

GO GREEN! Rather than printing these notes, we suggest saving this PDF file on your smartphone. Not only is it more environmentally friendly, but it also means these notes are always at hand!

IMPORTANT INFORMATION - PLEASE READ

This document contains important information about your Moose tour. Please read the entire document carefully. However, the following are critical points to be aware of:

1. **We need to know your pickup location!** Please advise us at least 7 days prior to your departure date. See the [Joining Your Trip](#) section for more information.
2. **We have a strict baggage policy, and additional fees apply if your bag is overweight/oversize.** See the [Baggage Allowance](#) section for more information.

Athabasca Accommodated

3 days/2 nights

Explore the true Canada with our 3 day Athabasca tour! We'll be travelling along the Icefields Parkway, one of the most scenic roads in the world, through the Rocky Mountains in Banff National Park! You'll discover amazing glacial lakes (like Peyto Lake), snow-capped mountain peaks, pristine rivers, and thunderous waterfalls, all while keeping an eye out for Canada's diverse wildlife, like bears, elk, moose, and bighorn sheep. We'll hop off the bus for hikes, swimming, and of course for those Insta-moments!



Note: the Athabasca is the middle 3 days of the 8 day Caribou tour. Some of your fellow travellers will have started together in Vancouver before you join them, and some will be continuing back to Vancouver after you finish.

Highlights

- Visit the famous Lake Louise, reportedly the most photographed lake in the world!
- Marvel at the aqua blue Moraine Lake (seasonal)
- Cozy up at one of our wilderness hostels
- Enjoy the stunning vistas from Mistaya Canyon
- Take a scenic walk to the stunning Siffleur Falls
- Gaze upon the stunning Abraham Lake

What's Included

- 2 nights mixed gender, hostel dormitory style accommodation
- Moose Bus transportation
- Services of a professional and fun tour guide/driver

- 1 breakfast, 1 dinner
- National Park fees

Itinerary

Day 1: Banff to Rampart Creek

- **Alternate Day 3: Banff to Nordegg – Aug 19th, Sept 6th, Sept 9th, Sept 13th**
- **Alternate Day 3: Day in Banff National Park – Aug 23rd (Breakfast included)**

It's time to visit those famous blue lakes that you've seen in postcards! Lake Louise is calling, as is Moraine Lake (seasonal) before heading along the Icefields Parkway for breathtaking views of jagged mountain peaks, glaciers, raging rivers and more turquoise lakes. Keep your eyes peeled for iconic Canadian wildlife such as bears, moose and elk as we make stops at the Crowfoot Glacier, Peyto Lake (our favourite) and Mistaya Canyon. We invite you to immerse yourself in your beautiful surroundings at our unique Wilderness Hostel stays with a dip and a sauna, and then spend time with your fellow travellers over a home cooked pot luck dinner.

Moose Accommodation: HI Rampart Creek Wilderness Hostel, HI Nordegg Shunda Creek Wilderness Hostel or HI Banff Alpine Centre

Optional Meal Inclusion: Home style group meal or dinner with your guide in Banff

Please note: there are no alternative accommodation options at our wilderness hostels, but we know you'll love having a true taste of Canada at one of our wilderness hostel stays.

Day 2: Rampart Creek to Nordegg

- **Alternate Day 4: A Day in David Thomson Country (Nordegg) – Aug 20th, Sept 7th, Sept 10th, Sept 14th**
- **Alternate Day 4: Banff to Rampart Creek – Aug 24th**
- **Alternate Day 4: A Day in Banff National Park – Aug 31st (Breakfast included)**

Depending on your tour itinerary, today we will start on the beautiful David Thompson highway! First stop is at the stunning the beautiful Siffleur Falls, where after short hike you can appreciate the beauty of the cascading water carving a dramatic path through the rock. Next, we will arrive at the stunning Abraham Lake, known for its rugged peaks and striking ice bubbles in winter. We will also have a brief stop at Crescent Falls at the edge of the incredible Bighorn River Canyon. We will finish the day with a relaxing walk around Fish Lake then head to the Wilderness Hostel for a homecooked meal, some stargazing and optional sauna.

Included Activity: Short hike to Siffleur Falls and brief walk to the Crescent Falls lookout

Optional Meal Inclusion: Home style group meal or dinner with your guide in Banff

Moose Accommodation: HI Nordegg Shunda Creek Wilderness Hostel, HI Banff Alpine Centre or HI Rampart Creek Wilderness Hostel

Please note: there are no alternative accommodation options at our wilderness hostels, but we know you'll love having a true taste of Canada at one of our wilderness hostel stays.

Day 3: Nordegg to Banff

- **Alternate Day 5: A Day in Banff National Park – Sept 1st**
- **Alternate Day 5: Rampart Creek to Banff – Aug 25th**

We sadly leave David Thompson Country and head towards Banff, back along the Icefields Parkway to Banff. We will stop at Waterfowl Lakes to soak in the backdrop of Mount Chephren, which was named after the 4th Dynasty Egyptian Pharaoh. As we continue down the Icefields Parkway we will make another stop at the gorgeous Hector Lake viewpoint. After this, we'll return to Banff for a group dinner, and once our bellies are full, the night is yours! See what Banff nightlife has to offer or take a relaxing dip in the Banff Upper Hot Springs.

Morning Meal Inclusion: Breakfast at Miner's Café Nordegg

Evening Meal Inclusion: Dinner at Cougar Pete's Restaurant & Lookout

Moose Accommodation: HI Banff Alpine Centre

Joining Your Trip

Banff

We pick up from the following hostel locations in Banff on Day 1 of this tour. Please be ready and waiting in the hostel lobby 15 minutes prior to your scheduled pick-up time.

Hostel Name	Pick Up Time	Hostel Address
HI Banff Alpine Centre	08:00	801 Hidden Ridge Way, Banff
YWCA - Y Mountain Lodge	08:10	102 Spray Ave, Banff
Samesun Banff	08:15	433 Banff Ave, Banff

NOTE: if you are staying anywhere else in Banff, you will need to make your own way to one of these locations.

WE NEED TO KNOW WHERE TO PICK YOU UP!

Please advise us of your chosen pick up location from the above lists at least one week prior to your departure date. Failure to advise us of your pickup location in advance may result in you missing the departure.

Please advise your travel agent, or send us an email (include your Moose Confirmation Number): info@moosebus.travel

Check-In Procedures

If your Moose guide feels that your main bag is oversize/overweight, it may be weighed/measured at check-in to confirm it meets our [baggage allowance](#). Please read and comply with this policy to avoid missing the tour departure or facing additional charges.

Finishing Your Trip

Banff

On the final day of the tour, we drop off at all of the hostel locations in Banff listed in the Pick-Up section above. If you are staying elsewhere, you will need to make your own way there from one of the above locations. Under normal circumstances, expect to arrive in Banff by 5pm. But remember, dinner is included tonight!

NOTE: we strongly recommend that you DO NOT book onward travel on the final day of the tour, since traffic or other unexpected circumstances may cause delays.

Accommodation

We know that a good night's sleep is important, especially after a busy day of travelling with lots of fun activities. We choose hostels and backpacker properties that offer budget value, as well as great facilities, and a welcoming atmosphere.

You have purchased our accommodated tour, which means all your accommodation is included for the standard nights of the trip, at a Moose discounted rate. You'll be staying in mixed gender hostel dorm rooms. By staying in shared rooms you get a chance to meet more people, hang out with other Moose travellers, and have paid less than you would booking a private room or hotel.

NOTE: if you wish to stay in gender-specific dorm rooms, you can request this at the time of booking. Our hostel partners will try to accommodate your request, but we cannot guarantee it will be possible.

Accommodation Locations

Day & Location	Hostel Name	Address	Phone Number
Day 1: Icefields Parkway/Nordegg/Banff/Lake Louise	HI Rampart Creek ¹	Highway AB-93, Banff National Park	+1 778 328 2220
	HI Nordegg, or	321 Shunda Crk Rd, Nordegg	+1 866 762 4122
	HI Banff Alpine Centre	801 Hidden Ridge Way, Banff	+1 403 762 4123
Day 4: Nordegg/Banff/Rampart Creek	HI Nordegg	321 Shunda Crk Rd, Nordegg	+1 866 762 4122
	HI Banff Alpine Centre, or	801 Hidden Ridge Way, Banff	+1 403 762 4123
	HI Rampart Creek ¹	Highway AB-93, Banff National Park	+1 778 328 2220
Day 3: Banff	none ²		

Notes:

1. Our wilderness stays are in rustic, wilderness hostels with no running water (except HI Nordegg), and solar and propane generated power. They feature a cozy fireplace, outdoor fire pit, and a wood-burning sauna! Please note there are no alternative accommodation options nearby, but we think you're going to love this truly Canadian experience!
2. You will need to make your own reservation for the final night of the tour.

Do I Ever Need To Book My Own Accommodation?

You ONLY need to make your own reservation for your pre and post tour nights in Banff.

Daily Departure Times

We depart from the included accommodation at the following times on each day of the tour:

Day & Location	Hostel Name	Departure Time
Day 1: Banff	See Joining Your Trip section above	
Day 2: Icefields Parkway	HI Rampart Creek HI Nordegg, or HI Banff Alpine Centre	08:30
Day 3: Nordegg	HI Nordegg HI Banff Alpine Centre	08:30

Meals

Your included meals are listed in the **What's Included** section above. Meals do not include beverages, except for free tap water, and as such, you will need to purchase your own drinks.

Speaking of tap water, it's clean and safe to drink almost everywhere in Canada, unless specifically noted at the water facility. We strongly encourage you to bring a reusable water bottle that you can refill from a tap, rather than purchasing disposable plastic water bottles that contribute to pollution. A reusable coffee or tea mug is also a great idea!

To help you save money, we make grocery stops almost every day so you can self-cater, and all of the hostels we stay at have kitchens that are available for Moose use (that rhymes!). You can prepare your own breakfast or dinner at the hostel if it's not already included. On occasion, your Moose guide may organize an optional group dinner, where you can choose to pitch in a few dollars, and then help with cooking or clean up. It's fun and inexpensive! They may suggest an optional group dinner at a good value local restaurant. On travel days, lunch will typically occur en route. Your Moose guide will either stop in a town where you'll have several options for lunch, or you will stop in the morning to pick up lunch supplies for a picnic in the wilderness later in the day. Remember, don't feed the wildlife!

We recommend budgeting approximately CAD\$20 to \$40 per day for non-included meals. Restaurants will be more expensive, and remember to account for Canadian tax (5%) and tip (15-20%). Note that alcohol in the Province of BC is also subject to an additional 10% tax.

HAVE ANY DIETARY RESTRICTIONS?

Please advise us if you have any dietary restrictions. We can cater to most.

Please advise your travel agent, or send us an email (include your Moose Confirmation Number): info@moosebus.travel

Transportation

Our buses are safe and comfortable mini-coaches, seating anywhere from 13 to 24 people. They have extra large windows for catching all the great views, air-conditioning and heating to keep cool or warm, and a sound system to keep the tunes rolling!

Optional Activities

Why not enhance your trip by participating in one of the below adventure activities during your tour? No need to book ahead. Your Moose guide will give you more information during the tour and please budget for them if you are interested!

The optional activities listed below are not operated by Moose, except for the free hiking, swimming and wildlife spotting activities. Moose arranges the activity as an agent of the local supplier. If you choose to participate in an optional activity, your contract will be with the activity provider and their conditions will apply. Some activities are seasonal, weather dependent, or require minimum numbers to participate.

NOTE: the prices and activities listed below are approximate and subject to change.

ACTIVITY	APPROX. COST (CAD)	LOCATION
Hiking, swimming, wildlife spotting	Free	Various locations
ACTIVITIES THAT ARE AVAILABLE AFTER YOUR TOUR FINISHES IN BANFF		
Whitewater rafting (4 hrs)	from \$125	Banff
Horseback riding (from 1 - 3 hrs)	from \$92	Banff
Banff Gondola	\$66	Banff
Banff Upper Hot Springs Pool	from \$17.50	Banff
Bike rentals	from \$50	Banff
Helicopter flight - Rockies (from 20 - 40 min)	from \$305	Banff
Big Canoe tour (1.5 hrs)	from \$67	Banff
Via Ferrata (from 2.5 - 4 hrs)	from \$190	Banff

Finances

Currency

The currency in Canada is the Canadian Dollar (CAD \$). For a currency conversion tool, we recommend [xe.com](https://www.xe.com).

Changing Money

ATMs/cash points are widely available in North America and are the safest and easiest way to access cash. Credit cards are accepted almost everywhere in North America (there may be a minimum spend required) except at some street retailers (like food carts) and in very small shops. Some of our optional activity providers may only accept cash, but your Moose guide will advise you of this advance. We recommend having multiple options available for payment or accessing cash.

Spending Money

See the sections on Accommodation, Meals, and Optional Activities for estimated costs during your Moose trip. You will also need to budget for entertainment/nightlife, and shopping/souvenirs, but those costs can vary widely depending on your personal preferences.

Tipping

In North America, tipping is customary in bars and restaurants, and in the hospitality industry in general. We recognize that this may not be the norm in your home country, but just consider it to be part of your cultural experience! We recommend tipping 15-20% of the bill in restaurants, and \$0.50 to \$1 per drink at the bar. If travelling by taxi or Uber/Lyft, we recommend tipping 10%.

During your Moose tour, if you participate in and really enjoy one of the optional activities, it's also customary to tip your local guide to show your appreciation. We recommend about 10%, or a maximum of \$5 for more costly activities. Please note that while your Moose guide does not expect a tip, if you feel they have done an amazing job, a tip will be greatly appreciated at the end of the tour! If you're not sure how much to tip, we suggest \$5-10 per day on tour.

What To Bring

We recommend packing as lightly as possible! Note that almost all hostels we use have guest laundry facilities, so you will be able to wash your clothes while on tour.

Packing Lists

The following is a suggested clothing list only, based on our experience:

- 1 pair of comfortable shoes for trail walking. Hiking shoes/boots are not required, unless you plan on doing more challenging hikes on your own. If you are travelling in the spring/autumn when conditions may be wet/snowy/muddy, you might want to consider hiking shoes.
- 1 pair of smart-casual shoes
- 1 pair of flip-flops/thongs/jandals
- 2 pairs of jeans/long pants
- 2 pairs of shorts/skirts

- 4 shirts/t-shirts
- 2 sweaters/jumpers (layers!)
- Smart casual evening wear
- Underwear and socks
- Swimsuit and towel
- 1 rain/windproof jacket
- Hat for sun and rain protection
- Beanie (called a toque in Canada) and light gloves - it can get cold in the Rockies and in the Coastal Mountains at higher altitudes and/or on/near the glaciers, even in the middle of summer!

Other general items to pack:

- Reusable water bottle (also consider bringing a coffee/tea mug)
- Toiletries
- Sunscreen
- Insect repellent
- Electrical plug adapter
- Camera, batteries, chargers
- Flashlight/torch (or use an app on your smartphone)

NOTE: a sleeping bag is NOT required, and in fact, many hostels will NOT allow them due to potential bed bug issues. All hostels we use provide pillows and bed linen.

Baggage Allowance

Each traveller is allowed to bring one reasonably sized main backpack, bag, or suitcase to be stored in the rear luggage compartment of the bus on travel days, with a maximum allowable weight of 23kg (50lbs) and maximum linear dimensions (Height + Width + Depth) of 158cm (62in). Backpacks are better than suitcases for optimizing storage space in the luggage compartment. It also makes it easier for you to carry upstairs in the hostels we use, none of which have elevators/lifts. In addition, each passenger may bring one “carry-on” item like a day pack or small bag, that will be carried in the passenger compartment of the bus.

NOTE: Moose reserves the right to refuse to accept luggage that exceeds our weight and/or size restrictions. If we choose to accept overweight or oversize luggage, we will charge a fee of \$50 per bag for overweight/oversize pieces. Note that the decision to accept an overweight/oversize piece can only be made at departure because it depends on the combined weight and size of all travellers’ luggage. If your luggage is refused, you will need to make (and pay for) your own arrangements to ship or store your luggage, which may result in your missing departure that morning. You would then also need to make (and pay for) your own arrangements to catch up with the tour that afternoon or evening.

Passports and Visas

You will need a valid passport to enter Canada. Furthermore, you may require up to 6 months of remaining validity on your passport to be granted entry (or even to be able to

board your flight to Canada). You are responsible for checking with your nearest Canadian Embassy or Consulate to determine the validity requirements for your passport country.

In addition to requiring a passport, you will also need either a Canadian entry visa or an Electronic Travel Authorization (eTA) to enter Canada (unless you hold a valid USA passport). Please visit the following website to determine your entry requirements:

[Canadian entry requirements by country/territory](#)

The above website has links to apply for an ETA. If you require a visa to enter Canada, please visit your nearest Canadian Embassy or Consulate. Regardless of your entry requirements, please submit your application well in advance to ensure you receive your entry authority prior to your scheduled flight to Canada.

NOTE: Moose has no control or influence over the entry requirements for Canada, and these requirements could change at any time. As the traveller, you are solely responsible for ensuring you meet Canadian entry requirements in advance of departing for Canada. Moose cannot provide you with any official advice, beyond pointing you to where you can find this official advice, as we have done above.

Travel Insurance

Travel Insurance. Our thoughts? Don't leave home without it, but we sincerely hope you never have to use it!

We strongly recommend that all Moose travellers purchase a comprehensive travel insurance policy that covers you for the entire duration of your trip. The policy should include emergency medical coverage, trip cancellation/interruption/delay, baggage and personal effects theft/damage, as well as coverage for any adventure sports that you may participate in. Travel insurance is very affordable, and most providers offer a variety of different packages depending on your needs. **Please ask us about Moose recommended travel insurance or speak with your travel agent.**

If you choose NOT to purchase travel insurance, please know that the financial consequences of that decision could be quite costly, whether that's an excessive hospital bill due to an accident, or no refund for your Moose tour if you cancel last minute because a significant family member has fallen severely ill. None of these events can be predicted, but unfortunately, we can assure you they have happened to other Moose travellers! **Our Cancellation Terms and Conditions apply in full regardless of how terrible the circumstances that led to you having to cancel your trip.** Travel insurance covers you when the unexpected occurs!

Health and Safety

Please advise us in advance of any medical conditions (including food allergies) you have. Please also remind your Moose guide of this on Day 1. If you require regular medication, please ensure you have a sufficient supply before your trip departs, as it may be difficult to

obtain while travelling. You (or a travel partner) must be able to administer your own medication, as your Moose guide will not be able to administer it.

HAVE ANY MEDICAL CONDITIONS WE NEED TO KNOW ABOUT?

Please advise your travel agent, or send us an email (include your Moose Confirmation Number): info@moosebus.travel

For further information on safety at Moose, please visit the [Safety](#) page on our website.

Contact Details

Moose Vancouver Office

Our office is temporarily located remotely until our new office is rebuilt. All mail can be directed to 1018 Granville Street, Vancouver, and our staff are available to meet in downtown Vancouver with prior notice.

Telephone

Our phone number if calling locally or from overseas: **+1 604 297 0255**

If calling from within North America, you can call our Toll Free line: **1 888 244 6673**

Please check our [website](#) to find out our telephone inquiry hours.

Email

Please include your Moose Confirmation Number whenever you email us:

info@moosebus.travel

Emergency Contact Number

In the event of an emergency involving a Moose bus or Moose passengers in Western Canada, please call the Moose Travel Network emergency phone number:

+1 778 760 9294. This number is monitored 24 hours per day.

We take safety very seriously, and as such, it is important that our emergency phone line is used only for actual emergencies occurring on our tours. Calling this phone for non-emergencies blocks the line unnecessarily and prevents others from contacting us about a real emergency. Here are just a few examples of NON-emergencies for which you should NOT call our emergency line:

- you missed your flight and will not make the scheduled departure time for your Moose tour
- your daughter/son/brother/sister/friend is on a Moose tour, and you haven't heard from them in a few days

For non-emergencies, please refer to our regular contact details in the sections above.

**WE LOOK FORWARD TO WELCOMING YOU ON BOARD
THE MOOSE BUS SOON!**