

# THE GREAT NATIONAL PARKS FROM YELLOWSTONE TO THE PACIFIC

The imposing mountain barrier of the Rockies delineates a wild environment, a sublime setting for a grand journey through the Canadian West to Yellowstone. Emerald lakes, ancient glaciers, alpine meadows, primeval forests, and snow-capped peaks await us in the land of grizzlies and elk. Starting from Vancouver, we cross British Columbia towards the province of Alberta. Whistler emerges amidst the Coastal Mountains and Garibaldi Park. Upon reaching the Canadian Rockies, we discover Maligne Lake and Canyon, Mount Edith Cavell, and its Angel Glacier in Jasper National Park. Glaciers and their tongues feed into stunning emerald lakes nestled at the bottom of immense wooded valleys. Then, heading south, we venture to Yoho National Park via the Columbia Icefield Parkway. We hike to Takakkaw Falls before crossing into the United States. On the road, we traverse Banff National Park, where hot springs take the spotlight. On the American side, Glacier National Park unfolds fascinating landscapes of mountains and glaciers. Further south, the terrain becomes more arid, the rocks more colorful. Yellowstone, like a fireworks display of geysers and rainbow-colored hot springs, reminds us of the sheer power of nature.

## Highlights:

- Complete tour of the most beautiful parks in North America
- Wildlife observation (bears, moose, elk)
- Very diverse landscapes

 Region	Ouest
 Activity	Aventure & nature Trekking et Randonnée
 Duration	24 days
 Group	4 to 12 people
 Code	UCAWEST
 Price	From \$7,950
 Level	3/5
 Comfort	2/5
 Language(s)	French

# ITINERARY

## 📍 Day 1 **Arrival in Vancouver and free evening**

Welcome at the airport by our guide and transfer to the Vancouver Hostel in quadruple occupancy. Depending on the flight schedule, free evening/dinner and overnight stay.

*Accommodation: Hotel*

*Transport: Minibus (0h30, 15 km)*

*Note: Breakfast, lunch, and dinner are not included.*

## 📍 Day 2 **Scenic drive "Sea to Sky" to Whistler**

Free visit of Vancouver in the morning, a cosmopolitan city full of charm. Then we head north. We take a cliffside road overlooking the fjord, the famous "Sea to Sky Highway," until we reach Whistler. Check-in at our accommodation for two nights.

*Accommodation: hostel*

*Transport: Minibus (2h, 120 km)*

## 📍 Day 3 **Hiking in Garibaldi Park and return to Whistler**

Whistler is known for its exceptional mountainous environment along the Coastal Range and for having hosted part of the 2010 Winter Olympics and Paralympics. We take advantage of this exceptional natural setting for a full-day hike. We head to Garibaldi Park, a vast provincial park offering beautiful mountain landscapes and pristine wilderness.

Elevation gain: 1000 m / Elevation loss: 1000 m / Hiking duration: 6 h

*Accommodation: hostel*

*Transport: Minibus (1h, 30 km)*

## 📍 Day 4 **Departure from Whistler to Hat Creek Ranch and Wells Gray Park**

We leave behind the imposing mountain landscapes to cross the high plateau of British Columbia. We traverse arid valleys, reminiscent of the Far West, until we reach Hat Creek Ranch, a site retracing the history of gold rush travelers in the 1860s. We head to Wells Gray Park: here, volcanoes and ice have left their mark, shaping the mountains and valleys in an extraordinary way. Check-in at the hotel for two nights.

*Accommodation: Hotel*

*Transport: 6 hours, 450 km*

## 📍 Day 5 **Hiking in Wells Gray Provincial Park, the "waterfall park"**

Nicknamed the "waterfall park," we set off to hike in the wild nature of the Trophy Mountains area. We traverse subalpine meadows to reach the panoramic view of Skyline Ridge: a 12 km round trip passing by Sheila Lake. It's also the perfect season to enjoy the wildflower bloom. Return to the hotel in the late afternoon.

Elevation gain: 500 m / Elevation loss: 500 m / Hiking: 5 hours

*Accommodation: Hotel*

*Note: Dinner is at your own*

## 📍 Day 6 **Drive to Jasper National Park**

A change of scenery as we reach the Canadian Rockies! We discover the south face of Mount Robson, the highest peak in the Canadian Rockies at 3954m above sea level. After a stroll to Overlander Falls and along the Kinney Lake trail, we hit the road and arrive in Jasper, Alberta. Check-in at the hostel.

Elevation gain: 100 m / Elevation loss: 100 m / Walking: 2 hours

Accommodation: Hostel

Transport: Minibus (5 hours, 400 km)

#### 📍 Day 7 **Hiking on the Sulphur Skyline ridge from Miette Hot Springs**

We head to Miette Hot Springs, the starting point of a spectacular hike along the Sulphur Skyline ridge. The steep ascent towards the end of the trail is worth it for the 360° views of the surrounding mountains. After the hike, we relax in one of the three natural hot pools at Miette Hot Springs. A privileged moment in an extraordinary setting. Return to the accommodation.

Elevation gain: 700 m / Elevation loss: 700 m / Hiking: 5 hours

Accommodation: Hostel

Transport: Minibus (1 hour, 60 km)

#### 📍 Day 8 **Exploring the canyon on foot and cruise on Maligne Lake**

In the morning, we depart for Maligne Lake. A stop is planned at the Canyon of the same name. You'll hike for about 2 hours on the Canyon trails, crossing the river several times with 50m waterfalls in places, all while discovering the geological history of the region. You'll then have lunch by the lake. In the afternoon, we head out for a hike on the Mary Shaffer Loop Trail. This hike follows the lake for 1 km and allows for a photo with the famous red chairs. To end the day: a cruise on the lake to admire Spirit Island, a world-famous landscape. Return to the hostel in the late afternoon.

Elevation gain: 50 m / Elevation loss: 50 m

Accommodation: Hostel

Transport: Minibus (2 hours, 100 km)

#### 📍 Day 9 **The Glacier Parkway towards Lake Louise**

We take the famous Icefield Parkway towards Yoho National Park. Nestled in the heart of the mountains, this road offers one of the most beautiful spectacles in the world: several lakes, glaciers, coniferous forests, passes, and waterfalls line the route. It takes about 6 hours to cover the 250 km due to the many stops! We will surely have the opportunity to spot wild animals such as elk, black bears, or mountain goats. Check-in at a hostel in the late afternoon for two nights.

Accommodation: Hostel

Transport: Minibus (6 hours, 250 km)

#### 📍 Day 10 **Exploring Yoho National Park: Iceline Trail, Takakkaw Falls, and Lake Louise**

We head to Yoho National Park. We hike on the Iceline Trail which offers vast and magnificent views of the mountain ranges of British Columbia and Alberta and allows us to discover the 2 highest waterfalls in Canada, Takakkaw Falls (254 m) pouring from the Daly Glacier, as well as the spectacular Twin Falls. Magnificent viewpoint over the Yoho Valley and surrounding ice fields. On the way back, we take advantage of the quieter evening to stop at Lake Louise, one of the most visited and photographed sites in the Rockies.

Elevation gain: 300 m / Elevation loss: 300 m

Accommodation: Hostel

Transport: Minibus (1 hour, 80 km)

#### 📍 Day 11 **Banff National Park / East Glacier**

Discovery of Moraine Lake and Eiffel Lake through the Valley of the Ten Peaks

Early departure for Moraine Lake, a neighbor and less known than Lake Louise but equally majestic. First, we follow the rockfall trail to enjoy one of the most beautiful views of Moraine Lake. The view is breathtaking over the Valley of the Ten Peaks. Then we

join the starting point of the Eiffel Lake trail, which branches off from the Larch Valley trail and runs along one side of the valley, offering a panoramic view of Eiffel Lake and the Valley of the Ten Peaks. Return in the late afternoon to the hostel.

Elevation gain: 400 m / Elevation loss: 400 m / Hiking: 4 hours

Accommodation: *Hostel*

Transport: *Minibus (1 hour, 12 km)*

#### 📍 Day 12 **Walk around Banff then road to Calgary**

We go for a walk this morning in the surroundings of Banff before heading to Calgary in the afternoon. Nestled between the Rockies and the plains, highly renowned for its famous rodeo festival, this city has all the characteristics of a western town. Free time to visit the city which hosted the 1988 Winter Olympics. Dinner at a restaurant.

Elevation gain: 150 m / Elevation loss: 150 m / Walking: 2 hours

Accommodation: *Hostel*

Transport: *Minibus (2 hours, 170 km)*

#### 📍 Day 13 **Road to the United States with Glacier National Park**

Full day of driving to Glacier National Park in the United States. Stop along the way to visit Head Smashed In Buffalo Jump where we learn more about the lifestyle of the Native Americans who lived in the region and their close relationship with the bison. Crossing the American border and setting up camp on the edge of the park.

Accommodation: *Camping*

Transport: *Minibus (3 hours 30 minutes)*

#### 📍 Day 14 **Exploration of Glacier National Park**

Exploration of the Many Glacier area, discovering the eastern part on foot. Depending on the group's fitness level, hike on the Iceberg Lake or Grinnell Glacier trails. This region provides access to alpine meadows, blue lakes, and numerous glaciers. The area is conducive to observing grizzly bears, mountain goats, and eagles.

Elevation gain: 360 m / Elevation loss: 360 m / Hiking: 6 hours

Accommodation: *Camping*

#### 📍 Day 15 **Crossing the park via the Going to the Sun Road**

We reach Lake McDonald via the famous Going to the Sun Road from Hidden Lake. The landscapes are breathtaking, and we'll have good chances of seeing mountain goats. We cross the continental divide separating rainwater flowing into the waters of the Pacific and Atlantic oceans. Hiking and viewpoints throughout this route. We cross the park from east to west by shuttle (the guide will take the tour of the park with the trailer, not allowed on this stretch of road). Camping setup west of the park.

Accommodation: *Camping*

Transport: *Bus (4 hours)*

#### 📍 Day 16 **Road from Glacier West to Bozeman**

Still in magnificent mountain scenery, we're heading to Bozeman. Walks and swimming along the way in the Flathead Lake area. Check-in at the hotel in the late afternoon.

Accommodation: *Hotel*

Transport: *Minibus (4 hours 30 minutes, 550 km)*

#### 📍 Day 17 **Departure from Bozeman to Yellowstone**

Drive to the most famous of American parks: Yellowstone. Afternoon dedicated to a first approach to its wonders and extremely rich fauna. Excursion to the Minerva Terraces, a series of petrified basins with unreal colors in the Mammoth Hot Spring area.

*Accommodation: Camping*

📍 Days 18 to 19 **Yellowstone National Park: geysers and wildlife encounter**

Two days dedicated to visiting the park. Stroll among the geysers including the most famous, Old Faithful, which erupts at fixed hours. Hike in the Yellowstone Canyon, and if we are lucky, unusual encounters with an impressive local fauna: bears, elk, herds of bison...

*Accommodation: Camping*

📍 Day 20 **Departure from Yellowstone to Grand Teton National Park**

We head to Grand Teton, just south of Yellowstone Park, named for the characteristic shape of its mountains. There's an opportunity for hiking in the Yellowstone Lake or Jackson Lake area of Grand Teton Park. Camping setup.

*Accommodation: Camping*

*Transport: Minibus*

📍 Day 21 **Exploring Grand Teton National Park**

Day hike in Grand Teton National Park. Grand Teton National Park does not allow guided hikes in the park. Your guide will go with you to the starting points of various trailheads, provide you with the route, and offer recommendations for your visit. Option to visit the village of Jackson Hole with its country atmosphere. Return to the campsite in the late afternoon.

*Accommodation: Camping*

📍 Day 22 **Road trip to Bozeman**

Last moments before heading to Bozeman (Montana). The road is still a journey in itself: magnificent landscapes, mountains in the background... Arrival in Bozeman and check-in at the hotel.

*Accommodation: Hotel*

*Transport: Minibus*

📍 Day 23 **Free day before the return flight**

These are your last moments of the trip. Depending on your flight time, you're free to make your way to Bozeman Airport. Flights back to France.

*Accommodation: On board the plane*

*NB: Breakfast, lunch, and dinner are not included.*

📍 Day 24 **Arrival in France**

Arrival in France

*NB: Breakfast, lunch, and dinner are at your leisure.*

## DATES & PRICES

### *Departures for French-speaking groups:*

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No departure for now

Trip code: UCAWEST

### *Included*

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- Supervision by a tour leader (and an assistant guide for groups of 9 or more participants)
- Ground transportation
- Detailed excursions as described in the itinerary
- Accommodations as indicated in the itinerary
- Full board except for meals mentioned as "on your own" in the itinerary
- Park permit fees
- Angel's Landing permit

### *Not included*

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- Travel insurance
- International flights and air taxes
- Registration fees
- Carbon offset for your trip to the American West: €10 per person
- United States Travel Authorization (ESTA), approximately \$21, to be requested before your departure - see the "formalities" section
- Airport transfers in case of flights different from the group's

### *Notes*

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The groups are composed of a minimum of 4 and a maximum of 12 people. The price of the trip presented above cannot take into account all possible specific parameters, such as departures from other cities, delayed returns, changes in airfare taxes, or additional airfare based on availability on flights. Therefore, the final price confirmed by Altai may differ, and your registration will only be validated after your acceptance of this final price. The number of participants may be lower than the minimum number indicated above. The prices above are calculated from Paris, subject to availability at the time of booking, and may increase as the departure date approaches. Departures from other cities are possible, so feel free to contact us for more information. This program is provided as an indication. Depending on weather and operational conditions, the tour leader reserves the right to modify this itinerary for your safety and that of the group.

### *Terms and conditions*

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#### *Inscription*

Booking a trip with Altai Peru implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 30% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

#### *Invoice*

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 30 days before your departure date. Altai Indonesia reserve the right to cancel your booking, free of charge, if this deadline is not respected.

#### *Cancellation*

If for any reason you have to cancel your trip, Altai Peru require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained

- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

#### **Special cases:**

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

**Please note that fees apply according to the date Altaï Peru receive your cancellation or modification request in writing.**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

#### ***Contract modification***

If you wish to make a change to your booking please contact Altaï Peru in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Indonesia may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

#### ***Price***

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. We reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

#### ***Name transfer***

If you are unable to travel for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

## PRACTICAL INFO

### *Staff*

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Altai USA is a member of the Altai group, a network of local nature and adventure agencies established in 30 countries.

We guarantee a successful active travel experience, thanks to our guides and logistical infrastructure. During your journey, you will be accompanied by our Altai guides, dedicated to showing you unique places in the great outdoors.

You will be led by a French-speaking or French guide-driver-cook, accompanied by an assistant guide for groups of 9 or more participants.

This is a participatory journey: you will help with meal preparation, dishes, camp setup, and trailer loading.

### *Food*

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In the morning and evening, a hot meal is prepared with local products. Lunch is in the form of a picnic. Cooking equipment and utensils are provided by us. Please note that meals in Las Vegas and San Francisco are not included.

### *Water*

During your stay, drinks including mineral water are at your expense. You can refill your water bottles in villages, springs, and hotels. It is advisable to treat it with purifying tablets (such as micropur or hydrochlorazone). Avoid buying plastic bottles that need to be recycled as much as possible. If you need to buy bottled water, we recommend buying 10-liter (or 5-liter) bottles to refill your bottles as needed. If you wish to purchase these bottles, you can inform your guide at the beginning of the tour to plan a stop at the supermarket.

### *Accommodation*

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- Comfortable standard hotels/motels in cities, in double rooms.
- Campsites: 3-person tents for 2 people, Thermarest-type mattresses, picnic tables, and kitchen shelters for dinner and breakfast. Tableware and cooking equipment are provided. Please bring your own sleeping bag and towel. Most campsites offer a restroom block with running water, showers (sometimes with a fee of \$3-6), and toilets. Some campsites only offer dry toilets and cold water. Whenever possible, campsites are located inside the parks where there is vegetation, and in privately managed campsites on the outskirts of parks for desert regions.

- Here is an indicative list of the accommodations we typically reserve for this trip:

Bozeman : Comfort Inn Bozeman

Yellowstone National Park: West Gate KOA

Grand Teton National Park: Fireside Buffalo Valley

Moab: Moab KOA Campground

Arches National Park: Sandcreek RV Park

Bryce Canyon National Park: Ruby's Inn RV Park

Zion National Park: Zion Canyon Campground

Grand Canyon National Park: TEN X group site

Las Vegas: Circus Circus Las Vegas

Bishop: Brown's Town Campground

Yosemite National Park: Yosemite Lakes RV Resort

San Francisco: Oasis Inn

### *Transportation*

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In the United States, we use regular flights departing from Paris (operating all year round and at fixed times). You will mainly fly on American Airlines, Delta Airlines, KLM, Lufthansa, or United Airlines. Depending on availability at the time of your registration, we may also offer other companies than those mentioned above.

Indicative flight schedules departing from Paris:



Delta Airlines: Outbound departure 10:20 - arrival 17:35 / Return departure 16:10 - arrival 16:20 the next day

United Airlines: Outbound departure 10:55 - arrival 18:30 / Return departure 19:40 - arrival 10:35 the next day

Private 12-seater minibus, with a trailer from 9 participants. Portage carry your belongings for day hikes, including your picnic.

## **Budget & exchange**

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To know the real-time exchange rate, we recommend visiting the website [www.xe.com](http://www.xe.com). Using a credit card is the best way to obtain money. However, your bank may charge you fees for withdrawals in foreign currencies. Visa and Mastercard are accepted in most establishments and ATMs. Traveler's checks are also easy to exchange in cities but not very practical to use in rural areas.

## **Tips**

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Please note that the service charge is not included in the bill at restaurants in the United States. Therefore, you should systematically add 15 to 20% to the total amount of the bill. The same applies to bars and taxi services. For this trip, we recommend a tip of €5 per person per day for your guide who accompanies you throughout the journey.

## **Vital equipment**

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Pack some additional city clothes for the first and last day.

- Cap or hat for sun protection
- 1 pair of sunglasses with a strap to prevent loss
- Wool or fleece hat
- 1 scarf or large scarf, useful in windy and dusty conditions
- Waterproof anorak
- Jacket or Gore-Tex type coat (windproof, waterproof, and breathable)
- 2 quick-drying synthetic T-shirts
- 1 light shirt to protect from the sun
- Sweater or fleece jacket
- Sweatshirt or fleece base layer
- 1 lightweight long-sleeve sweater
- Set of medium-weight thermal underwear (top and bottom)
- T-shirt (Capilene type, polypropylene...)
- Swimsuit
- Nylon pants
- Nylon shorts
- Waterproof pants
- A warm pair of tights or leggings for the evening or to wear under trekking pants in cold weather
- Light clothing for medium-altitude stages and valleys (loose-fitting canvas pants, shorts)
- 1 pair of thin gloves
- 2 pairs of wool socks
- Good trekking or hiking shoes
- For walks on trails, walkers can use lightweight and breathable shoes (that allow sweat to evaporate) with a mid or high collar for better foot support. They should have a grippy sole.
- You can also bring sandals for walking in water.
- Lightweight shoes

## **Helpful equipment**

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Medium 3-season sleeping bag in summer (0 to -5°C) and warm in autumn (-10°C), made of compressible synthetic materials or down. Compression sack.

- GEAR
- Walking stick (optional)
- Flashlight or headlamp with spare batteries
- Pocket knife
- Sunscreen (SPF 30)
- 1-liter water bottle

## Luggage

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We suggest as luggage :

- 1 travel bag with front opening (80 to 100 liters).
- 1 small backpack (30 to 40 liters) for your daily belongings, which can also serve as a carry-on bag on the plane. It is recommended to have a TSA-approved lock on your suitcase so that customs officers can open it without damaging it: <http://www.ma-valise-voyage.fr/cadenas-tsa-homologue-pour-valise/> Please note, some countries prohibit the importation and use of electronic cigarettes, so we strongly recommend that you inquire with the appropriate authorities (Ministry of Foreign Affairs, embassy, consulate) before your departure.

## Medicine

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Your guide has a first aid kit for emergencies during the tour. However, we recommend bringing your own medications:

- Personal medications
- Pain reliever such as Paracetamol
- Anti-diarrheal medication
- Broad-spectrum antibiotic treatment
- Intestinal bandage
- High-protection sunscreen for lips and skin
- Eye drops
- Moisturizing cream for superficial burns (blisters and sunburns) Adhesive elastic bandage, box of adhesive bandages, and disinfectant wipes Purifying tablets for water disinfection Mosquito repellent Moleskin for blisters

## Passport

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Passports must be valid for 6 months after the return date.

Upon registration, please provide us with your passport information (Last Name - First Name - Date of Birth - Passport Number - Date of Issue and Expiration). We need this information to book your domestic flights or make requests for entry into certain sites.

### ATTENTION:

You must provide us with the information from the valid passport you will take with you. If you need to renew your passport, wait until you have the new one to provide us with the information, otherwise you may be refused entry at certain sites.

ALL CHILDREN, regardless of age, must have an individual passport. Children listed on their parents' passport (even if the passport is biometric) will need to obtain a visa.

As of January 15, 2017, a child traveling abroad without being accompanied by one of their parents must present the following 3 documents:

Valid ID for the minor: ID card or passport + visa if required by the destination country (check the country fact sheets on [diplomatie.gouv.fr](http://diplomatie.gouv.fr))

Photocopy of the valid ID of the signing parent: ID card or passport

Permission form signed by one of the parents with parental authority.

NB: This authorization may be required by some countries when the minor child travels with only one of their parents (e.g., Algeria, Morocco, Switzerland: check the country fact sheets on [diplomatie.gouv.fr](http://diplomatie.gouv.fr)).

### HOW TO KNOW IF YOUR PASSPORT IS VALID FOR TRAVELING TO THE UNITED STATES:

Old model passport (vertical reading of the page containing the photo): Not valid.

Optical reading passport (horizontal reading of the page containing the photo and 2 lines of code below the photo): Valid if issued

before October 25, 2005.

Passport issued between 26/10/2005 and 26/10/2006, valid if it is optically readable with a digital photo printed on the identification page (the photo must not be glued).

Electronic or biometric passport (horizontal reading of the page containing the photo AND ELECTRONIC CHIP SYMBOL on the cover (below the word "PASSPORT"): Valid.

The information provided is indicative for French nationals. It may be subject to change without notice by the relevant authorities. Therefore, it is advisable to verify it with the consulates in the month before your departure.

## **Visa**

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Biometric passports and electronic passports that are valid are accepted for an ESTA request. They are recognizable by the symbol on the cover.

With other passports, a traditional visa request must be made.

Since January 2009, all passengers traveling to the United States must have previously completed the ESTA form on the following website: <https://esta.cbp.dhs.gov/> to receive travel authorization under the Visa Waiver Program.

This authorization is valid for 2 years until the passport expires. Adults and children (regardless of age) are subject to this procedure. The form can be completed no later than 72 hours before departure, but it is recommended to do so as soon as the trip is planned.

This service is now chargeable: approx. 21 USD.

The form can only be filled out at the following address <https://esta.cbp.dhs.gov> (there are other unofficial sites on the web that charge more for this service).

ALTAI USA cannot be held responsible in the event that you need to return to France due to non-compliance with these personal health obligations.

No mandatory vaccinations are required for entry into the USA, but we recommend that you keep up to date with routine vaccinations.

## **Weather**

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The climate is temperate in most parts of the country. Generally, temperatures increase as you head south. The differences between seasons are more pronounced in the northern or inland regions. In winter, the Northeast and the northern part of the central plain can experience long periods with temperatures below zero, while at the same time, it can still be warm enough to swim in Florida (which enjoys a tropical climate) and in the southern part of California.

In Idaho: Mountainous continental climate: excursions take place between 2,000 m and 3,300 m above sea level. It can be hot, but temperatures cool down in the evening or when the sky is overcast. Average temperatures from June to September range from 16°C to 22°C. There's little risk of rain, but it's always wise to be prepared for it. It's slightly cooler in early June, with a slight risk of snow in early October.

In New Mexico: The four seasons are mild. The latitude allows for year-round stays (best period: from February to May and from September to November). From June to August, temperatures are hot (35°C to 40°C), but the surrounding mountains, with peaks at 2500m, allow for maximum activity. Winters are also mild from December to January (minimum 5°C). The region enjoys 345 days of sunshine per year and a blue sky all year round.

## **Electricity**

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As in all of North America, the electrical system operates on 120 volts (60 cycles). The plugs have two flat prongs. To use your electrical appliances, you must therefore have an adapter and a transformer.

Altai USA is committed to organizing trips that adhere to equitable principles:

- Developing quality tourism both in terms of services provided to travelers and in optimizing local economic benefits.
- Remunerating services at fair prices. Improving the working conditions of local teams.
- Transmitting know-how to local teams. Informing and raising awareness among travelers.
- Participating in research projects of international and national institutions for the development of ecotourism.
- Engaging in concrete actions for environmental protection and sustainable development.

For obvious ecological reasons, Atalante has decided to no longer offer plastic bottled water on its tours. Atalante encourages its travelers to treat water with purifying tablets and to avoid, as much as possible, purchasing plastic bottles in countries where they are not recycled.

## **Topography**

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The continental United States extends from East to West, from the Atlantic Ocean to the Pacific Ocean. It shares borders with Canada to the north and Mexico to the south. Alaska forms a protrusion to the northwest of Canada, and the Hawaiian Islands are located in the middle of the Pacific, 4,000 km from the west coast. The country has three major mountain ranges: the Appalachians in the East, the Rockies in the West, and the Sierra Nevada on the border between Nevada and California. It is endowed with abundant natural resources and vast expanses of fertile land.

The most populous region, the Atlantic coast, bears the imprint of its European heritage. It is home to the oldest cities, such as Boston, New York, Washington DC, and Philadelphia, and was the scene of the country's major events at the beginning of its history.

Watered by the Mississippi, Missouri, and Ohio rivers, the central region is the country's breadbasket.

Further west, the Great Plains and their pastures are cowboy country. The desert predominates in the Southwest, where population density remains very low due to the climate and the poverty of the soil.

On the other side of the Sierra Nevada, the West Coast was settled by Americans only 150 years ago but has since thrown itself headlong into the future.