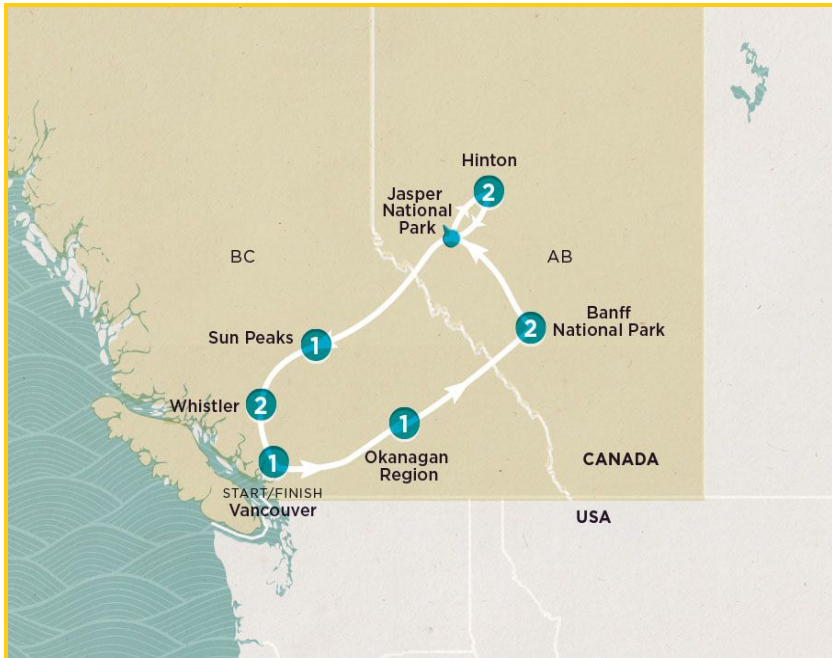




# GET SOCIAL: CANADIAN ROCKIES



## TOPDECKER, meet North America (TD)

TRIP VIBE = fast-paced fun with tons of socialising, bucket-list sights and good times all round. Words can't describe how BREATHTAKING this place is, so why would we try? Instead, we've packed the best of Canada's national parks into one immense 10-day adventure. Discover vast valleys, magical mountains, glistening glaciers and wondrous waterfalls. And do it all with a bunch of adventure-hungry, up-for-anything, hot-to-trot trip mates just like you. Ready to find out whether the Rockies really live up to the rep? Spoiler: they 100% do.

### WHAT YOU NEED TO KNOW



Get Social



Nights



Download app



Meals

# Thanks for choosing to holiday with Topdeck

Ready for the time of your LIFE?

The countdown's on...

## ABOUT YOUR TRIP NOTES

These Trip Notes contain everything you need to know before your trip departs – from where to meet your Topdeck fam to what we suggest you bring.

Read them on the train, in the supermarket queue or on the loo – we don't mind, just look through them carefully so you know what to expect on your trip. We recommend you download this document so it's with you when you travel (and give a copy to your MVPs so they know what you're up to).

**IMPORTANT:** please refresh this doc as close to your departure as possible. This means you'll have the most up-to-date info available.

### INCLUDED EXPERIENCES

- Orientation walk of Vancouver with Trip Leader
- Visit Stanley Park
- Drive through Glacier National Park
- Drive through Yoho National Park
- Entry to Banff National Park
- Orientation walk of Banff with Trip Leader
- Visit Lake Louise and Moraine Lake
- Entry to Jasper National Park
- Orientation walk of Jasper with Trip Leader
- Orientation walk of Sun Peaks with Trip Leader
- Orientation walk of Whistler with Trip Leader
- Visit Shannon Falls

## YOUR TRIP WILL START

### PICK UP:

Vancouver  
Canada

## YOUR TRIP WILL FINISH

### DROP OFF:

Vancouver  
Canada

## TRIP CURRENCIES

- Canada - CAD

# YOUR ITINERARY

## DAY 1 | VANCOUVER (BRITISH COLUMBIA)

This is it. The Canadian adventure you've been dreaming of. Touch down in Vancouver, meet your Topdeck fam, and get excited for how incredible the next 10 days are going to be. After a whip around town with our Trip Leader, it's time to get to know the gang better at tonight's included dinner. We might be a mixed bunch, but we're all in it together.



### MEALS:

- Dinner



### INCLUDED TODAY:

- Orientation walk of Vancouver with Trip Leader

## DAY 2 | VANCOUVER – OKANAGAN REGION

Catch ya later Vancouver – today we're heading eastwards. First, we'll swing by super-scenic Stanley Park. Then, stick your head out the window (not literally) as we wind our way through Fraser Valley, over the Coquihalla Pass and into Canada's version of Tuscany: the beaut, vineyard-packed Okanagan Valley. Tonight, crack open that pack of UNO. The more wild cards you have, the more rounds you buy. We don't make the rules.



### INCLUDED TODAY:

- Visit Stanley Park

## DAY 3 | OKANAGAN REGION – BANFF (ALBERTA)

Another day, another jaw-dropping drive through the wilderness. This time, we'll take the Trans-Canada Highway through Glacier and Yoho national parks. Stop for a photo at Emerald Lake (no prizes for guessing how it coined the name) before we continue the drive to Banff. Ready to turn it up a notch? Take an optional trip down the rapids of Kicking Horse River. Disclaimer: nobody said it would be a smooth ride. After an orientation tour of Banff, dinner tonight is on us. Later, get your trip mates together and whip out your best impersonation of a dancing sasquatch at a local bar.



### MEALS:

- Breakfast
- Dinner



### INCLUDED TODAY:

- Drive through Glacier National Park
- Drive through Yoho National Park
- Entry to Banff National Park
- Orientation walk of Banff with Trip Leader



### OPTIONAL ACTIVITIES:

- Whitewater rafting in Banff: from 185 CAD

## DAY 4 | BANFF

Banff is National Geographic on steroids. Like serious Schwarzenegger steroids. Rise early(ish) for an included visit to Lake Louise and Moraine Lake. Recognise them from your MacBook screensaver? Make the most of your free time by hiking to the viewpoints around the lakes or squeezing in some kayaking on the aquamarine water. Back in Banff, you're free to do whatever you want. Need suggestions? Ride the Sulphur Mountain Gondola for epic views over the sweeping mountain ranges. Or for those with a heightened sense of adventure: tackle the Via Ferrata mountain climb. Then swap the adrenaline rush for a sugar rush – beaver tail, anyone?



### MEALS:

- Breakfast



### INCLUDED TODAY:

- Visit Lake Louise and Moraine Lake



### OPTIONAL ACTIVITIES:

- Via Ferrata climb in Banff: from 130 CAD
- Ride the Sulphur Mountain Gondola: from 55 CAD

## DAY 5 | BANFF – JASPER NATIONAL PARK – HINTON

Hope you haven't maxed out your phone storage yet. Today's drive along the Icefields Parkway is particularly 'holy sh\*t'-worthy. Play musical chairs on the coach trying to capture the best angles of the passing landscape and keep your eyes peeled for Yogi Bear. After an included lunch and a quick stroll around Jasper, the rest is up to you. And later? We're heading to our accom in Hinton (we'll be here two nights fyi) where you can get your grill on at a local steakhouse before UNO round #2. This time it's personal.



### MEALS:

- Lunch



### INCLUDED TODAY:

- Entry to Jasper National Park
- Orientation walk of Jasper with Trip Leader

## DAY 6 | HINTON – JASPER NATIONAL PARK – HINTON

They say bigger is better – so, this is your chance to put Jasper to the test. With over 10,800 square kilometres of wildlife-filled forests, glassy lakes, roaring waterfalls and gobsmacking mountain ranges – Jasper National Park is just begging to be explored. Strap on those hiking boots and tackle the trails. Rent a canoe at Beauvert Lake. Or head up to Fairmont Jasper Park Lodge for a feed with a view. Our recs? Cruise the beaut Maligne Lake and see the world-famous Spirit Island IRL. Or get that heart racing with a rafting ADVENTURE. Yep, we did shout that. Cos it's AWESOME.



### MEALS:

- Breakfast



### OPTIONAL ACTIVITIES:

- Cruise the Maligne Lake: from 80 CAD
- Whitewater rafting in Jasper: from 95 CAD



## DAY 7 | HINTON – SUN PEAKS (BRITISH COLUMBIA)

Time to live the high life. Enter: Mount Robson – the highest point in the Canadian Rockies. Stop for some sick views and to snap a pic for mum. Then, it's onwards to Sun Peaks. Surrounded by looming mountains and quaint high streets, this place is a little slice of Europe in the middle of British Columbia. You'll have time to take the chairlift up the mountain for some more hiking and insane views. Practise your swing at the golf course. Then pull up a pew at a local bar and grill.



### MEALS:

- Breakfast



### INCLUDED TODAY:

- Orientation walk of Sun Peaks with Trip Leader

## DAY 8 | SUN PEAKS – WHISTLER

Tums full after another included brekkie, we'll pass the small towns and Indigenous communities of British Columbia en route to Whistler. The holy grail of ski resort towns, you'll be surprised at how much more there is to do when the snow melts. After getting our bearings on a walk around the village with our Trip Leader, the afternoon is up to you. Check out the legendary Whistler Mountain Bike Park. Or tackle that fear of heights with a rise on the Peak 2 Peak Gondola. Tonight: gather the gang, dig into some poutine, and share all the thrills and spills of the day.



### MEALS:

- Breakfast



### INCLUDED TODAY:

- Orientation walk of Whistler with Trip Leader

## DAY 9 | WHISTLER

This is your day, your way. So, make every second count. Our suggestion? Get involved in some optional zip-lining. There are different choices for different levels of crazy – including The Sasquatch: the longest zip-line in Canada and USA. Or take your togs and head to the Lost Lake for a swim. There's plenty of hiking, biking and wine-tasting too. Go get it. Tonight, we'll get together for one last group dinner. Try not to cry into your pint as we give this awesome trip the send-off it deserves. Cheers to that!



### MEALS:

- Breakfast
- Dinner



### OPTIONAL ACTIVITIES:

- Zip-lining in Whistler: from 95 CAD

## DAY 10 | WHISTLER – VANCOUVER

Round up the squad (we see you late sleepers) and enjoy one last hike on the trails – we'll roll out mid-morning. The crazy-good landscapes aren't over yet though! Following the Sea to Sky Highway, there's a stop to make at Shannon Falls before we reach Vancouver. Time to say goodbye – or not. There are over 40 brewhouses in this capital, just sayin'.



### INCLUDED TODAY:

- Visit Shannon Falls

# OTHER INFORMATION

## TOPDECK APP

Feeling appy? Download the Topdeck app and get PUMPED for the adventure ahead. Best bit is: from 45 days before departure you'll be able to chat with your soon-to-be tripmates.

Plus, get your itinerary at your fingertips – so you know where you'll be going and what you'll be doing on each day of your trip. Nice!

Links:

Apple <https://apps.apple.com/gb/app/topdeck/id994727866>

Android <https://play.google.com/store/apps/details?id=com.FlexiTechSolutions.TopDeck&hl=en>



## YOUR SAFETY

### NIGHTS OUT

We love a good night out – experiencing the nightlife and entertainment places have to offer is a big part of travelling. But alongside the fun it's important to be aware of your surroundings and personal safety.

When you're out late, remember to avoid walking alone – particularly through deserted areas like beaches and back streets. Always stick together, take a registered taxi where possible, and keep a note of your accommodation so you can find your way back to your fellow Topdeckers if you become separated. Make sure you have your trip mates' mobile numbers in case you need to get hold of them while out and about.

In some countries, alcoholic measures can be considerably larger than what you may be used to. Try to keep track of what you're drinking – and if you see one of your trip mates looking a little worse for wear, take them back to your accommodation. Never leave your drink unattended.

It's also important to be aware that what you might consider harmless flirting may be interpreted differently in some countries. Be yourself and have fun, but stay savvy – you don't want to find yourself in an uncomfortable situation.

### DRUG USE

Topdeck has a strict zero-tolerance drug policy. Customers should not bring any illegal substances onto the Topdeck coach or into any of the accommodation we stay in on our trips. This includes marijuana – even if it is legal in some of the states your trip passes through. If you are found in possession of drugs, you will be removed from the trip immediately. All instances of drug possession will be reported to Topdeck Head Office, who may consider alerting the relevant authorities.

**REMEMBER:** if you are found in possession of drugs, not only do you risk getting in trouble with the local police, but our Driver will also be held responsible if they are found on the Topdeck coach. Trust us, you don't want that to happen to any of our Drivers – they're awesome.

### MENTAL HEALTH AND WELLBEING

Culture shock, homesickness, random periods of feeling down – these things happen and are totally normal. You can rest assured that if you're feeling low, your Topdeck crew will do their utmost to cheer you up.

Measures you can take to look after your mental health and wellbeing while on the road with us are:

- Call home. Sometimes it's nice to hear a familiar voice and have a good old-fashioned catch up with your loved ones
- Eat well. Never underestimate the power of a good, wholesome meal. Nobody feels at their best when they're hungry!

- Drink responsibly. Not only will you swerve the dreaded hangover, but by keeping an eye on what you drink you could also avoid getting into any potentially uncomfortable situations
- Talk to your Trip Leader. Don't forget, they're probably far from home too – so they're sure to know some tried- and- tested ways to beat the blues
- Integrate with your fellow Topdeckers. This one is key! The more fun you're having on your trip, the less likely you are to feel homesick (fact!)

## **TRAVEL SINCE COVID-19**

Travel looks a bit different since COVID-19. That's why we've put some new procedures in place to help keep you safe on the road.

What remains the same? Your Topdeck trip will be run hygienically, responsibly, and with your safety at the forefront of everything we do. End of.

Here's the info: <https://www.topdeck.travel/resources/travel-safely>

# **RESPECT ON THE ROAD**

## **RESPECTING FELLOW TRAVELLERS**

Our trips are for everyone. We're a family – and we want every Topdecker to have an incredible time.

What we're not about is excluding people or making them feel like they don't belong. That's why we always encourage Topdeckers to be kind and courteous to their fellow tripmates . The golden rules? Respect each other's space, be mindful of causing excessive noise in shared accommodation, and treat others how you'd wish to be treated. Easy!

## **HOW TO BE A RESPONSIBLE TRAVELLER**

Responsible travel isn't difficult to achieve. With a little conscious thought and preparation, you can have an awesome adventure AND a positive impact on the places you visit. Sweet!

Here are five things you can do to ensure you're travelling responsibly:

- Conserve water. You know the drill – reuse your room towels, take short showers and remember to turn off the tap when you're brushing your teeth
- Reduce your waste. Ditch the plastic bag, refuse unnecessary packaging, dispose of your waste responsibly and recycle as much as possible
- Go local. Hunt down locally owned and operated restaurants and bars, shop in local markets, and book tours and activities run by local guides
- Consider the wildlife. Avoid any attractions that involve closely engaging with wild animals
- Respect local people and culture. Obeying local laws is a given – but also remember to dress and behave in a manner appropriate to the community. Be polite and keep an open mind!

# **INSURANCE**

Before your trip departs, it's compulsory for all passengers to take out comprehensive travel insurance covering cancellation, medical expenses (including repatriation), loss or damage to baggage and personal belongings, money and personal liability.

Head to our FAQ for more info: <https://www.topdeck.travel/resources/faqs-0>

Got more Qs? Chat with our Customer Service team: <https://www.topdeck.travel/about-us/contact>

## PASSPORTS AND VISAS

Please make sure your passport is valid for at least six months after the last day of your trip. Some countries will refuse entry if you do not have at least six months validity remaining on your passport after your departure date. Depending on your nationality, you may require a visa to enter certain countries.

It is your responsibility to obtain visas prior to your trip's departure. To determine which visas you'll need, you can consult either your own government's website or the government websites of the countries in which you will be travelling. Check out our handy interactive map showing global visa requirements:

<https://www.topdeck.travel/resources/latest-border-restrictions>

PLEASE NOTE: some visas can take up to six weeks to acquire, so don't leave it until the last minute. Also, bear in mind that the validity of a visa often runs from its date of issue rather than the date of entry into the country. Please check with the appropriate embassy/embassies prior to departure, as requirements do change periodically.

## TIPPING

Basically: it's not necessary.

Your Trip Leader and Driver don't expect tips, and they won't ask for any either. Meaning? More dollar to spend on optional activities (and a souvenir for your nan).

## WHAT TO BRING

Based on our experience, these items are key. Everyone's different though – so if you want to bring more or less, go for it (as long as you don't exceed your 20kg allowance, that is!).

Off to Japan? Your luggage must be no bigger than 160cm in total (height x width x length). So maybe leave the hairdryer at home.

Psst: this is a packing list for Topdeck trips in general. Obv you'd look silly splashing around the Greek islands in a snowsuit.

- 1 pair of comfortable walking shoes + 1 pair of smart casual shoes
- 1 pair of thongs/jandals/flip-flops
- 2 pairs of jeans/trousers
- 2 pairs of shorts/skirts
- 4 shirts/T-shirts
- 2 sweaters/jumpers
- Smart casual evening wear
- 1 warm jacket + 1 rainproof jacket



- Underwear and socks + swimwear
- Towel
- Toiletries
- Hat and sunscreen
- Basic medical kit (including plasters, aspirin etc)
- Adaptor plug
- Reusable water bottle
- Snow gear



**THAT'S IT!**