



## HIKING AND RAFTING GLACIER NATIONAL PARK

JULY 22 - 29, 2019

### TRIP SUMMARY

#### HIGHLIGHTS

- Hiking Glacier's classic trails with a local naturalist
- Immersing ourselves in a landscape of jagged peaks, glaciers, wildflowers, and meadows
- Experiencing the different landscape and excitement that only whitewater rafting can provide
- Staying in historic National Park lodges that have welcomed guests since the early 1900s
- Watching for bighorn sheep, mountain goats, and grizzlies

## TRIP AT A GLANCE

<b>Dates:</b>	Jul 22 - 29, 2019
<b>Location:</b>	Glacier National Park, Montana
<b>Cost:</b>	\$3,195.00
<b>Activities:</b>	Hiking
<b>Arrive:</b>	at 4:00 pm on July 22 at the Lake MacDonald Lodge
<b>Depart:</b>	after breakfast at our Whitefish lodge on August 3 (there is a free hotel shuttle to the airport)

### TRIP OVERVIEW

Glacier National Park is truly one of the crown jewels of the National Park System. It has long been famous for having more glaciers than anywhere in the lower 48, and while there has been significant glacial melting in the past 30 years, they are still magnificent. The park is also known for an astounding array of jagged peaks, wildflowers, and abundant wildlife. We'll hike many of Glacier's classic trails, returning each night to one of the magnificent historic lodges that have been welcoming visitors for 100 years. Because the Park has a short hiking season and is a very popular destination, we will not find solitude on the trails or the river - we will, however, find fun, challenge, laughter, and beauty during our week in Glacier National Park. Maximum group size: 13.

### RATING

This trip is rated both a 3 and a 4 because of the choice on some days of longer or shorter hikes. This trip is a great choice for women in very good physical condition who can hike for 7 to 10 miles in mountainous terrain with elevation changes. Women who have significant fear of heights or problems with altitudes of 6,000 - 8,000 feet should consider choosing another trip. A rating of 3 requires some aerobic conditioning, such as walking vigorously up hills, jogging, cross country skiing or stair stepping for 30 - 45 minutes at least 3 - 4 times a week. A rating of 4 requires aerobic conditioning for at least 40-50 minutes 4-5 times a week. Additional endurance exercise and/or strength training is usually required. Rating: 1 2 **[3]** **[4]** 5.

### WHAT'S INCLUDED

- Experienced guides including a local Glacier Park naturalist and an AGC guide
- Seven nights of double occupancy accommodation
- Local hiking and rafting guide gratuities
- Full day whitewater rafting trip
- All meals from dinner the first to breakfast the last, with the exception of one dinner
- Transportation and luggage transfer within Glacier National Park
- Entrance fee into Waterton Park and boat ride

**Not included:** airfare to Kalispell, transportation to the Park, 1 dinner, National Park entry fee, alcoholic beverages, guide gratuities

## OUR ITINERARY

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

### DAY 1

#### JULY 22, MONDAY



Our trip starts today at the [Lake MacDonald Lodge](#) at 4:00pm, when we'll be able to check in as a group. If you arrive earlier, you can check your bags and go for a walk, take a Red Bus tour etc. After check in, there will be time to take suitcases to our rooms and get settled before meeting again at 5:30. (If possible, plan your flight to arrive not later than about 3pm). We'll start getting to know each other and review our plans for the trip, before sharing our first dinner. After dinner some of us may be ready for an early bedtime, while others might choose to attend an evening slideshow or lounge on the veranda. In any case a good night's sleep will help prepare us for a vigorous day of hiking tomorrow. (D)

### DAY 2

#### JULY 23, TUESDAY



After a hearty breakfast we'll meet our local guide, a naturalist who knows the geology, flora, and fauna, and can answer our many questions about this unique landscape. Our hike today is on the "Garden Wall" section of the Highline Trail. Starting out on the famous Going To The Sun Road, our van gains substantial elevation as we drive to Logan Pass, our trailhead. As a result of this initial elevation gain, the trail along the ridge offers a rare combination of moderate hiking and exquisite views of the Continental Divide, as well as wildflowers in full bloom. Haystack Pass, where we'll have lunch, offers sweeping views. We'll turn around here and trace our steps back to the van (it's amazing how different the views are when you change direction). We'll drive to [Many Glacier Hotel](#), a classic National Park lodge, for the first of three nights there. (B, L, D)

### DAY 3

#### JULY 24, WEDNESDAY



Today's hike, starting quite close to our hotel, is on the Iceberg Trail to the aptly named Iceberg Lake. Surrounded by 3,000 foot cliffs and untouched by direct sunlight in the winter, a large amount of snow and ice accumulates each winter which slowly melts throughout the summer. Spectacular scenery, colorful wildflowers, and the possibility of grizzly bear sightings (this area is closed when sightings are too frequent) make this another Glacier Park classic hike. Although the first half-mile is somewhat steep, the path after the elevation gain becomes more gradual and the total elevation gain of 1200 feet over 4.7 miles one way doesn't really feel like it. After enjoying a picnic and a chance to dip our feet in the frigid lake, we return the same way we came. In the evening those who choose can explore the other half of Glacier: night skies that may be more brilliant than any you have seen. (B, L, D)



## DAY 4

## JULY 25, THURSDAY



After two days of hiking we'll give our legs a bit of a break as we travel to the Waterton-Glacier International Peace Park, the first Peace Park in the world. Originally two separate parks, they were formally united in 1932 and represent what much of western North America used to look like. We'll take the bus across the border into Canada (yes, you will need your passport) and then take a boat ride on Waterton Lake to the southern most part. We'll get off the boat at Goat Haunt Ranger Station for a bit more leisurely hike today, visiting both Goat Haunt Overlook and Rainbow Falls. We'll then have some time in the town of Waterton with a chance to check out Waterton's shops. There are lots of restaurants here and tonight dinner is on your own before returning to Many Glacier for the night. (B, L)

## DAY 5

## JULY 26, FRIDAY



This may be your favorite hike! It certainly is one of the Park's most spectacular. After packing up our suitcases in preparation for moving our lodging for the next two nights, our hike today is to nearby Grinnell Glacier. Starting fairly flat, it traverses the shoreline of Swiftcurrent Lake and then Josephine Lake. After that it gradually climbs for a total of 1600 feet over 4 miles, ending at Upper Grinnell Lake and Grinnell Glacier at the base of the Continental Divide. Traveling through open countryside, our hiking is rewarded with stunning views of Lower Grinnell Lake, Angel Wing, Mt. Gould, and Grinnell Falls. Again, wildflowers are abundant and sightings of bighorn sheep, mountain goats, and grizzlies are all possible.

The trail is not only one of the most stunning in the Park, it sadly showcases the ongoing loss of the glaciers from which the Park gets its name. Upper Grinnell Lake is a fairly new lake that is being formed by the melting waters of a shrinking Grinnell Glacier (more than 40% over the past thirty years). Like all glacial lakes the water is milky white in color and is a rejuvenating place in which to very briefly dip ones feet. We retrace our steps for a total of 12 miles. Because the trail is out and back, those who wish a shorter hike can turnaround sooner. A 1.5 hour van ride brings us to Glacier Park Lodge on the east side of the park just outside the Park boundary, another of the venerable Park lodges and our lodging for the next 2 nights. (B, L, D)

## DAY 6

## JULY 27, SATURDAY



Our hiking destination today is Upper Two Medicine Lake at the foot of the Continental Divide. This is a less traveled part of the Park as it is off the Going to the Sun Road. It also has a unique weather pattern, receiving much less rain than the western side and thus lacks the lush vegetation found there. The beauty is no less breath taking however.

We'll hike along the left side of the lake to Aster Falls (1.2 miles) and then on to Rockwell Falls (2.3 miles) where we'll dip our feet in the water and enjoy lunch. After lunch you have the option to return the same way or to continue around the lake to Twin Falls. Twin Falls is what it sounds like - a double waterfall that rushes down the mountain side. After stopping to gaze and take pictures, we continue around the lake for a total hike of 8.8 miles. We'll return to the same lodge tonight, perhaps enjoying a dip in the swimming pool. (B, L, D)

## DAY 7

## JULY 28, SUNDAY



We completely change gears for our last day in the Park, giving our legs a rest and our arms a workout as we embark on a whitewater rafting trip on the Middle Fork of the Flathead, the southern boundary of Glacier National Park. Our exact put in point will depend on the water level. However, you can count on exciting whitewater and pristine wilderness scenery, periods of high excitement interspersed with relaxing floating. We'll raft through John Stevens Canyon, where the rapids are rated class II and class III making it a fun and splashy adventure. Names like Screaming Right Hand Turn, Pinball, Jaws and Could-Be-Trouble give you a sense of just how much fun we'll have! We'll be off the river in the late afternoon and back to West Glacier and then on to our lodging in Whitefish and a final farewell dinner (B, L, D)

## DAY 8

## JULY 29, MONDAY



There is a complimentary breakfast this morning and shuttle to the airport so you are free to leave any time you choose. (B)

# ADDITIONAL TRIP INFORMATION

## GETTING THERE

IF YOU ARE FLYING: Plan to arrive by 3 pm. Several major airlines fly into this airport including: United, Delta, Alaska Airlines and Allegiant. From there you can take a shuttle/taxi to Lake MacDonald. More details about the shuttle will be included in the Predeparture.

IF YOU ARE DRIVING: From Kalispell: Take 2 N to West Glacier then follow the Going to the Sun road to the lodge. You will not need your car for the duration of your trip so we have in the past arranged to have you park it at the office of Glacier Guides.

## ACCOMMODATIONS

We will be spending seven nights inside the Park at three different lodges. The lodges, built before 1920, are rustic by modern standards, but they are comfortable, well-maintained, and very scenically located. We will spend one night at [Lake MacDonald Lodge](#), and three nights at [Many Glacier Hotel](#), both of which are inside the Park. The next two nights are at [Glacier Park Lodge](#) which is located just outside the park in East Glacier. We spend our final night at a more modern lodge in Whitefish.

## WEATHER

Summer weather in Glacier Park can see daytime temperatures reach 90F but typically average between 60F and 70F. It is frequently 10 to 15 degrees cooler at higher elevations. Overnight lows throughout the park can drop 20F and snow can fall anytime. Nighttime average is in the 40s.

## TRAVEL INSURANCE

WE STRONGLY RECOMMEND TRIP CANCELLATION/TRIP INTERRUPTION INSURANCE, WHICH COVERS YOUR COST IF YOU NEED TO CANCEL OR INTERRUPT YOUR TRIP for medical reasons, trip delay, lost baggage, and other unforeseen emergencies. Adventures in Good Company will send you information about travel insurance with your registration information, or you may purchase coverage through your own insurance company. In order to avoid disappointment and expense in the event that you must cancel your trip we strongly urge you to purchase some type of insurance coverage. You can also sign up for it online at [Travelex Insurance](#). To get the best rates, use 20-0016 as your location number on the Get A Quote page.