Highlights of the American Rockies



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Small group holidays	USA	4	2638kg CO2

HOLIDAY OVERVIEW

Join us on an epic journey through the rugged Rocky Mountains, a wild frontier where wolves, bears, and majestic bison roam freely, while bald eagles command the skies above. Follow in the footsteps of America's early pioneers and Wild West icons like Buffalo Bill as we traverse the magnificent American Rockies from the sparkling lakes and snowy peaks of Colorado and Wyoming to the red-hued rocky landscapes of Utah. Along this epic route, prepare to be wowed by a knockout line up of national parks including Rocky Mountain, Grand Teton, and Yellowstone. And for a real memory maker, we'll witness the legendary Old Faithful volcanic geyser shooting boiling water high into the air, and marvel at the kaleidoscopic hues of the mineral-rich Grand Prismatic Springs.

WHAT YOU'LL LOVE

- Exploring the incredible landscapes of the American Rockies
- Spotting some of the world's most majestic wildlife including moose, bear, bison, wolves, osprey, and bald eagles
- Visiting the USA's most iconic national parks including Rocky Mountain, Grand Teton & Yellowstone
- Soaking up awe-inspiring scenery on guided walks
- Marvelling at geysers and thermal springs

- A more personalised experience thanks to small group sizes (maximum 13 people)

WHAT'S INCLUDED

- Return flights from London Heathrow including baggage and transfers
- Guided walks with local leaders
- 13 nights' touring accommodation across the American Rockies
- 13 breakfasts, 12 lunches & 6 dinners
- All sightseeing, tips, and entrance fees (as per itinerary)
- All in-destination transport

ITINERARY - ITINERARY 2027

Day 1 **Arrival in Denver**

Upon arrival, we'll transfer to our conveniently located hotel near the airport. The remainder of the day is yours to unwind and relax after your journey.

Day 2 **Journey to Rocky Mountain National Park**

Drive Time: 2 hours

Distance: 8 miles (13 km)

Ascent/Descent: 100m

Leaving the plains behind, we embark on a scenic drive towards the majestic Rocky Mountains. Our destination is Grand Lake, a historic mining town turned holiday retreat, nestled amidst towering peaks and the pristine waters of Colorado's largest natural lake. We'll explore Ranger Meadows and the shores of Shadow Mountain Reservoir, keeping an eye out for osprey, eagles, and perhaps even bears.

Day 3 **Elk Spotting in the Rockies**

Duration: 4-6 miles downhill from Visitor Centre

Drive Time: Approximately 1-2 hours

Our morning adventure is dedicated to spotting elk. Depending on the season, we'll trek along the Ute Trail above the tree line or explore lower elevations in search of these majestic creatures.

Day 4 **Exploring Wyoming**

Lulu City Trail: 4 miles (6 km)

Ascent/Descent: 400ft

Drive Time: 6 hours

Today, we'll wander along the scenic Lulu City Trail, keeping our eyes peeled for moose amidst the stunning landscape. Later, we'll depart Grand Lake for the charming mountain town of Lander, Wyoming.

Day 5 Journey to West Yellowstone

Drive Time: 5 ½ hours, 300 miles

We'll embark on a scenic drive to West Yellowstone, enjoying the breathtaking vistas of Hayden Valley and the Grand Canyon of Yellowstone along the way.

Day 6 Exploring Yellowstone's Natural Wonders

Distance: 3 miles approx.

Ascent/Descent: 1000 ft

Today is dedicated to immersing ourselves in the natural wonders of Yellowstone National Park. We'll spend the day exploring highlights, such as Lamar Valley, Tower Roosevelt, and the captivating terraces of Mammoth Hot Springs. Along the way, we'll embark on a guided wolf-watching excursion and marvel at the ancient Fossil Forest.

Day 7 Geothermal Marvels and Scenic Drives

Distance: 5 miles approx.

Ascent/Descent: Minimal

This morning, we bid farewell to West Yellowstone and venture south to uncover the park's geothermal wonders. Our itinerary includes visits to North Geyser Basin, the vibrant hues of Grand Prismatic Springs, and the iconic eruptions of Old Faithful. Expect a day filled with awe-inspiring boardwalk hikes and wildlife sightings amidst the park's unpredictable beauty.

Day 8 Jackson at leisure

Enjoy a day at your own pace, relaxing or discovering more of Jackson. Strolling through the historic Town Square, known for its iconic elk antler arches, western boutique shops, art galleries and cafes is well worth it - and don't miss a photo op at the oldest cowboy bar in town. You might also choose to book a guided float on the Snake River to spot wildlife.

Day 9 Discovering Grand Teton National Park

Distance: 3-5 miles

Ascent/Descent: 550 ft.

We embark on a scenic drive to Grand Teton National Park, where we'll spend the day exploring the breathtaking landscapes surrounding Jenny Lake. Enjoy a ferry ride across the pristine waters, followed by a self-guided hike to Inspiration Point. Along the way, we'll make a stop at the historic Mormon Row.

Day 10 Gondola Ride and Wildflower Trail

Distance: 4 miles

Ascent/Descent: 500 ft.

We kick off the day with an ascent via gondola in Teton Valley to view the summit of Grand Teton and treat ourselves to panoramic views of the surrounding wilderness. Our descent follows the scenic Wildflower Trail, offering glimpses of vibrant blooms against the rugged mountain backdrop. Later, we embark on a drive to Salt Lake City, covering approximately 300 miles over 5 hours.

Day 11 Journey to Moab

Drive time: 5 hours

Distance: 2.5 miles

Ascent/Descent: Minimal

Today's journey takes us through the stunning Uintah Mountain range en route to Moab. We'll pause in Green River for lunch before continuing our drive, with stops for short hikes at Canyonlands National Park. Highlights include Mesa Arch and Grand View overlook.

Day 12 Hiking in the Moab Area

Distance: 5 miles

Ascent/Descent: 480 ft

Prepare for a day of adventure as we explore the captivating landscapes of Moab. Our itinerary includes hikes through Arches National Park, where we'll marvel at iconic formations such as Delicate Arch and traverse the scenic Windows Trail.

Day 13 Return to Denver

We embark on a scenic drive from Moab to Denver via I-70, with opportunities for a walking city tour upon arrival before a farewell dinner in a local restaurant this evening and a chance to reflect on our unforgettable journey.

Day 14–15 Departure

As our adventure comes to a close, we bid farewell to Denver and depart for the airport, carrying with us memories to last a lifetime.

DAILY WALK OPTIONS



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.

ACCOMMODATION

Spirit Lake Lodge

Experience rustic charm and lakeside tranquillity at Spirit Lake Lodge. This welcoming family-run resort is just a 15-minute drive from Rocky Mountain National Park and sits a stone's throw from the waters of Grand Lake and a cluster of bars, shops, and restaurants. Surrounded by the Black Hills, cozy cabins and suites offer modern amenities alongside breathtaking views.

Rodeway Inn Pronghorn Lodge

Nestled against the backdrop of the stunning Wind River Mountains, the Rodeway Inn in Lander, offers a convenient and inviting retreat for travellers exploring the rugged beauty of Wyoming. Each room provides a cozy sanctuary after a day of adventure, featuring modern amenities such as flat-screen TVs, free Wi-Fi, and plush bedding. Outside, you can relax in the hot tub or enjoy a drink on the deck overlooking the Popo Agie River. Above all, the hotel is perfectly placed to explore nearby Grand Teton National Park.

Crystal Inn Salt Lake City

Whether The Crystal Inn Hotel & Suites in Salt Lake City ensures a memorable stay in Utah's vibrant capital. Located minutes from downtown, the hotel offers spacious rooms with modern amenities and a complimentary breakfast. Guests can also make use of the fitness centre or indoor pool area complete with hot tub and sauna.

Moab Valley Inn

Located within easy reach of Moab's amenities, the Moab Valley Inn has comfortable, spacious rooms with all mod cons. Designed with relaxation in mind, facilities include an indoor/outdoor heated pool and hot tub, a fitness room, and picnic area.

Element Hotel Downtown Denver

The Element Hotel Downtown Denver offers sleek and stylish rooms that put you in the heart of the city. Unwind on the rooftop patio, stay active in the fitness centre, and savour tasty meals from the contemporary re:Mix restaurant. Located in the Golden Triangle Art District the hotel is right around the corner from the Colorado Convention centre, Cherry Creek Shopping Centre, plus plenty of bars and restaurants.

Kelly Inn, West Yellowstone

Situated just minutes from Yellowstone National Park, the Kelly Inn is an ideal retreat after a day spent exploring one of America's most famous parks. Unwind in spacious rooms complete with rustic pine décor, enjoy a swim in the indoor pool, or a soak in the hot tub. The Kelly is also within easy reach of many local restaurants and across the street from the Grizzly Wolf Discovery Centre – one of the most visited attractions in West Yellowstone.

49'er Inn & Suites, Jackson

Offering a comfortable stay close to the city centre in Jackson, the hotel features an indoor pool and hot tub and serves a breakfast buffet with a variety of options. Rooms come equipped with a TV, refrigerator and coffee-making facilities.

Aloft Denver Airport (2027)

Just minutes from Denver International Airport, relax in your stylish room with plush beds, free Wi-Fi, and there's a pool, bar, and fitness centre on site.

West Gate Hotel, West Yellowstone (2027)

Situated close to Yellowstone National Park, the West Gate Hotel is ideal for groups, offering a clean and well maintained hotel that provides a variety of amenities to ensure you'll be comfortable during your stay. There's an indoor heated pool and spa, included hot continental breakfast, and a microwave and fridge in all rooms, as well as free Wi-Fi, a coffee maker and a sitting area.

TRIP INFORMATION

Liability Waivers for American Rockies Guided Walking Holiday

Companies operating outdoor or adventure activities in the USA now commonly require their clients to sign a liability waiver form before participating in the activity. These forms have been introduced by American insurance companies as a means of offering protection against 'frivolous' or 'opportunistic' legal claims.

During your holiday you may be asked to complete a liability form with your name, address and signature. This form indicates that by signing it you are waiving your rights to pursue legal action against our agents, in the event of personal injury or loss. However, as all the activities included in your itinerary are part of a pre-arranged holiday, booked and paid for in the UK, this waiver form has no legal weight whatsoever.

Your holiday contract is with HF Holidays and as stated in our Booking Conditions, is therefore governed by UK law. We must ask you to sign the waiver forms presented to you by our agents, as not doing so could effectively invalidate other key aspects of the insurance cover they hold, but please be reassured that in the unlikely event that you had cause to make a claim for negligence arising from your holiday, your signing of these waiver forms would in no way undermine or alter your legal rights.

DIETARY REQUIREMENTS

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs.

If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

VACCINATIONS & HEALTH

Vaccinations & health information for American Rockies

This information is subject to change. In all cases, we **highly recommend** you consult your GP both for up to date details and for more information on what is appropriate to your situation. As a rule, travellers should be up to date with their routine vaccinations and boosters as recommended in the UK - including, for example, the MMR and diphtheria, tetanus and polio vaccines.

Requirements can change, and we recommend you check in good time ahead of your holiday. Aside from the above recommendations, there are no specific vaccination requirements to visit the US.

Please note: the use or possession of some common prescription or over-the-counter medicines is banned in some countries.

If you will be carrying medication, please check with the country's embassy/consulate prior to travel. As an extra precaution, it is recommended to:

- Keep medication in its original packet
- Take a copy of your prescription
- If possible, ask your chemist to write the name of your medication in the language of the country you're visiting

For further information on country specific advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk.

PASSPORTS & VISAS

Passport & Visa information for American Rockies

Passports

Passports must be valid for the duration of the trip

Visas

You will need to get a visa or an Electronic System for Travel Authorisation (ESTA) visa waiver to enter or transit the USA as a visitor for business or leisure purposes. You should consult the US State Department website to determine which you will need.

The ESTA allows a stay of up to 90 days for British Citizens and a number of other nationalities. Please check the ESTA website above for the full list of countries and to submit your application at least 72 hours before you travel. Please note that this is the only official ESTA website. There are third-party companies that operate websites which look like the ESTA application site, but which charge a processing fee on top of the official fees.

You should be aware that if you have travelled to or have been in Cuba, or have travelled to or been in Iran, Iraq, Libya, North Korea, Somalia, Sudan, Syria and Yemen since 1 March 2011, you are normally not eligible for an ESTA visa waiver and will need to apply for a US visa. Again, you should consult the US State Department website to determine which you will need.

The US Embassy advise that travellers who come under the following categories should not attempt to travel on an ESTA and should instead apply for a visa:

- those who have been arrested (even if the arrest didn't result in a criminal conviction)
- those who have a criminal record
- those who have been refused admission into, or have been deported from the USA
- those who have previously overstayed an ESTA

Further details can be found on the US Embassy website.

If you're arriving by air or sea you should provide details online as soon as possible and at least 72 hours before travel. This is known as an Electronic System for Travel Authorisation or ESTA. Getting an ESTA is a separate process to providing your airline with advance passenger information (details of your passport, country of residence, address of your first night's accommodation in the US etc). For more information, and to apply online, visit the official ESTA website. Please note that this is the only official ESTA website. There are third-party companies that operate websites which look like the ESTA application site, but which charge a processing fee on top of the official fees.

ESSENTIAL INFORMATION

Packing list

As you'll be carrying your own luggage at airports and between your transport and hotels, we recommend you try to keep your luggage to a minimum.

These items are a general suggestion of what to pack for an active outdoor and walking holiday; depending on your destination, you may need more of some things and less – or none! – of others. We advise being prepared for all weather conditions, but you'll know best what you prefer to wear when out walking or while taking part in other outdoor activities.

- Walking boots (worn in), with good ankle support and non-slip soles and spare bootlaces
- Walking socks
- Lightweight fleece, waterproof trousers and jacket
- Shorts and short-sleeved t-shirts
- Long trousers and long-sleeved light-coloured shirts for the possibility of winter-weather days
- Walking poles

We recommend wearing walking boots on all our walks, as these provide the best ankle support and grip. Modern 'approach shoes' offer appropriate levels of grip and may be worn on some low-level walks, but users should be aware that they offer less ankle support. Lightweight trainers are not recommended for any walks.

Your clothing should ideally be pre-treated with insect repellent and in-built sun protection (available from specialist clothing stores such as Rohan, Cotswold Outdoor).

- Warm fleece, scarf/buff, hat and gloves; small torch/head torch
- Comfortable clothes and shoes for evenings and sightseeing
- Sun protection – sun hat, sunglasses, high factor sunscreen and lip protection
- Water bottle – at least 2-litre capacity
- Lightweight survival bag
- Small/medium rucksack (30 litre) and a liner or cover to keep contents dry
- Insect repellent
- Personal first aid kit including: personal medication, tissues, plasters, blister kit, painkillers, antiseptic wipes, Imodium, rehydration sachets; hand sanitiser

Essentials

- Passport (and copies)
- Booking confirmation
- Insurance cover note
- HF Holidays' registration form.

Please ensure you have access to emergency funds should you need them; carrying a credit card is probably the most convenient method.

Optional extras

- Camera
- Umbrella
- Binoculars
- High energy food bars
- Swimming costume and towel
- Small Tupperware box and sandwich bags for picnic lunches
- Walking sandals

Please note that your HF Holidays' leader reserves the right to refuse to take any guest on a walk should they consider that a lack of suitable clothing/footwear may affect safety.

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

On arrival, please proceed to the arrivals hall once you have passed through passport control, customs and baggage reclaim. Your HF Holidays leader or local leader will assemble the group in the arrival's hall – look out for the HF Holidays' sign.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Without flights

If you are arriving ahead of the group, and are meeting them at the first hotel, please leave a message at the hotel reception for the HF Holidays' leader or local leader, detailing your room number, and a mobile telephone number if possible. The leader will contact you once the group arrives.

If you are arriving after the group, a message will be left for you at the hotel reception, welcoming you and giving details of the time and place to meet the group.

If your flight arrives before the group flight and you would like to join the transfer to the first hotel, please contact our Abroad Administration team on (0)20 3974 8865 to enquire about availability and make arrangements.

USEFUL INFORMATION

Ticks information

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information: https://www.nhs.uk/conditions/lyme-disease/

Safety information for American Rockies Guided Walking Holiday

Once you have made your booking, you will receive a pre-holiday questionnaire where we ask for details of next of kin and insurance details. **You must complete and return this to us - we need to have this from you at least 10 weeks before travel.**

Please also inform us of any medical situation which may affect your enjoyment of the holiday. This is important because our leaders must consider both group and individual safety at all times.

Whilst out with the group, we respectfully request that you:

- Please listen to any safety instructions from the leader
- Keep group members in view, especially if weather or visibility is poor
- Please stay where you are if you become separated from the group. The leader will retrace their steps to find you.

Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines and antiseptic cream. You may wish to bring these items with you in your own kit (see Suggested Kit List).

In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call emergency services on 911. Please then call our emergency number (sent in your final dispatch) and let us know there is a problem.

Local Currency information for American Rockies

US Dollars (US$). Credit cards widely accepted. ATMs are widely available across the country.

To offer you the opportunity to explore the various options for dinner, 6 evening meals have not been included. We recommend you budget US$ 30 per person per meal for these.

You will also need money for tips, incidental items such as drinks with meals and any souvenirs you may wish to purchase. How much you bring depends on your spending habits, but US $50 per person per day should be enough for tips and to buy a couple of drinks with dinner, some small souvenirs and any other small purchases during the day.

Travel Insurance for American Rockies

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote: https://www.hfholidays.co.uk/about-us/booking-information/insurance.

For more information about healthcare abroad and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/.

If you are arranging your own travel insurance, please ensure it is adequate for your specific itinerary. Generally, this should include cover for walking at altitudes over 2,000m, which will cover you for a wide range of our holidays.

LUGGAGE

Luggage information for American Rockies Guided Walking Holiday

Baggage allowance

1 piece checked-in luggage (max 20 kg).

Please check details of your airline's baggage allowance, as shown on your e-ticket. Remember to also check any connecting flights you may have booked.

Lost/damaged luggage

If your bag or its contents are damaged or lost while in the airline's care, this should be reported to the baggage service agents at the airport on arrival. They will assess the damage; in some cases, the airline may decide to settle your claim immediately.

You will be given a reference to quote to your insurance company if an immediate settlement is not possible - in many cases, baggage claims can only be accepted in writing. A baggage claim form must be obtained from the airport.

LOCAL CURRENCY

Spending money advice for American Rockies

You will need money for tips, incidental items such as drinks with meals and any souvenirs you may wish to purchase. How much you bring depends on your spending habits, but US $50 per person per day should be enough for tips and to buy a couple of drinks with dinner, some small souvenirs and any other small purchases during the day.

LOCAL TIME

Local time for American Rockies

GMT/UTC -6 or -7 hours in Colorado, Wyoming and Utah. These states operate on 'Mountain Standard Time' (GMT -7) and 'Mountain Daylight Time' (GMT -6) in the summer months (circa March – November).

ELECTRICITY

Electricity information for American Rockies

Electricity is 120V, mostly commonly with two flat pins. We recommend you take a universal adaptor.

ATM AVAILABILITY

ATM availability for American Rockies

ATMs are widely available across the country.

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. 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; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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