

Canada Pre-Departure Journey Information

We are delighted you have decided to join our “Canadian Rockies” journey, and we would like you to know we will do everything possible to make it a pleasant and rewarding experience for you.

This hosted program is operated by **Cosmos** (part of the Globus Family). Alex has been working with them since 1990, and thousands of people from Hawaii have enjoyed them during this time. We at Dold World Journeys promote these programs because we feel that, considering the quality of the features included and the length of time spent, the Globus Family gives you the best value for your travel dollars.

At this stage we would like to give you some information to help you prepare for your trip—after all, the excitement of getting ready for any journey is a good part of the fun that comes with travel. Also, you are investing a considerable amount of money, and we would like to make sure the program you are buying is what you actually want. We know there are many, many questions in your mind, and we will try to answer the basic ones in this flier. If there is anything else you would like to know, please contact us. Communication can easily clarify many things and avoid misunderstandings later.



What kinds of documents do I need?

As of January 2007, to enter **Canada** you will need a **PASSPORT** that is valid 6 months past the date of your return and has adequate blank pages.

If you do not have a passport, apply for it as soon as possible. You can apply at most major post offices, public libraries, and the University of Hawaii. To find a location nearest you and download passport application forms online visit <http://travel.state.gov/content/passports/en/passports.html>.

You can only apply for a passport at the Honolulu Passport Agency at the Prince Kuhio Federal Building if you have less than **two weeks** to departure or need a tourist visa. Phone 1-877-487-2778 for an appointment.

Kapiolani Community College’s Passport Office accepts **ONLY** first-time applicants and minors under age of 16. The people there are friendly, helpful, and knowledgeable, and they can also provide passport

photos on-site. Please contact them at (808) 734-9258 or <http://www.kapiolani.hawaii.edu/project/u-s-passport-office/> for more information.

When applying the following are required: The proper application; Evidence of U.S. citizenship—a valid passport, certified birth certificate or naturalization papers; Photo identification—a driver’s license or State/Military/Student ID card; Photocopy of the ID document you are presenting; Applicable fee of \$135 is payable by credit card, personal checks (two), cash, or money orders; and One passport photo. Allow about six weeks for processing.

For renewals the following are required: The proper renewal application, your old passport (issued within 15 years and when you were at least 16 years old at the time of issue); Applicable fee of \$110; and One passport photo. Allow about six weeks for processing.

All passport photos must be taken within six months of application. Some places to take passport photos are Costco, SAM’s Club, or Kaimuki Camera (735-5955).

For more information on Passport applications, check on the Internet or contact us.

If you are a citizen of another country and **do not** possess a U.S. Passport, please let us know as soon as possible, since different regulations may apply.

At all times it is important we have the correct spelling of your full name and address and your telephone number. We need these for documentation and correspondence. Should you note any errors or deviations on our part in this respect, please notify us immediately.

Do I have to get any shots?

As this is written there are **no shots** required for Canada. We **strongly suggest** you talk with your own physician about any trip. If your doctor is not familiar with foreign destinations, then consider visiting a travel clinic like Straub, Queen’s Medical, or Kaiser. Travel Clinics are a wealth of great medical information and very reasonable in cost. It might even be covered by your health insurance.

What if I need special assistance on tour?

If you have any type of special circumstance regarding your health and/or mobility, please advise us as soon as possible so we can inform Cosmos. Dold World Journeys and Cosmos will make reasonable attempts to accommodate the needs of disabled travelers but are not responsible in the event we are unable to do so.

Enjoying your visit in Canada requires a fair amount of physical fitness. Walks through icefields, national parks, and other historic sites can be lengthy and uneven. As an equal member of this group, you should be in reasonably good health and able to manage walking, dining, getting on and off motorcoaches and other vehicles, and taking care of any other personal needs independently. A qualified and physically able companion must accompany travelers who require such assistance and must assume full responsibility of their well being. Of course, our tour director and Alex are there to assist you, but under normal circumstances their primary job is taking care of everyone in the group.

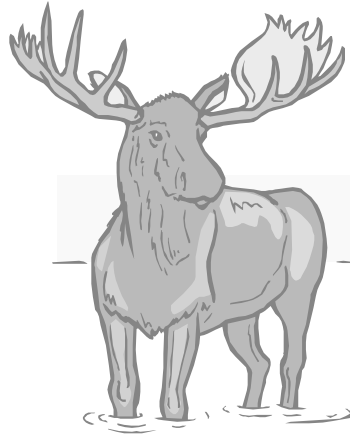
Also, the Americans with Disabilities Act is only applicable within the United States, and facilities (including wheelchair ramps and special bathroom features) for disabled individuals are often limited or non-existent abroad.

What if I get sick on tour?

There are excellent doctors and hospitals to be found throughout Canada. Your tour director, with the help of the local representative, will see to it that you are well taken care of.

If you are taking drugs under a physician's orders, have the **container clearly labeled** and, if possible, carry a copy of the prescription with you at all times. Carry medicines in your hand luggage. Let the tour director know if you're under medical treatment. You should also get a clean bill of health from your doctor before you go. If you wear eyeglasses, take an extra pair with you, as well as a copy of the prescription.

Medical insurance policies vary widely, and you may or may not be covered by your policies when abroad. Many policies DO NOT cover you while in Canada. Medicare and Medicaid do not cover expenses outside of the United States. It is wise to review your policies or check with your insurance agent to be sure.



What about baggage and clothing?

The best advice is, "If in doubt, leave it out." Due to the limited capacity on the motorcoach, you may only bring one bag per person. It is highly recommended you bring a suitcase you can handle. The dimensions *should be* about 30" x 21" x 11", and your bag cannot weigh more than **50 pounds**. Portage for this bag is included in the program's price. If the suitcase exceeds the established weight and/or dimensions, an additional charge will be collected by the tour director and/or airline carrier.

We regret Cosmos cannot accept a second suitcase or any luggage exceeding these limits. Additionally, most airlines charge **fees for baggage**, including the first checked bag, and this is not included in the tour cost.

Carry-on bags should not exceed the dimensions of 12" x 11" x 6". Carry-on bags with *wheels* will not be allowed in

motorcoaches, but stored with suitcases.

Put toiletries in plastic cases and then in plastic Ziploc bags for double protection against leaks. Plastic bags come in handy for many things, including damp laundry and washcloths.

Due to its location north of the United States, Canada will be cold for most of us. The average day temperature is about 68°. Banff will be the warmest (around 73°), and Prince Rupert will be the coolest (around 59°). The nights average 48°.

When you are planning your wardrobe, remember there is no guarantee of average temperatures; it may be warmer or colder than normal. The layered look is the easiest way to prepare for seasonal weather and still travel light. Wash-and-wear clothes are the most practical. One or two pairs of comfortable walking shoes are a must, and always be ready for rain. Allow enough underwear and socks so that daily laundry is not necessary.

Traveling light is recommended. You might want to bring something a little nicer for the evenings, but it is not required. Pullover sweaters are comfortable and always smart looking.

May I use electrical appliances?

Yes, the U.S. and Canada have 110-volt, 60-cycle alternating current (AC).

May I deviate from the tour?

Yes. If you wish to deviate from the group's flights, then you'll be purchasing a Land Only package from us. We are only able to offer you the group's air schedule. We'd be happy to refer you to Sara at ES International. She is the agent that will be issuing our group's airlines tickets. You can reach her at 808-596-0490. Otherwise you can work with any ticketing agent or the airlines directly.

When you deviate from the group, keep in mind there may be charges for any changes made after the cancellation deadline (normally 180 to 120 days prior to departure; please refer to the General Conditions page of your brochure). Once your airline ticket is issued, they are **non-refundable**, and the airlines will charge **fees** for any changes.

We suggest you discuss this with us soon as possible because there is a *limit on the number* of deviations and land only seats we can sell per departure.

What about seat assignments?

Once everyone in the group has made **full payment**, we will send all the names to the airlines for seat allocation. *The airlines have full control of all seats.*

We do everything we can to put husbands and wives together with one of them sitting in an aisle. For roommates with different last names we request as many aisle seats as we can and seat roommates close to each other. If you would like to request a window seat or be seated next to your roommate with only one of you in the aisle, please let us know before the **final payment deadline**. These requests can never be guaranteed, but we will do our best. Window and aisle seats are very limited.

What about hotel accommodations?

All tour programs are based on two people sharing a room in First Class or Best Available hotels as indicated in the tour itinerary.

For those traveling alone we will endeavor to arrange for congenial rooming arrangements wherever possible. If a single room is assigned either voluntarily or for reasons beyond our control, the single supplement must be charged.

What additional expenses will I have?

Hotel accommodations, airfare, entrance fees to the attractions featured in the itinerary, meals as noted in the itinerary, and tips for baggage handling are included in the tour price. Additional expenses include (but are not limited to) optional excursions; additional meals; tips to the tour director who takes care of you on tour, the driver who takes you through your tour, local guides, and hotel personnel; and souvenirs you are planning to buy. Please see our **General Conditions** found on the back of the itinerary for more details.

To give you an idea, if you budget \$8 for each breakfast, \$15 for each lunch, and \$25 for each dinner that is not included, you will know approximately how much you will need for the additional meals. For example, on this 16-day "Canadian Rockies" journey, meals not included are 13 breakfasts (x \$8 = \$104), 13 lunches (x \$15 = \$195) and 10 dinners (x \$25 = \$250). The total for meals is \$549. Then, if you participate in every possible optional excursion (list given at group briefing), including two flight-seeing programs at \$319, you will need another \$879. The total additional cost is about \$1,478, including \$50 baggage fees (\$1,159 without flight-seeing).

These costs, of course, will vary from person to person. You can do your program for less or the sky can be the limit. These figures should be a guideline only.

It is best to pay these additional expenses with a **credit card**, since you get a better rate of exchange. Master Card, Visa, and American Express are most accepted. The expiration date on your credit card must be good for at least 1 month after the date of your return from Canada. Unfortunately, you cannot pay for everything with a credit card, so we highly recommend bringing an ATM/bank card as well as some US Dollars.

If you want, you could pick up some Canadian currency from Hawaii, but it is not necessary.

What about valuables, cameras, and film?

Do not take anything with you that will create an emotional or financial hardship if lost or stolen. It's that simple. Leave extra credit cards and keys, as well as favorite or expensive jewelry, at home. Your cash and any valuables you cannot live without should be carried in your purse, in an inside pocket. Do not put them in your suitcase or travel bag. **A money belt is highly recommended.**

If you are considering buying a camera for your trip, we suggest a light, compact one. Buy it a few weeks before you leave so you will have time to become used to it and make sure it is working properly.

Bring plenty of film and/or memory cards and batteries, since these are usually more expensive in popular tourist areas and may not be available in isolated areas. Remember, never leave your camera in your hotel room.

What about Customs?

Group participants are usually passed through customs in foreign countries without formality, but you must be prepared to open your baggage for inspection at any time. Be prepared to itemize your currency, alcohol, tobacco products, and film, and answer all questions truthfully. Generally, there is no objection to reasonable amounts of any item for personal use.

Technically, if you have any foreign-made article that you purchased on a previous trip or in the U.S.,

such as cameras, watches, or jewelry, register them with the U.S. Customs Office in downtown Honolulu. Otherwise, they could be subject to duty on your return. In other words, you must prove prior possession. You may take tobacco to Canada in quantities sufficient for personal use.

As a resident of the United States, you are entitled to an exemption of \$800 for the articles you bring back. The \$800 exemption may not be claimed if you have used the exemption, or any part of it, within the preceding 30 day period, but a \$200 exemption may apply. The only limitations are liquor and tobacco. No more than 200 cigarettes (one carton) and 100 cigars may be included in your exemption. One liter (33.8 fl. oz.) of alcoholic beverages may be brought to the U.S. duty free, if you are 21 years of age or older and if it is not in violation of the laws of the state in which you arrive. Anything in excess of these limits is subject to duty and tax.

Customs regulations permit US citizens traveling abroad to send home one gift each day (except tobacco, perfume, and liquor worth more than \$5) not exceeding a value of \$100 per day. The packages must be clearly marked "Unsolicited Gift Enclosed" and the value must be clearly indicated on the outside. Gifts mailed home in this way need not be included in your customs declaration.



On your return flight to the United States you will clear customs at your port of entry. The flight attendant will distribute Customs declaration forms for you to complete. For this purpose it is a good idea to keep a record of your purchases.

Will we have a host with us from Hawaii?

Yes, Alex Dold will accompany you from Honolulu (so long as we have at least 12 people flying together). He will see to it that you are taken care of en route. On tour a multi-lingual tour director will join us and also look after our needs. This tour director is a professional who has covered the area many times and is well acquainted with the different aspects of Canada.

When must I make final payment?

We will send you an invoice around 90 days prior to your tour's departure, with final payment due no later than 65 days prior. **DO NOT** send any money until you receive our invoice. Please read the refund and cancellation clause under General Conditions carefully so there will be no misunderstanding.

We prefer you make all payment by **credit card**. The balance due will be divided between the land operator, airlines, and E.S. International (our ticketing vendor).

When do I get my documents?

At least three weeks prior to departure we will have a get-together where we will brief you once more, try to answer your questions, and give you your final documents. You will receive a sufficient supply of hotel lists and flight schedules to leave with relatives and friends, a final itinerary, etc. We will send you an invitation to this meeting. For those of you unable to attend, we will express your documents to you after the meeting.

Should I take out insurance?

Insurance for Trip Cancellation and/or Interruption is strongly recommended and costs little. With the strict cancellation charges the airlines and tour operators impose upon us, it is important to insure against these cancellation charges, plus loss of money and personal accident. You should have a copy of the insurance policy offered. Look it over, and let me know if you have questions. In some cases your homeowner's insurance may cover you when traveling, but check with your insurance agent. It is better to be safe than sorry.

Before departure...

You should tell the local police and neighbors that your house or apartment will be vacant. Stop mail and newspaper deliveries or they will be piling up outside your door. Arrange for the care of Scooby your dog, Garfield your cat, and all your plants. Turn off the gas and water, and disconnect all electrical appliances, especially the television set. Buy a timer in a local hardware store and arrange a lamp in a strategic place to be turned on at sunset and off at midnight. Make sure everything is locked. Leave a set of house and car keys, plus an itinerary, with a relative or trusted friend. It is also a good idea to make sure your insurance policies are up to date.

And a final word...

Travel at all times is an intensely rewarding experience. It is also a very personal experience. We all see the same things, but we react differently to them, depending upon our background, nature, and personality; therefore, what is absorbed, remembered, or treasured varies from individual to individual.

Much work has gone into the planning and operating of your itinerary. The program has a great spiritual value, will be lots of fun, and will provide you with memories to last a lifetime.

Let us assure you we will make every conceivable effort to make sure you have an exciting journey.

"Why do you go away? So that you can come back. So that you can see the place you came from with new eyes and extra colors. And the people there see you differently, too. Coming back to where you started is not the same as never leaving."

~ Terry Pratchett