average running shoes often have inadequate tread and stability for terrain like gravel and mud—though even these may be suitable if you know that's what works for you. Most importantly, your shoes should be comfortable and well broken in before your trip starts.

Q: It's not really going to rain during the trip, is it?

A: Well, it just might! Rain is possible no matter where you travel. Your best bet for staying comfortable during a

shower is to wear quality rain gear that is both waterproof and breathable.

Q: Does wearing layers really make a difference?

A: Yes! The trick for staying comfortable in fluctuating temperatures is to wear three basic non-cotton layers of lightweight clothing: innerwear (to wick moisture away from your skin), insulating garments (for warmth) and outerwear (to protect against wind or rain). The different layers let you add or remove clothing in response to changes in the weather or your internal temperature.



BIKING SAFETY & GEAR

Rules of Biking Safety

Good judgment and alertness are the most important factors for safe bicycling. Follow these rules at all times to ensure your safety and the safety of those around you.

- **Wear a helmet. Bicycling without a helmet is extremely dangerous. Backroads requires that all guests wear helmets while biking.**
- Ride predictably, defensively and in a straight line.
- When biking with others, ride single file and maintain several bike lengths between cyclists. Allow more distance when riding downhill.
- Do not use headphones while biking; you might not hear traffic coming up behind you.
- Be as courteous to motorists as you would like them to be to you, and get completely off the road when you stop.
- Keep your speed under control on downhills. Use both brakes simultaneously, but be aware that the front brake is more powerful than the rear. Gently pump your brakes on long descents for maximum effectiveness. Check brakes frequently to make sure nothing is loose or dangling.
- Wet slippery roads require extra caution and greater stopping distance—especially on downhills. Wet brakes must be dried by pumping before they have an effect, so start braking early in damp weather.
- When riding on sand or gravel, downshift into low gear so you can spin your pedals faster while still going slowly.
- Obey all traffic regulations. Stop at all stop signs and red lights, yield the right-of-way and use hand signals when turning, slowing down or stopping. Ride on the right side of the road (except in countries where traffic moves on the left), at a safe distance from traffic.

- Do not ride too close to the bike in front of you; keeping several bike lengths between you and the bike ahead gives you more time to brake or go around obstacles.
- Be cautious around road obstacles. It is safest to dismount and walk your bike across railroad tracks and cattle guards. If you decide to bike across them, do so at right angles. Avoid potholes, metal grates, glass, rocks and thorns. Ride at a safe distance from parked cars and watch for vehicles pulling out and/or doors opening in your path.
- You must yield the right-of-way to pedestrians. Do not ride on sidewalks.
- When making a left turn (or a right turn in countries where traffic moves on the left), it is safest to pull off the road, dismount, look both ways for traffic and then walk your bike across the road. Never follow other riders when turning without confirming for yourself that it is safe to do so.
- Listen carefully for approaching motorists. (Look over your shoulder only if you can do so without swerving.)
- We do not bike after dark on Backroads trips. If you decide to do so on your own, you must bring your own bike equipped with a white light on the front, a red light on the rear and reflectors on the spokes and pedals.
- If a dog chases you and you are not able to ride away quickly, stop your bike and walk out of the dog's territory, keeping the bike between you and the animal.
- Wear appropriate clothing for bicycling. Brightly colored clothes make you more visible to motorists. Double-tie shoelaces and tuck them inside your shoes.
- You should wear corrective lenses while bicycling if you use them while driving.

Bringing Your Own Gear

Backroads provides everything you'll need to participate in the activities on this trip. If you'd prefer to have your own pedals (and you're comfortable riding with them), helmet or seat, feel free to bring these along. Your own gear can help to make your time on the bike as comfortable as possible, especially if you're someone who likes to log a lot of miles. Your Backroads leaders will be happy to put on your pedals and seat for you at the beginning of the trip.



WHERE TO STAY BEFORE & AFTER YOUR TRIP

For help arranging hotel accommodations for before and after your Backroads trip, or an extension to your trip, please work with your own travel advisor, or you may work with our preferred travel agency. Their professional expert travel advisors are ready to assist you with any of your travel needs. Please note that they are an independent travel agency and consulting and ticketing fees may apply, based on the services requested. Simply ask your Backroads Trip Consultant to connect you! You can also book directly with the hotel, or through a travel website.

Please note that Backroads does not block rooms and does not offer special rates for pre- and post-trip stays. If you plan on extending your stay at our first night's hotel before the trip starts or our last night's hotel when the trip ends, let the hotel reservations agent know that you're traveling with Backroads—you may be able to avoid changing rooms. **We recommend booking your rooms as early as possible, especially during peak travel season!**

HOTEL ROOM RATES
IN US DOLLARS PER NIGHT

- \$501 and up..... ◆◆◆◆◆
- \$300 to \$500..... ◆◆◆◆
- \$201 to \$300..... ◆◆◆
- Up to \$200..... ◆◆

The following is a selection of recommended properties that span a range of prices, amenities and locations. Refer to the Hotel Room Rates guide for the starting double-occupancy rates, which were accurate at time of printing. Note that rates are subject to change and some hotels may require a minimum stay.

Grouse Mountain Lodge in Whitefish is our meeting location on Day 1 and a drop-off location on Day 6. **Good Medicine Lodge, Best Western Rocky Mountain Lodge** and **The Firebrand** in Whitefish are other drop-off locations on Day 6. See the following for more information on these hotels.

Whitefish, Montana

Hotel map: bit.ly/WhitefishHotels

Lodge at Whitefish Lake

This luxury hotel with a waterfront pool and spa is host to Whitefish's summer glitterati. For longer stays or larger groups, consider the lodge's two- and three-bedroom lakefront condominiums. (pool, spa) | 1380 Wisconsin Avenue | www.lodgeatwhitefishlake.com | 877-887-4026 or 406-863-4000 | 120 rooms & condominiums | Rates: ◆ ◆ ◆ ◆

The Firebrand

Built in 2016 and situated in the heart of Whitefish, this comfortable boutique hotel's amenities include a rooftop hot tub! Shops, art galleries and custom jewelers are just steps away. (spa) | 650 East Third Street | www.firebrandhotel.com | 844-863-1900 or 406-863-1900 | 85 rooms & suites | Rates: ◆ ◆ ◆

Good Medicine Lodge

This stunning bed-and-breakfast enjoys a prime location to access all the attractions at Glacier National Park and Flathead National Forest. | 537 Wisconsin Avenue | www.goodmedicinelodge.com | 800-860-5488 or 406-862-5488 | 14 rooms | Rates: ◆ ◆ ◆

Grouse Mountain Lodge

Overlooking the Whitefish Lake Golf Club, this expansive lodge offers an indoor swimming pool, two hot tubs and an activities desk to arrange your next adventure. (pool) | 2 Fairway Drive | www.grousemountainlodge.com | 877-862-1505 or 406-862-3000 | 145 rooms & suites | Rates: ◆ ◆ ◆

Best Western Rocky Mountain Lodge

This lodge features comfortable rooms with mountain views, a complimentary continental breakfast and airport shuttle service. (pool) | 6510 Highway 93 South | www.bestwestern.com | 800-780-7234 or 406-862-2569 | 79 rooms & suites | Rates: ♦ ♦

The Pine Lodge

Newly renovated, family-friendly riverside hotel located just south of downtown Whitefish. (pool) | 5920 Spokane Avenue | www.thepinelodge.com | 877-600-4241 or 406-862-7600 | 76 rooms | Rates: ♦ ♦

Whitefish Mountain Resort, Montana

The following properties are located on Big Mountain at Whitefish Mountain Resort, 20 minutes from downtown Whitefish. There is no complimentary shuttle service from the properties, although taxi service is available.

Kandahar Lodge

This three-story European-style alpine lodge features an inviting stone fireplace, period antiques mixed with Scandinavian furnishings and beautiful panels of etched glass reflecting natural scenes by Whitefish artist Myni Ferguson. | 3824 Big Mountain Road | www.kandaharlodge.com | 406-862-6098 | 50 rooms, lofts, studios & suites | Rates: ♦ ♦ ♦

Ptarmigan Village

These one- to three-bedroom condos in the woods give you plenty of room to spread out. Each comes with a fully equipped kitchen, separate bedrooms and spacious living room with a fireplace or wood stove. Some rentals have a minimum night stay. (pool) | 3000 Big Mountain Road | www.ptarmiganvillage.com | 800-552-3952 or 406-862-3594 | 103 units | Rates: ♦ ♦

SUGGESTED PACKING LIST

LUGGAGE REMINDERS

Please limit your luggage to one medium-sized suitcase (we recommend 25"-28", preferably not hard case) and one small carry-on bag. Be sure to mark your luggage with your contact information.

Essential

Travel Items

- international travel documents (i.e. passport, visa, etc.)
- photocopy of front page of passport (kept in a separate place from passport)
- wallet (credit cards, bank cards, ID)
- cash for incidentals & leader gratuities
- airline tickets/e-ticket confirmation details
- sealable, quart-size plastic bags for stowing small liquid containers, swimsuit, etc.
- toiletries (including sunscreen & lip ointment)
- medications & copies of prescriptions
- list of important addresses & contact numbers
- insect repellent

Active Clothing & Gear

Some of these items, such as biking shoes and pedals, are suggested only if you're accustomed to and feel safe riding with them.

- stiff-soled sneakers or biking shoes (& pedals)
- light hikers or boots
- biking & hiking socks
- biking shorts (preferably with padding/chamois)
- walking/hiking shorts and/or lightweight pants
- short-sleeved biking jerseys
- non-cotton base layers of varying weights
- short-fingered biking gloves

- lightweight biking/hiking jacket or vest
- hat with brim, bandana or sweatband
- daypack/waistpack (for water, camera, snacks)
- sunglasses (with retention strap)
- sport sandals and/or flip-flops
- swimsuit
- waterproof (breathable) rain jacket & pants

Non-Active Clothing

- clothing & shoes for downtime & restaurants
- lightweight jacket (like fleece) or warm sweater
- warm hat

Backroads provides water bottles & hiking poles.

Optional

- camera & charger (**remember to enter our Guest Photo Contest!**)
- cell phone & charger (consider a battery pack for on-the-go charging)
- helmet and/or saddle (if you prefer your own)
- bike mirror and/or flashing daytime bike lights
- clear glasses/replaceable lenses for rainy days
- CamelBak or similar hydration backpack
- guidebook and/or field guides
- notebook/travel journal & pens
- reading material
- earplugs