

Canadian Rockies by Train: Banff, Lake Louise & Vancouver

Pre-departure information for your tour



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.

Arrival & Departure Information

- Round-trip flights booked through Go Ahead arrive in Calgary, Alberta and depart from Vancouver, British Columbia.
- 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 if they are arriving or departing on the standard day.
- When you arrive in Calgary, a Go Ahead representative will be waiting for you in the arrivals hall with a Go Ahead sign or a sign with your name(s). If you don't see a representative immediately, please be patient and stay in the arrivals area. They may be assisting another traveler who has also just arrived and will be back shortly.

Transportation on Tour

- This tour includes various modes of transportation, including trains and motor coaches. Some modes of transportation will have raised platforms or steps and often not provide access to ramps or lifts.
- 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 & Expectations

- 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 trains.
- A checked bag may not be included in your airline ticket.
- Some airlines may impose additional charges if you choose to check baggage or exceed baggage size and weight restrictions. Be advised that you are responsible for any baggage fees incurred on all flights.
- Contact your airline(s) for baggage size and weight restrictions for your flights.
- Make sure you label your baggage and keep valuables, medication, and documents in your carry-on bag.
- Travelers must manage their own luggage throughout tour as porters are not guaranteed. This includes at hotels and airports.

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.
- We recommend packing a reusable water bottle to cut down on single use plastic waste.
- We recommend packing your Insurance Card (from your primary insurance provider) in your carry on luggage.

Meals & Cuisine

- This tour includes three lunches and three dinners. Included meals may be plated set menus, buffet or family style depending on the location. Dinners include one glass of beer, wine, or soft drink and water, coffee and tea.
- Breakfast each morning is also included at

the hotel and is typically buffet style with hot and cold options.

- 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.

Tipping

- At the conclusion of your tour, it is 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 \$10-\$12USD 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.
- The cost of portage is included in your tour price, and it is not necessary to tip baggage handlers.

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.
- International banks and businesses 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.
- Plan ahead and bring cash to tip your tour director, local guides, and bus drivers.

Responsible Travel

- When you travel with EF Go Ahead Tours, you'll make a positive impact on the places you visit, and the people and animals you meet along the way. That's because our three core Responsible Travel

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commitments—protecting the environment, supporting local communities, and promoting animal welfare—are at the heart of every tour we offer.

- Travel, when done responsibly, can make an enormous socio-economic impact to communities. To maximize your impact, eat at locally owned restaurants and shop at local businesses. Ask your Tour Director to point out restaurants they recommend.
- Prepare for your trip: be aware of the monetary norms such as tipping and negotiating in a market, learn about the destination's forms of etiquette, and take some time to learn a few words in the local language.
- When interacting with locals, make sure to ask people for permission before you take their picture, and approach cultural differences with empathy and an open mind.
- EF Go Ahead Tours encourages our travelers to limit their waste while on the road, especially single use plastics. You can avoid single use plastics by packing your own toiletries, using electronic documents, and bringing a reusable water bottle and shopping bag. If you need to use plastics or paper, please recycle.
- Environment: On this tour, we recommend the use of a reusable water bottle, as the local drinking water is safe for travelers. Your Tour Director can provide additional guidance on local water standards. Make sure to bring a reusable water bottle to cut down on single use plastics. Environment: When visiting national parks, reserves, or other protected areas, please do not remove anything from the natural environment or leave any litter. Carry out what you carried in.
- Animal Welfare: Take the philosophies of World Animal Protection to heart during included tour activities and your free time. Do not touch, do not feed, and maintain a respectful distance from wild animals. Wild animals encountered on tour should be able to exhibit natural forms of behavior. If you feel we are not meeting these commitments, please share your feedback with us.
- Animal Welfare: Avoid buying any exploitative wildlife products such as tortoise shell or shark fin soup.