

## Western Parks Walk- 15 Days

*We begin our trip with a journey from Seattle into the heart of the Cascade Mountains, home of Mt Rainer National Park. We will visit old growth forests and waterfalls on our walk up this massive snow capped volcano. We will have time for a short afternoon walk on our first day and the entirety of day two for exploring the many trails within the national park.*



We continue by retracing Lewis and Clark's journey crossing the Columbia River on our way to the "Big Sky" of Montana. We enjoy our first night in the American Rockies before reaching Yellowstone National Park for a three-night stay. Here we will embrace spouting geysers and beautiful waterfalls while exploring the world's oldest (and most famous) national park. The park is full of roaming wild animals such as the majestic buffalo, elk, bear and wolves.

Take a true test of your hiking skills on the Uncle Tom's Trail on the approach to Lower Yellowstone Falls. We will head south from Yellowstone on the way to Grand Teton National Park. Here the mountains are spectacular and rise sharply up from the surrounding valley. Here we have a choice of walks: you can venture uphill for outstanding panoramic views or take the easy trail along the pretty alpine lakes at the base of the Teton Range.

Our trip continues back to Idaho to the Craters of the Moon National Monument. You will have a chance to walk amongst the moon like lava formations that give this park its name. We stop for the night at Nat-So-Pah hot springs for a relaxing soak in the hot pools frequented by Native Americans for centuries.

A drive through Nevada's northern plateau brings us to the Sierra Nevada Mountain range and the well-known Lake Tahoe. Lake Tahoe is a retreat for many Northern California residents situated on the border of Nevada and California. Take in views of the crystal blue waters of the lake surrounded by peaks on one of the many trails. You can opt for a sunset cruise on the lake or try your luck at the casino in the evening.

Next stop, Yosemite Valley for a three-day visit. There is an abundance of trails to choose from in this peaceful and spectacular valley. Perhaps take a hike to the top of Half Dome, El Capitan or to the top of some of the highest waterfalls in America. Alternatively the valley offers bikes for rent or you can simply choose to enjoy the Merced River.

We conclude our visit to Yosemite Valley with a journey to Mariposa Grove full of towering sequoia trees before heading to San Francisco. We end our journey with a tour through Chinatown, The Wharf, Little Italy, Nob Hill, Golden Gate Park and Alamo Square. Our final walk takes us across Golden Gate Bridge for a dream like view of the city.

### Included

- Transportation for tour
- Services of two tour leaders
- Camping fees & equipment
- Admission to 4 National Parks and Monuments

### Not Included

- International Flights
- Travel Insurance
- Spending Money
- Food (Kitty will be collected USD\$9 per day)

### Meals

You will contribute to a food kitty of \$9 per day. This will provide for 3 meals a day usually; eating fresh food that we purchase as we travel to satisfy the international flavour of the group- a healthy way to travel at an unbeatable price. While on the tour you will take turns cooking meals.



Stops	
Departs our Seattle hotel at 0730 hrs.	8. Grand Teton Nat'l Park
1. Mount Rainier Nat'l Park	9. Nevada
2. Mount Rainier Nat'l Park	10. Lake Tahoe
3. Idaho	11. Lake Tahoe
4. Montana	12. Yosemite National Park
5. Yellowstone Nat'l Park	13. Yosemite National Park
6. Yellowstone Nat'l Park	14. Yosemite National Park
7. Yellowstone Nat'l Park	15. San Francisco

### Dates & Prices

Departs Seattle

#### 2008

7-Jun-08	£940
28-Jun-08	£940
19-Jul-08	£996
2-Aug-08	£996
16-Aug-08	£1043
13-Sep-08	£996

If you have any further enquiries, please do not hesitate to contact Alicia Hunt at the Gap Year for Grown Ups office on 01892 701881 or email [alicia@gapyearforgrownups.co.uk](mailto:alicia@gapyearforgrownups.co.uk)