



# Trip Notes

## WALKING THE APPALACHIAN TRAIL

Trip Code: TAN  
 Country: USA  
 Amended: Sept 2013  
 Edition No: ARO 1 2014  
 Valid from: 01 Jan 2014 - 31 Dec 2014

ADULT GROUP

CHALLENGING



NEW

### HIGHLIGHTS

- Franconia Ridge - one of the best hikes in New England
- Ride the Cannon Mountain Aerial Tramway
- Pristine forest and lakes in the wilderness of Maine
- Acadia National Park, where towering mountains meet rolling ocean waves
- Picturesque harbour villages of Mount Desert Island

### SUMMARY

The Appalachian Trail is the longest and most popular trail in America, and with good reason! Leaving civilisation behind, the trail passes through pristine forest, hidden waterfalls and tranquil lakes under the protective shadow of rugged mountain ranges. In Autumn the land is blanketed by warm crimson and orange forest, under the cover of which elusive American Black bear, elk and moose roam freely.

This historic trail extends from Georgia, passing through 14 of the states of North America before reaching its northern terminus in Maine. It was a widowed forester, Benton MacKaye who conceived of the route in 1921. His vision was to provide an educational 'escape' for city dwellers to learn about rural life and wilderness areas. The idea was well received, and by 1923 the first section of the trail from Bear Mountain to Arden, New York was opened, and by 1937 the route was completed.

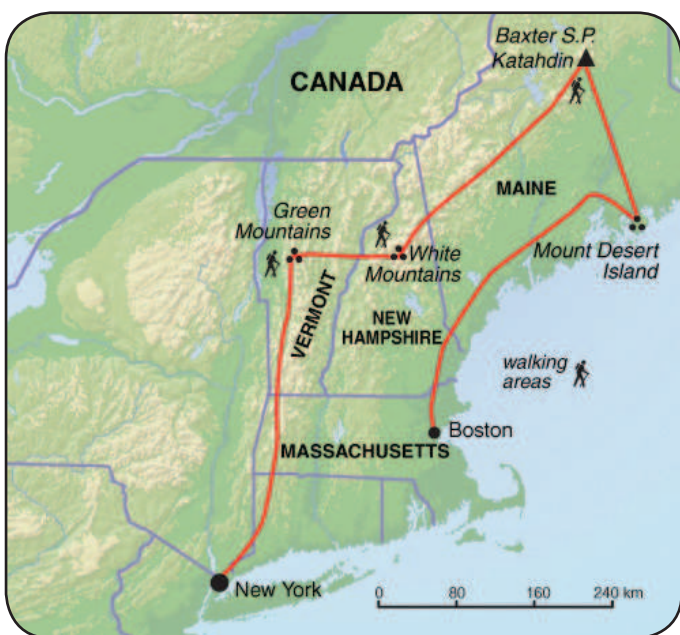
This tour has been carefully designed to include the best highlights along the trail, and with our two excellent wilderness guides we will encounter a variety of terrain and environments during the course of the holiday.

We begin by driving through the Catskill Mountains into Massachusetts, where the Berkshire Mountains and the famous Appalachian Trail await. We continue north into the foothills of the Green Mountains to relax around an evening campfire or within the comfort of our lodge. The Green Mountains are perfect for shorter walks in wooded valleys. If you prefer a challenge, try the the Franconia Ridge Trail or Vermont's famed Long Trail.

Hike above the timberline for impressive views of the White Mountains, the 'backbone' of the northern Appalachians. Home to Mt Katahdin, Baxter State Park is the northern terminus of the 2,200 mile-long (approx. 3,500km) Appalachian Trail. Explore the forest, lakes and streams of northern Maine amidst the largest and best preserved wilderness in eastern USA.

Mount Desert Island is home to the splendour of Acadia National Park, where towering mountains meet rugged islands and rolling ocean waves, and evergreen forest is punctuated by picturesque harbour villages dotted along the coast. For those who are game, a steep scramble along the Acadia Mountain Trail brings spectacular reward.

Top off this unique adventure in Boston, where the United States' road to independence began. A night out on the town will help you re-adjust to civilisation; be sure to sample some of New England's famous seafood.



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## IS THIS TRIP FOR YOU?

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This tour is operated in partnership with our sister company Grand American Adventures (GAA), as such the group may be a mixture of Exodus and Grand American Adventure clients. This trip is booked through Exodus and you will receive the same award winning customer service that you are used to. GAA operate with the same core principles used by Exodus and champion the benefits of small group travel.

This walking tour is designed for active adults and offers a well-paced mix of walks, all of which are day walks and are therefore optional. Whilst a number of the walks, such as the Hopper Trail, Lonesome Lake and Ocean Path hikes are suitable for all fitness levels, others require a good level of fitness suitable for those who are used to regular exercise. All walks are at low altitude.



The hikes available on this trip vary in both difficulty and duration, ranging from short (approx. 2 hour) leisurely low gradient strolls on well marked trails, to longer (approx. 6-10 hour) moderate and challenging hikes on steep and/or loose terrain. The Franconia Ridge Hike and the Mount Katahdin/Baxter Peak climb are both considered challenging, and involve steep ascents and descents with some scrambling over rocks and boulders.

Our leaders enjoy spending as much time as possible on the trail with their groups. As interests and capabilities vary, our leaders will typically guide day hikes according to group's needs and the difficulty of particular hikes. With two tour leaders on this trip, they will either guide separate hikes chosen by the majority, or offer additional activities and support. However, it will not always be possible for every hiker to be accompanied by a guide when groups divide up to explore different trails. Many of the day hikes allow walkers to do their own thing so it is essential for participants to have a reasonable knowledge of the outdoors and show a degree of common sense. Should you wish to try one of the alternative trails without a guide you will be suitably briefed in advance of what to expect and given a meeting point. The leader will also advise those who do not wish to participate, of the other options available in the area. Please note, some of the areas are remote and hiking or relaxing will be the only possible entertainment.

In order to get the most out of the holiday and have the best experience, those on participatory camping departures will be expected to get involved with camp chores including cooking, cleaning, pitching tents and tidying up.

There are a couple of longer drives on this trip (4-6 hours), although the scenery en route is stunning and there will be plenty of stops for refreshments, stretching your legs and taking photo's.

Although each tour follows an itinerary, there is a certain amount of flexibility and from time to time your tour leader may suggest changes. This may be due to road conditions, weather or a visit to a special attraction or event that happens to be in progress. Flexibility is key and often a side diversion will be a highlight of the tour. Hikes and optional activities cannot be guaranteed and may vary depending on ability, group interest, local weather conditions and time of year.

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## LAND ONLY ITINERARY

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The entries in bold at the end of each day indicate the meals included on camping departures only (B=Breakfast, L=Lunch, D=Dinner). Meals are not included on lodge departures, except for in the White Mountains where a four course dinner is included.

### **Day 1 (Day 2 Ex London) New York to Green Mountains National Forest.**

The rest of the group (those who were not on the group flights) will join the group at the New York hotel at 07.30 hrs this morning. After leaving New York- Newark area, we begin our journey (approx. 4 hrs drive) passing through the Catskill Mountains into the state of Massachusetts where Mount Greylock, the highest point in the Berkshire Mountains, and the famous Appalachian Trail awaits. Take in incredible views as we stroll along the wooded paths of the Berkshires that once inspired the famous American authors, Melville and Hawthorne. Today we walk the Hopper Trail, following the blue blazes to the summit of Mt. Greylock (3941 ft). We pass through old growth forest with a variety of trees that are over 150 years old, including Red spruce conifers. This is a point to point walk where you are met at the other end and driven into the foothills of the Green Mountains where you can relax around the evening campfire, topping off an exciting first day.

Mount Greylock: moderate to challenging, 2.7km/1.7miles, 1-3hrs, elevation gain ~150m, max. elevation 3941ft. **(D)**

### **Day 2 (Day 3 Ex London) Green Mountains National Forest.**

'The Greens', as local hikers sometime refer to this small mountain range, are a perfect warm up for the hikes that lay ahead. Today you can choose from various short walks in the wooded valleys however, the guide will take you on a round trip along 'The Long Trail/Appalachian Trail' to Harmon Hill Summit. We follow a wilderness path that runs around and through the ridge of Mount Glastonbury of the Green Mountains near Bennington. Rated as a moderate hike, we begin with a steep ascent up a series of stone steps. After half a mile, the trail levels out and continues through a combination of thick hardwood forest and open meadows. At its 2,325 foot summit, we find views of the Bennington Monument, the Taconic Range, and Mount Anthony. In May wild flowers will be out in bloom, including trout lily (dog-toothed violet), squirrel corn and spring beauties.

Harmon Hill Summit: moderate, 6km/3.7miles, approx. 6hrs, elevation gain ~385m/1265ft. max. elevation ~710m/2325ft. **(B,L,D)**

### **Day 3 (Day 4 Ex London) White Mountains National Forest.**

En route to the camp we stop at the fully functional sugarbush farms to sample (and buy) the fresh cheeses and maple syrup.

You will walk the 'backbone' of the northern Appalachians, the White Mountains of New Hampshire. Many of the trails here are above the timberline offering wonderful views of this impressive range. On arrival we delve straight in to the beauty of this area with a leisurely hike to Lonesome Lake. Most of the trail is tree covered so will be shaded from the sun. The trail leads to the southern end of Lonesome Lake, and if you wish to explore further we can continue on to an Appalachian Mountain hut, and beyond. We will pass through rich, green spruce-fir forest and on a clear day we will be able to see the rugged outline of the Franconia Ridge (to be tackled tomorrow if you like) rising above the trees in the distance.

Lonesome Lake/Appalachian Mountain hut/further extension: leisurely, 2.4/3.2/5.1km (1.5/2/3.2miles), 1-1.5/2/2.5-3hrs, trailhead elevation ~457m/1500ft. **(B,L,D)**

### **Day 4 (Day 5 Ex London) Franconia Ridge Hike.**

Today we have the opportunity to enjoy the Franconia Ridge Hike that starts right at our campsite. Rated as one of the best hikes in New England, we get to scale three peaks (Little Haystack, Mount Lincoln and Mount Lafayette) that are all above the timberline and offer wonderful views. This area is known to hikers all over the world, both for its stunning scenery and constantly changing weather. This is a challenging trek past waterfalls, through forest, and involves some scrambling over rocks.

Franconia Ridge: challenging, 17.7km/11miles, approx. 6.5hrs, elevation gain ~1220m/4000ft, max. elevation ~1603m/5260ft.

If you prefer not to challenge the elements on the Franconia Ridge hike, you can catch the Cannon Mountain Aerial Tramway to the summit, which began operation in 1938 and was the first passenger aerial tramway in North America. From the top there are panoramic views of three states. **(B,L,D)**

#### **Days 5/7 (Days 6/8 Ex London) Baxter State Park.**

We travel from one of the most well-known segments of the Appalachian Trail, to the most pristine. Baxter State Park is home to Mount Katahdin, the finishing point of the 2200 mile long Appalachian Trail. Today is a long drive day with stops along the way, but worth the effort. Wander and enjoy the largest and most remote wilderness in the eastern United States. Here you can truly 'get away from it all' on footpaths that wind through undisturbed forest and along the crystal-clear lakes and streams of northern Maine.

Keep both eyes and ears open for the chance of meeting some of the wildlife that abounds here. This tranquil wilderness is virtually untouched since the days of the first settlers, over three hundred years ago. As we pause to reflect in the solitude of this beautiful place, it is quite impossible to imagine that two-thirds of America's population lives within a day's drive. A float plane flight in the park can be arranged locally as an optional activity.

Over the following couple of days here, there are two options with varying difficulty; the first is Mt. Katahdin/Baxter Peak which is a strenuous hike with considerable elevation gain, taking approximately 10 hours. The terrain is very steep in parts and involves some rock and boulder scrambling. The rewarding views on this trail are some of the finest in New England however, it should only be attempted by those fit enough.

Mt. Katahdin/Baxter Peak: challenging, ~14.9km/9.26miles, approx. 10hrs, elevation gain ~1265m/4150ft, max. elevation ~1605m/5267ft.

The second option is to walk to Daicey and Kidney Pond, a short easy to moderate walk with little to no elevation difference. This is a nature trail with the Appalachian Trail running through a section of it. You can walk in a loop around the pond, making side trips to Big and Little Niagara Falls. If you wish to extend the walk you can also take a side excursion to visit Lost Pond, or head over to explore the Kidney Pond area. Canoes can be rented after a couple of miles, or why not simply sit back and admire the views.

Daicey and Kidney Pond (standard loop around the pond): leisurely, ~3.2km/2miles, approx. 2hrs, little/no elevation gain. **(B,L,D)**

#### **Day 8 (Day 9 Ex London) Mount Desert Island - The Ocean Path.**

We continue our journey by visiting the incredible Acadia National Park on Mount Desert Island. Acadia National Park is simply one of the most beautiful and magical natural places on the North American continent. Blessed with towering mountains, islands and ocean, it creates a unique sensory splendour that has become the crown and glory of Maine. Towns such as Bar Harbour blend with Acadia National Park land creating a unique blend of pristine landscapes. Rocky coastlines, granite mountains, lakes, moss and evergreen trees, rolling waves and abundant wildlife mix with local character and seafood in this magnificent place. Borders of the park are dotted by picturesque harbour villages such as Bar Harbour, Northeast Harbour, Southwest Harbour and many more.

Of course the reason it has built such an incredible reputation is due to the sheer volume of walking trails. Acadia National Park has about 125 miles of hiking trails which are often interconnected and range in difficulty from easy to strenuous. Add to this the famous Carriage Roads, and the day hiker has a wide selection of enjoyable hiking options. In the afternoon we hike an easy / moderate trail but one of the best of its class in this area.

The unsurpassed scenic Ocean Path walking trail meanders in a southerly direction along the eastern shore of Mount Desert Island for approximately 2 miles until it arrives at Otter Cliff and Otter Point. There are spectacular views of ragged cliffs and the granite shoreline

form this trail, and there are numerous points to stop for the perfect picture.

Ocean Path Trail: leisurely, ~3.5km/2miles, approx. 2hrs, little/no elevation gain, max. elevation ~27m/90ft.

For those not wanting to trek today you can try one of the optional excursions this area is so well known for such as sea kayaking, deep sea fishing or shopping. **(B,L,D)**

#### **Day 9 (Day 10 Ex London) Acadia Mountain Trail.**

Today we walk one of Acadia's most beautiful hiking trails, the Acadia Mountain Trail. The walk is moderate/strenuous with a tough scramble up to some spectacular views of the Somes Sound, the ocean, Echo Lake, Gulf of Maine, Cranberry Isles and surrounding mountains.

Acadia Mountain Trail: moderate to challenging, ~3.2km/2.8miles, majority of the day (depending on pace), max. elevation ~210m/690ft. **(B,L,D)**

#### **Day 10 (Day 11 Ex London) Acadia National Park to Boston.**

From Acadia National Park we continue our journey (approx. 6hrs, 460km/287miles) to Boston through some beautiful and changeable scenery. Here we will have short walking tour on part of the the Freedom Trail. Founded in 1630 by Puritan colonists, and capital of the State of Massachusetts, Boston has long been in the forefront of American history and in particular the country's fight for independence. Events like the Boston Massacre and the Boston Tea Party played pivotal roles in that struggle and have become part of



American Folklore. Faneuil Hall has been a government centre and a market place for centuries and even today it makes the hive of activity in the city centre.

For Land Only travellers the tour ends at our hotel in Boston at approximately 17:00 hrs.

For those on the group flights, you will depart this evening for your overnight flight arriving into London the following day. **(B)**

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#### **ACCOMMODATION**

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Both camping and lodge departures are available for this tour; please enquire for details or visit our website to see lodge and camping departure dates.

Start hotel accommodation will be in clean, comfortable three star hotels or lodges with en suite bathroom facilities, chosen for their friendly atmosphere and proximity to the highlights of the region. You will be roomed with a fellow passenger of the same sex on a twin share basis (two people per room) unless you are travelling as a couple. In the event that you cannot be matched with another passenger there will not be a single supplement charge.

#### **Camping Departures:**

Our camping tours use National and State Park campsites and also a wide assortment of private campgrounds. Most will have flush toilets and hot showers. Many campgrounds charge an additional fee of US\$1-3 for showers. You will sleep in high quality, heavy duty, four person tents which single travellers share with one other passenger

of the same sex. Our high quality camping equipment also includes top of the line field kitchens, thick inflatable sleeping pads, food storage and camp lanterns and chairs. Most campsites have a quiet time from 10pm to 7am. Please respect your fellow campers who are there to enjoy the peace and tranquillity of camping.

Tour leaders will organise food shopping, meal preparation and clean up on camping based tours. However, camping departures are participatory, and in order for you to get the most out of the experience you should be prepared to get involved and help out with camp chores. With the assistance of your leader(s) you will be expected to help set up and pack away the tents/kitchen and assist leaders as required. Typically it takes only 15 minutes to set up the tents and camp kitchen.



#### **Lodge Departures:**

A number of departure dates for this tour are offered as lodge departures for those who prefer the comfort of a bed at night. On lodge departures all accommodation will be in clean, comfortable, tourist class hotels/motels based on a twin share basis (two people per room) with en suite bathroom facilities. Rooms will have two beds wherever single travellers are sharing. All bedding and towels are provided. On days 3-4 (4-5 Ex London) in the White Mountains, the lodge is called Highland Lodge at Crawford Notch, all rooms are private twin share however some have shared bathrooms.

#### **Single Accommodation:**

Sole occupancy of a room at the New York hotel may be available on request for a supplement of £45 (approx. US\$80) per night.

On camping departures sole occupancy of a standard quad (4 - person) tent may be available on request for a supplement of £90 (approx. US\$160) for all nights whilst camping.

On lodge departures, sole occupancy of a standard room may be available on request (for the tour duration) and is priced at approximately 1.5 times the land only tour price.

#### **Extra Accommodation:**

Extra nights accommodation may be available pre and post tour in New York and Boston on request, should you wish to extend your stay. Please ask our Sales team for further details, up to date prices, and availability at the time of booking.

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## **FOOD & TRANSPORT**

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### **Food**

On all camping departures, all of the meals are included whilst camping. Your leader will coordinate local shopping and assist the group in preparing healthy, hearty breakfasts, picnic lunches and delicious dinners.

Breakfasts may include fresh fruits and cereal, toast, juice, milk, coffee and tea. Fried bacon or sausage, pancakes or eggs will also be available on more leisurely mornings. Lunches are typically picnic style, and our evening menu can range from grilled meat, fresh fish or chicken dishes, as well as occasional regional specialties or BBQ's. Vegetarian options will be available. If you need to remain on a special diet during your trip, feel free to bring any particular foods, beverages or whatever you need. Be sure to let us know at the time of booking and we will do our best to accommodate you.

On Lodge departures meals are not included (except for in the White Mountains) as you will have the opportunity to order meals and picnic lunches from the lodges. On days 3-4 (4-5 Ex London) whilst in the White Mountains a four course dinner is included, including homemade bread, soup, salad, main, sides and a dessert.

### **Transport**

All of our private vehicles are designed to ensure your safety, comfort and enjoyment of the tour. In North America, our 15-seater Fords feature raised ceilings for more headroom, individual captain seats for added comfort and an open centre aisle floor plan, making it easier when getting in and out for those many photo opportunities. The size of our vehicles allow us to reach more remote destinations not accessible to larger vehicles. All our vehicles are equipped with CD stereo systems (often iPod-compatible), two car charger outlets for electrical devices (mobile phones, music devices and cameras) and air-conditioning to make travelling a pleasure. We take a trailer for our luggage.

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## **WEATHER AND SEASONALITY**

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All departures fall over the summer months, from May to October when we can expect the climate to be relatively mild by North American terms. In Boston and other lowland areas we should typically see highs ranging from 22 to 27°C, with lows of 14 to 19°C from June to September. At the beginning and end of the season, in May and October, temperatures tend to be slightly lower but still comfortable, with respective highs of 19 and 16°C, and lows of 10 and 8°C.

The weather in the mountains is renowned for its unpredictability, and in areas of a higher elevation including the White Mountains it will feel considerably cooler, and even in summer rain and strong wind is a possibility. From June to September we should expect highs of 8 to 12°C and lows of 2 to 6°C are not uncommon. Again at the start and end of the season (May and October) it can get quite chilly, with temperatures little above freezing point (often not exceeding 3 to 5°C), and possibly reaching as low as minus 2 to 4°C so you should be prepared for this.

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## **JOINING THE TRIP IN THE UK**

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### **12 days, normally depart London Thu, return Mon Itinerary Start**

The group flight from London is a daytime flight departing the day before Day 1 of the itinerary.

### **Flights from London**

We normally use the scheduled services of British Airways (depending on availability). As flight timings and schedules change regularly we recommend you call one of our specialist sales staff or your agent to confirm up-to-date timings. Please note timings may change at a later date and cannot be confirmed until approximately two weeks before departure.

### **UK Regional Flights**

The Flight Inclusive price is based on a London departure, but we are happy to tailor this to your local or regional airport. Please visit [www.exodus.co.uk/regionaldepartures](http://www.exodus.co.uk/regionaldepartures) for a useful overview of the options available, and contact our sales team for expert advice.

If booking regional flights other than with Exodus, you must allow a minimum connecting time (in addition to the international check in time) of 1 hour at Gatwick, and 1½ hours at Heathrow; this is longer than the official minimum, but baggage handling is known to be subject to delays.

Airport arrival and departure transfers operate slightly differently on this trip to the majority of Exodus trips. The start/end hotels that we use for this tour provide a complimentary airport pick-up and drop-off shuttle service. Exodus does not therefore, offer group or private transfers on this trip. Please refer to the 'Arrival and Departure Transfers' section below for further details of the shuttle services available.

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## JOINING THE TRIP IN NEW YORK

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**10 days, normally start New York Fri, end Boston Sun**

**If you are travelling on a Land Only basis and are booking your own flights please note that this is not a round tour. The tour starts in New York (Newark area) and ends in Boston.**

For Land Only clients, the tour begins at 07:30hrs on the morning of day 1 of the itinerary and ends at approximately 17:00hrs on day 10 of the itinerary, as such we recommend that you book flights to arrive the day before the tour starts, and to depart the day after the itinerary ends. We may be able to book pre and post tour accommodation in New York and Boston for you at our start/end hotels should you wish - for further details please contact our Sales team. If you are planning to fly on the last day of the itinerary (day 10) please do not book a flight that departs before 21:00hrs as we can not guarantee that you will make it in time to catch your flight.

Details of your start and end hotels will be confirmed within your final joining instructions which you will receive approximately 2 to 3 weeks prior to your departure date. The start hotel normally used on this tour is the Hilton Newark Airport Hotel, and the end hotel is usually the Hampton Inn and Suites, Boston however this may be subject to change.

### Arrival Transfers:

If you have booked pre-tour accommodation at the start hotel in New York (Newark area), or are on the group flights, then we recommend you use the hotel's complimentary airport shuttle pick-up service as follows:

If you are arriving into New York Newark Airport: take the 'Airtrain' to Station P4, then wait for the Hilton Newark Airport Complimentary Shuttle to the start hotel (departs approximately every 15-20 minutes).

If arriving into JFK or LaGuardia Airport; from the Baggage Claim Area of JFK/LaGuardia Airport, catch a 'Super Shuttle' to New York Penn Station which is located in Midtown at 31st and 7th Streets (costs approximately US\$25 including tip). Then take a train from New York Penn Station to the Newark Liberty International Airport (all trains going to Newark Airport are noted as 'EWR' on the board, trains depart approximately every 10-15 minutes, the journey is about 22-25 minutes, train ticket costs approximately US\$12.50). From Newark Airport, take the 'Airtrain' to Station P4, then wait for the Hilton Newark Airport Complimentary Shuttle to the start/joining hotel (departs approximately every 15-20 minutes).

### Departure Transfers:

We recommend you use the Boston hotel's complimentary airport shuttle drop-off service as follows:

You can schedule your drop-off times at the hotel front desk and they will arrange your departure shuttle for you. Alternatively a taxi to Boston Airport should cost approx. US\$20. If you are staying on longer in Boston, the hotel also offers free daily shuttle departures to designated major attractions within Boston - ask hotel staff for details.

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## RESPONSIBLE TOURISM

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Tourism can be a real help to local communities, providing income, positive cultural exchanges and a financial incentive to protect their natural environment. Ours is a 'total approach' to responsible tourism, covering everything from the way we plan and operate our trips to the practices of Exodus as a company.

On this tour we make sure to keep to marked footpaths and trails so as to minimise our impact on the environments. We operate a 'leave no trace' policy whereby nothing is left behind whilst camping - all litter is collected and disposed of properly.

For full details of our Responsible Tourism Policy please visit:

[www.exodus.co.uk/responsible-travel](http://www.exodus.co.uk/responsible-travel)



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## PRACTICAL INFORMATION

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### Passports and Visas

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information below is primarily for UK passport holders, and other nationalities should check with their travel agent or the relevant embassies. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

British, New Zealand, Swiss and most EU passport holders do not need a visa (and enter the country under the Visa Waiver Program), provided they are in possession of an onward air ticket when entering the USA. Visas for the USA are required by some nationalities, including South African, Greek and Portuguese passport holders.

All passengers travelling to and from the U.S. under the Visa Waiver Program (VWP) are required to hold a machine-readable passport (MRP). A MRP has the holder's personal details, e.g. name, date of birth, nationality and their passport number contained in two lines of text at the base of the photo page. This text may be read by machine. The US now charges \$14 for the visa waiver program and must be paid by credit card.

The US authorities have introduced a mandatory requirement for all passengers travelling under the Visa Waiver Programme to register for an Electronic Travel Authority. For additional specifics about the VWP please consult the VWP information on the U.S. Embassy London website. More information and all necessary Internet links can be found at [www.exodus.co.uk/Usvisa](http://www.exodus.co.uk/Usvisa)

Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required.

### Vaccinations and Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

There are no specific health risks on this trip.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information.

### Insurance - are you adequately covered?

You must have adequate travel insurance, and if you are joining a trip which goes to high altitude, you must check that you are covered up to the maximum altitude of the trip. If you are resident in the UK we strongly recommend Exodus travel insurance, which is specifically designed to cover all activities on your trip.

If you are a UK citizen and travelling in Europe you should obtain the European Health Insurance Card (EHIC) from your Post Office. This gives free medical care in many European countries, but should not be considered a substitute for adequate insurance.

## Local Time

GMT -5hrs (please note that during daylight saving the time difference will be GMT -4hrs).

## Electricity

110 V twin pin US style sockets are available in most lodges and most camp sites will have communal power outlets. Alternatively there will be two car charger outlets in the vehicle which you may use if you bring a car charger for your device with you.

## Group, Staff and Support

The group will generally be between 5 and 12 people. There will be 2 local leaders (plus local guides where needed) on this tour. The leaders will either guide separate hikes chosen by the majority, or offer additional activities and support to those who do not wish to participate in the planned walks.

The minimum age of clients on this trip is 18 years.

## Legal Note

Some US suppliers may ask all group members joining this tour to sign a liability waiver at the start of the holiday, essentially a 'Customer's Acknowledgement of Risk'. This document limits the liability of our main supplier and is standard practice in the United States and on all their tours. As a client of Exodus Travels Ltd, your rights under the Package Travel Regulations (1992) are unaffected, and Exodus remains liable for the actions of our sub-contractors. A copy of this document is available from Exodus if required.



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## MONEY MATTERS

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### Currency Information

The national currency of USA is the US Dollar (USD), with an exchange rate of 1.6 to the UK£.

Exchange rates are correct at the time of publication.

You should bring all of your funds in US\$ or arrange for use of your bank card in the US, as outside major towns you will have difficulty changing money. We strongly recommend informing your bank of your trip shortly prior to travel to reduce the chance that they don't block your card whilst you are abroad.

### ATM availability/Credit Card Acceptance/Travellers cheques

ATM/Cash points are widely available in all major cities and small towns throughout the USA, but may be limited in some off the beaten track destinations so we suggest you have US\$150 with you in cash to cover expenses for a few days if necessary. Please ensure that your credit or debit cards have international access and a PIN number to access your funds at the start of the tour. Travellers Cheques are accepted and can be a safe way to take your funds but aren't always the most practical.

### Extra Expenses and Spending Money

On camping departures we recommend you take at least US\$40 dollars per person per day to cover local expenses, but it's better to bring more than you need rather than run short on tour. Your spending

money needs to cover optional activities, personal expenses such as laundry, souvenirs and snacks along the way.

On lodging departures, as a rough estimate, we recommend you allow an additional US\$40 a day on top of this for meals.

### Optional Excursions (approximate costs, depending on group sizes)

There are many opportunities for optional activities during your tour. Your tour guide will organise these on your behalf but you will need to pay in cash. Featured activities and approximate prices are listed below:

Canoeing US\$35-75

Microbrewery visit US\$10

Visit the famous 'Cheers' bar US\$FREE

White Mountains Cog Railway US\$62

### Tipping (leader and local staff)

Although it may not be customary in your country, it is normal and expected in North America to tip waiters, bar staff and taxi drivers or any type of guide. Service workers are paid a low wage and depend upon their tips for their livelihood. A minimum of 15-18% is standard in restaurants. Your tour leader also works long and hard for you, so if the leader's performance meets or exceeds your expectations, whilst tipping is entirely at your own discretion, we recommend you consider a tip of US\$5 per person per day, in appreciation of the service you have received.

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## WHAT TO TAKE

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### Essential Equipment and Clothing

Keep in mind that our dress tends to be informal. Take a practical selection of clothes for both warm and cool climates to suit the season. Clothes that can be worn in layers are ideal. You may encounter a wide variety of temperatures en route due to unforeseen weather conditions - so be prepared! Make sure to pack a warm fleece and a waterproof jacket.

We strongly recommend you bring walking shoes/boots with you. These should be pre worn in, comfortable and with good ankle support to make the walking more enjoyable. If you do not own a pair, sneakers/trainers will suffice but will not provide the ankle support or grip that a walking boot does.

On camping departures you will be required to bring your own sleeping bag as they are NOT provided. Be Prepared! If you are travelling on an early or late season trek, we suggest you bring a mountain climate sleeping bag. The weather can be much cooler with possible rain or snow, so thermal underwear, hat and gloves are also useful. Better to be too warm than too cold! As your tour starts in New York, you can purchase a good quality bag on the first day of your trek if needs be. Summer sleeping bags cost US\$45 and winter sleeping bags cost US\$80. If you wish to purchase a sleeping bag from us, please notify us before joining your trek.

On camping departures you will be provided with a self-inflating mattress.

Walking boots/shoes

Sleeping bag (camping departures only)

Towel & face cloth (camping departures only)

Small flashlight / torch (camping departures only)

Waterproof jacket

Warm sweater / fleece

Hiking shoes / boots

Warm hat / gloves

Small day bag / rucksack

Sun hat / sunglasses

Sunscreen / insect repellent (20% DEET)

Casual 'evening out' clothes

Comfortable day shoes

Toiletries

You will have the opportunity to wash your clothes while on tour. This can often be done at the campsite, hotel or in a nearby town. Ask your tour leader for local information.

### Optional items:

Besides your essential clothing, here's a checklist of other items that we recommend you take:

Sandals or flip-flops

Swim wear  
Camera / binoculars  
Alarm clock/Watch  
Travel power adaptor  
Car charger for devices

Many of our travellers bring mobile phones, music devices and cameras that require frequent battery charging during a tour. On camping tours it is often difficult to find a safe and secure wall outlet to recharge these devices, and therefore we recommend bringing a car charger. Every vehicle has two outlets for your use. Please keep in mind however that twelve people traveling with multiple devices can mean very little charge time per person per day. We recommend bringing extra batteries. For lodging tours car chargers may be used within the vehicle and your hotel room will have an electrical outlet (don't forget your international adaptor!).

Please note the airlines have various rules on what can be taken in your luggage - if in doubt check with your airline before travelling.

### Baggage and Baggage Allowance

At time of writing the standard weight limit for hold baggage on the recommended international carrier for this trip is 20kg. We recommend packing only one piece of checked baggage.

As advice about luggage allowances for both hand and hold luggage is subject to change, we suggest you check [www.baa.com](http://www.baa.com) and/or the airline's website for the latest information prior to your departure.

### JOIN THE EXODUS ONLINE COMMUNITY

Don't forget to visit the Community area on our website. You can view the range of Exodus videos and podcasts, read trip write-ups which have featured in the national media and take advantage of some special deals on travel gear and equipment.

In the Compass Café forum you'll find the Departure Lounge where you can discuss your trip with fellow travellers before you depart. When you get back from your holiday remember to upload your images to the relevant trip page on our website. This helps other people see what our holidays are really like and you'll be entered automatically into our monthly photo competition.

To make full use of the Compass Café you'll need to join My Exodus. It's free, registration is simple and easy, so what are you waiting for?

<http://www.exodus.co.uk/community>

### IMPORTANT INFORMATION FOR ALL CLIENTS

Exodus operates a 24 hour duty office for emergencies, which can be contacted on 0044 (0) 1582 644 100.

Every time that you travel abroad you should take the time to read the warnings in the essential information in the brochure or at [www.exodus.co.uk/about-exodus/essential-information?](http://www.exodus.co.uk/about-exodus/essential-information?)

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary. Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best possible alternative arrangements that maintain the integrity of the original itinerary.

As fuel prices, airport taxes and exchange rates fluctuate, and airlines manage their rates to match demand, it is proving harder than ever to guarantee our Flight Inclusive prices. Although we endeavour to keep our website as accurate as possible, daily fluctuations mean that our Flight Inclusive price may be out of date. For accurate prices we recommend that you contact one of our Travel Experts, or your Travel Agent.

*Prices and exchange rates were correct at the time of publication. The most up-to-date prices can be found on the Exodus website.*

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## HOW TO BOOK YOUR TRIP

### 1. Check availability

Go online to check availability, or contact us by phone or email.

### 2. Secure your place

You can provisionally hold a place on this trip, usually for between three and seven days.

### 3. Complete your booking and payment

When you're ready to book, go to [www.exodus.co.uk](http://www.exodus.co.uk) for online booking, book over the phone or you can complete a booking form (available online or on request by calling us). We accept all major credit and debit cards, or you can pay by cheque.

**Book with confidence:** Exodus is fully licensed and bonded as a tour operator. We hold Air Traffic Organisers Licence (ATOL) number 2582 issued and bonded with the Civil Aviation Authority (CAA). We are also bonded to the International Air Transport Association (IATA) and we are members of the Federation of Tour Operators (FTO) and ABTA - The Travel Association. This means you can book your Exodus holiday with confidence, as all monies paid to us for your trip are fully protected.

