Canadian Rockies by Train: Banff, Lake Louise & Vancouver

Pre-departure information for your tour

GO AHEAD TOURS

About the Rocky Mountaineer

- Travelers will enjoy a two-day ride aboard the Rocky Mountaineer train from Banff to Vancouver. SilverLeaf service is included as part of your tour package, but you can choose to upgrade to GoldLeaf service for an additional cost. This upgrade must be purchased at least 90 days prior to departure.
- Here are some of the benefits and reasons we recommend travelers upgrade to GoldLeaf service:
  - GoldLeaf cars are bi-level and more elevated than SilverLeaf cars, which allows for more unobstructed views. Additionally, they have larger overhead windows and GoldLeaf passengers enjoy exclusive access to an outdoor viewing platform.
- Passengers in GoldLeaf cars enjoy more menu options and elevated cuisine during each meal. These meals are served in a special dining cart below the main seating area, which features four-person tables where travelers will enjoy their meal with other passengers as they continue to admire the scenery. In SilverLeaf cars, meals are served in your seat.
- GoldLeaf cars have comfortable, leather seats with more legroom, temperature control features, and seat adjustment settings.

Passport, visa & entry requirements

- Canadian citizens need valid government-issued identification for air travel within Canada.
- In order to enter Canada, U.S. citizens need a valid passport with an expiration date extending at least six months beyond the date of reentry.If you are not a U.S. or Canadian citizen, you must contact your destination country's consulate for your specific entry requirements.
- You can see the most up-to-date entry requirements for the destination(s) you'll visit on tour by going to goaheadtours.com/entry-requirements and searching the code CNR.

Tour pacing & mobility

- You will walk for at least 1.5 hour daily across moderately uneven terrain, including paved roads and ice, with some steep inclines. Some activities will take place at high altitudes.
- Travelers should be healthy enough to participate in all included walks without assistance. Adding optional excursions may increase the total amount of walking on your tour.
- You should feel comfortable managing your own baggage at times as well as getting in and out of trains.
- Go Ahead Tours and the Tour Director who accompanies your group are unable to provide special, individual mobility assistance to travelers on tour. The responsibility of the Tour Director is to ensure the group as a whole enjoys a relaxing and informative journey, and he or she cannot be relied upon to provide ongoing, individualized assistance to any one traveler.
- If you have any mobility concerns or physical restrictions, please contact our Customer Experience Team.

Transportation & arrival information

- Round-trip flights booked through Go Ahead arrive in Calgary, Alberta and depart from Vancouver, British Columbia.A representative from Go Ahead Tours will meet you at the airport and take you to your hotel. Please remain in the arrival lounge, as the representative might be escorting one of your fellow travelers to the bus at the time of your arrival.
- Transfers to and from the airport at your destination are included for travelers who have purchased their flights through Go Ahead Tours. Travelers who purchase their own flights may request airport transfers with Go Ahead Tours for an additional cost.
- A ride on the Rocky Mountaineer train from Banff to Vancouver via Kamloops is included in the price of your tour.
- All other included transportation on this tour is by private motor coach.

Baggage allowance

- Please note that our travelers are limited to one checked bag and one carry-on bag per person due to storage limitations on motor coaches and other transfers, which may include train connections or flights.
- Contact your airline(s) for baggage size and weight restrictions for your flights, which may include on-tour flights in addition to your round-trip flights to and from tour. Please note that your included on-tour flights may have more restrictive baggage limits.
- Some airlines may impose additional charges if you choose to check any baggage or exceed baggage size and weight restrictions. Be advised that you are responsible for any baggage fees incurred on all flights.
- Make sure you label your baggage and keep valuables, medication, and documents in your carry-on bag.

Clothing & packing tips

- We recommend packing lightweight, loose-fitting clothing that can be easily layered to accommodate varying temperatures, as well as a light jacket or rainwear.
- A sturdy pair of walking shoes or sneakers is recommended for sightseeing.
- You may want to pack dressier attire if you plan to visit a high-end restaurant or attend a special performance.

Health

- At least 60 days prior to departure, check with your doctor or healthcare provider for the latest updates and entry requirements, or visit the Center for Disease Control and Prevention website at cdc.gov.
- Please be aware that you will be traveling to altitudes as high as 6,000 feet above sea level. These high altitudes can sometimes cause breathing difficulties for travelers who have heart problems or respiratory ailments. If you suffer from any of these conditions, please speak to your doctor regarding any potential health risks.
- During the summer months, take proper care with sun exposure and heat.
- If you have medication that you take daily, be

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sure you have enough for each day of the tour as well as any possible delays encountered.
- If you have dietary restrictions and/or food allergies please notify Go Ahead Tours at least 30 days prior to departure by logging in to your account and updating your traveler info. To update this information closer to your departure date, please call our Customer Experience Team.
- You can see the most up-to-date entry requirements for the destination(s) you'll visit on tour by going to goaheadtours.com/entry-requirements and searching the code CNR.

Cuisine

- Canadian cuisine closely resembles British cuisine, with elements that will be very familiar to Americans as well. While in Canada, you may want to try local favorites like butter tarts, poutine, and anything with maple syrup.

Electricity & air conditioning

- All of North America operates on 110-120 volts and uses Type A or B plugs with two flat pins or two flat pins and one round pin, respectively.
- The majority of the hotels on this tour will have air conditioning.
- Your hotels may provide hairdryers, irons, and other small appliances. However, these amenities cannot be guaranteed.

Connectivity

- Wi-Fi is available in most hotels, though some charges may apply.
- There is no Wi-Fi on any of the motor coaches.
- Please contact your mobile service provider for information on roaming charges.

Time zones

- Alberta is on Mountain Time (MT), which is two hours behind Eastern Time (ET). British Columbia is on Pacific Standard Time (PT), which is three hours behind ET.
- When it's noon in New York City, it's 10am in Alberta and 9am in British Columbia.

Currency

- You will use the Canadian dollar on this tour.
- We strongly advise that you take debit/bank cards and credit cards, which can be used to withdraw cash at local banks as needed.
- You can use most debit/credit cards at ATMs on the international networks Cirrus and Plus, but make sure to check with your home bank about withdrawal fees.
- Inform your bank and credit card company of your travel plans so that they won't confuse your purchases for fraudulent charges.
- Many banks and businesses now primarily accept debit and credit cards that work with the EMV chip system. If you do not already have at least one debit or credit card with a chip in it, we strongly recommend requesting one from your bank prior to your tour.

Tipping

- At the conclusion of your tour, it's customary to offer your Tour Director and driver a gratuity in local currency. Please keep current exchange rates in mind.
- We recommend tipping the equivalent of $8USD to $10USD per person per day for your Tour Director and the equivalent of $3USD per person per day for your driver.
- If applicable, we also recommend the equivalent of $2USD per local guide.
- Tips can only be paid in cash.

Purchasing excursions on tour

- Most optional excursions will be available for purchase while you are on your tour.
- Your Tour Director will only accept cash (in USD only), Visa, or MasterCard as payment for optional excursions.
- Please be advised that if you pay for an excursion by credit card while on tour, it may take up to three months for your card to be charged.
- Some optional excursions may only be purchased in advance. See page four of your tour itinerary for more information.