

REAL
Gap Experience

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USA Tour - Grand Trek

Adventure



Relaxation



Culture



Trip Name: USA Tour - Grand Trek **Trip Code:** USGT **Duration:** From 43 days

Trip Highlights

- Niagara Falls Maid of the Mist cruise
- Limousines in Las Vegas
- Evening illumination visit to Washington DC Monuments
- Guided Chicago Bike Tour
- New Orleans' Bourbon Street
- National parks and monuments - Carlsbad Caverns, Monument Valley, Grand Canyon, Zion, Badlands, Sioux Indian Lands, Mount Rushmore, Crazy Horse, Yellowstone and Yosemite



Overview

This fast and furious, all encompassing loop showcases the best of the United States. Traverse the continent from New York to Los Angeles and back again for six action packed weeks journeying through the heart and soul of America. Take in over 20 states, 10 National Parks, recreational areas and monuments, the Mexican and Canadian frontiers, the Pacific and Atlantic coasts, ghost towns, skyscrapers and everything else in between. If you're looking to experience everything Americana, this is the trip for you!

Destination Info

There isn't a person out there that hasn't dreamed of taking off on the ultimate American road trip with a bunch of mates! Cruising down the open road, tunes cranked, wind in your hair not a care in the world; getting off the beaten track with a whole continent to discover.

The United States is a country of incredible diversity. The nation is home to dynamic cities and small towns that vary dramatically from region to region, and the awe-inspiring National Parks are unparalleled for their beauty and diversity. Eastern energy, slow-paced deep southern charm and a laid back west coast lifestyle, combine to create an incredible culture of virtually everything.

Itinerary

USA Tour - Grand Trek



This tour operates in both directions, from New York to New York and Los Angeles to Los Angeles. Tours departing from the New York area are 42 days in length and include 1 hotel night in Los Angeles. Tours departing from Los Angeles are 43 days in length and include 2 hotel nights in the New York Area.

Day: 1-2 New York Area & Washington DC

First stop, the capital calls. Washington DC is the perfect introduction to the social, cultural and political history of the United States. Explore the best of America's Capitol - from the Smithsonian Museum to the Lincoln Memorial on the guided night time illumination tour. During the day the city is awash with greenery so once you're done with sightseeing, go people watching in the parks. Why not take advantage of the great nightlife in Georgetown!

Day: 3-4 Virginia & Tennessee

From polished stone monuments to rocky paths, the Appalachian Mountains in Virginia put on a great glimpse of the rugged outdoors. In Tennessee, choose to don a lifejacket, grip a paddle and bounce along a churning stretch of white water on our optional rafting trip. Hey, we did say fast and furious!

Day: 5 Alabama/Mississippi

Next, travel into the 'Deep South' to Alabama and Mississippi for a taste of true southern hospitality. License plates proclaim you're in the 'Heart of Dixie', as the radio pumps out a hatful of country tunes to back this up.

Day: 6-7 New Orleans

Beyond Mississippi we hit Louisiana, home of the Big Easy & Bourbon Street. Now we're talking all that jazz! We head into the enchanting French Quarter of New Orleans and hear the real deal at Preservation Hall, echoing with chirpy trumpet and smooth sax. Sample a Hurricane at Pat O'Brien's! New Orleans has more than just food, drink and music to offer. Do the Huckleberry Finn thing as you chug along the Mississippi River.



Day: 8 Louisiana/Texas

Look for gators on our optional Louisiana swamp tour through the mysterious bayous of Cajun country (a must do!). The Lone Star bids you a big-hearted welcome for four nights in the mighty Texas. None of the other 47 continental states is bigger; come to think of it, everything seems vast in this pancake-flat expanse.

Day: 9-10 San Antonio

Don your Davy Crockett hat and check out the Alamo, symbol of Texan pride and independence from Mexico. Or stroll the Paseo del Rio. If your Spanish is shaky, that's the cobbled 'river walk', bursting with greenery, cafés and boutiques.

Day: 11-12 Texas & Carlsbad Caverns National Park

The biggest state of the continental USA is also home to plenty of Mexican-American cuisine, "Tex-Mex" and spicy fajitas and tacos could be on the menu tonight. Do you know your stalactite from your stalagmite? Carlsbad Caverns boasts over 100 limestone caves sporting glinting minerals and telling names like the Hall of the White Giant and Green Lake Room.

Day: 13 Arizona / Roswell, New Mexico

After a visit to the famous Roswell's UFO Museum, pitch your tents together and chew the fat long into the night. What are those lights in the sky?

Day: 14 Monument Valley

Venturing into the desert southwest, we hit iconic Monument Valley used in countless Hollywood scenes from Westerns to 2001: A Space Odyssey and everything in between. Get jeep-bound and flit between towering buttes and massive mesas. This is sacred Navajo land; take home their secrets, legends and the odd handcrafted keepsake. Tonight, experience a stunning sunset overlooking the valley.

Day: 15-16 Grand Canyon National Park

No trip west is complete without a stop at the Grand Canyon and we have a full day tomorrow to experience the grandeur of Earth's natural wonder. Pack your best boots and don't forget your camera for a sunrise/sunset hike along the rim. For the more ambitious take the long hike down Bright Angel Trail to Plateau Point, or choose the "bird's eye" view on a scenic flight. Watching the sinking sun paint it amber, maroon and red, its breathtaking immensity still blows you away.

Day: 17-18 Lake Powell & Zion National Park

Swim the deep blue waters of Lake Powell, formerly the great Glenn Canyon, or just sit back on the shore and

USA Tour - Grand Trek

soak up the powerful rays of this beautiful and surreal man-made desert oasis. Then onwards to Zion National Park. Explore the hidden canyons or maybe hike to Angels Landing. Okay, so getting up there can be devilish at times, but the famous trail puts Zion on a 360-degree display of this magnificent national park

Day: 19-20 Las Vegas

With a sudden burst of neon, Vegas is right in your face - the greatest show on earth. Watch out though - some dub this place 'Lost Wages!' Why not cruise "The Strip" in a super-stretch limo, indulge in an all-you-can eat buffet, take in a show or just watch the amazing crowds, neon signs and attractions that many hotel casinos have to offer. And if that's not enough, take a helicopter flight back down The Strip or just gamble the night away in one of the world class casinos.



Day: 21 Los Angeles

Journey across the desert and catch some California sun as you roll into the larger than life LA scene. Why not hang out at and people watch at Venice Beach tonight?

Day: 22-23 Pacific Coast, Monterey

A quick tour of Hollywood before skirting the awesome shoreline, as the highway snakes north beside the heaving ocean swell. Further along the Pacific Highway, splash the cash in Monterrey or stroll the coast around this seriously scenic peninsula.

Day: 24-25 San Francisco

San Francisco is next, "Everybody's Favourite City". Enjoy a full day to explore the city with plenty of time for shopping in China Town & Union Square, sightseeing and a stroll over the Golden Gate Bridge. Maybe take a cruise on the bay for an unforgettable sunset, then go bar hopping 'til the tiny hours. Mission, Marina or Haight-Ashbury Districts usually check the right boxes.

Day: 26-27 Yosemite National Park

Heading through Central California we take a scenic drive into the Yosemite National Park region and a chance to hike or bike through the extraordinary landscape of glacier-carved granite monoliths and spectacular waterfalls. Hike to Yosemite Falls, one of North America's highest, and capture El Capitan's great granite profile on camera. Keep your eyes peeled for the chance to view the park's abundant wildlife.

Day: 28-29 Lake Tahoe & Idaho/Nevada

Set sail at Lake Tahoe on an optional sunset cruise or play the house in one of the flash casinos – though a gentle pedal boat ride, scenic parasailing or an energising jet-ski, may just as easily push your buttons. Now your posse

heads across a heap more widescreen scenery as you edge westward through Idaho & Nevada.



Day: 30-31 Jackson

Feel the old frontier spirit alive and kicking in the truly western town of Jackson, Wyoming. Fresh from conquering the Snake River rapids, one of America's last great untamed rivers, on an optional whitewater rafting trip, corral your posse into the nearest watering hole. Million Dollar Cowboy Bar is a fine tip, with saddles for stools and trophy cow horns above the counter.

Day: 32-33 Yellowstone National Park

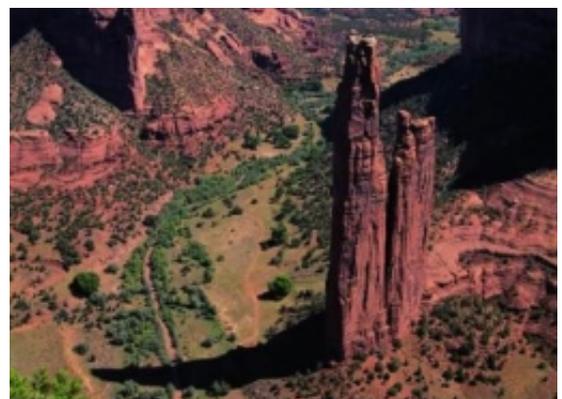
Pitch up in the world's first National Park, Yellowstone. This is a superb wilderness of spouting geysers, waterfalls and simmering mud pools. A-grade American stars grace the trails – keep your eyes peeled for this abundant wildlife. Large herds of bison and elk roam the park and if you're lucky, you may even see bear or wolf.

Day: 34 Cody

Next, it's Wild Wyoming, the heart of cowboy country. This is what Cody is all about. From its cowboy roots to its summer rodeos, shake a leg and try some two-step as the buckin' bronco rears its massive head!

Day: 35 Sioux Indian Lands

Yep, we're talking Mount Rushmore and the uniquely sculptured faces of our four greatest Presidents Close by, another rock-carved epic is shaping up: the Crazy Horse monument, a nod to the famed Lakota Indian war leader, very impressive!



Day: 36-37 Badlands National Park & South Dakota

USA Tour - Grand Trek

Never mind the "bad lands", touching down here feels like a moon landing. Low-slung buttes, chiselled spires and saw-tooth ridges have a bizarre lunar quality as you swap some photos. Resident coyotes may utter the occasional howl as you settle back for some shut-eye under canvas.

Day: 38-39 Chicago

Our next stop is Chicago - the "Windy City", home to some of the greatest blues music in America. Soar up Willis Tower for dizzying views over the Windy City. Trawl the upmarket malls of Magnificent Mile and grab a slice of Chicago's deep-dish pizza before peddling on the included famous "Bobby's Bike Hike" tour.

Day: 40 Ohio

Ask a "Buckeye" to tell you all about their state nut or how cool they think Cedar Point Amusement Park's rollercoasters are! Ride the Millenium Force - the greatest roller coaster in the world!

Day: 41 Niagara Falls

From the edge of Lake Ontario, the sensation of crashing water is stupendous, the noise immense, at America's greatest national attractions, Niagara Falls. Wait 'til you're down on the water aboard 'Maid of the Mist', where the cascades pound, churn and foam right before your eyes. That's what you call a front row seat!

Day: 42 New York Area

We roll into the New York Area and the end of our awesome Grand Trek! This tour is not scheduled to spend any time in New York City so make sure you book extra hotel nights and explore the sights and sounds of the Big Apple on your own. Splurge along Fifth Ave, hit the top of the Empire State Building, or soak up the trendy, laidback vibe of Greenwich Village before heading home.

Accommodation

-32 nights camping fees and equipment (except sleeping bag)

-one hotel night in LA if you start the tour in NY and two hotel nights in NY area if you start the tour in LA are also included

-8 hotel nights

Meals

On our camping tours, our groups share in the preparation and cooking of the food. Supplies, excluding soft drinks and alcohol, are purchased from the food kitty, and each member of the group pays US\$10 per day en route. This covers three meals on most days while we are camping; eating fresh foods that we purchase as we travel to satisfy the international flavour of the group - a healthy way to travel at an unbeatable price. Naturally this does not cover hotel stops or when Trek groups sometimes sample regional cuisine at local restaurants.

What's Included

- Services of a tour leader
- Transportation by adventure vehicle
- Admission to Carlsbad Caves
- Crazy Horse Monument
- Guided Chicago Bike Tour
- Niagara Falls Maid of the Mist Cruise
- Admission to Monument Valley
- Illumination Tour of Washington Monuments
- Admission to all National Parks and Monuments
- One hotel night in LA if you start the tour in NY and two hotel nights in NY area if you start the tour in LA
- All accommodation



What's Not Included

- International Flights
- Travel Insurance
- Food
- Optional activities



Additional Information

Optional activities

- Whitewater rafting (in season) US\$30-\$175
- Great National Park hikes US\$FREE
- New Orleans Jazz Clubs US\$10-\$20
- Mississippi Riverboat Cruise US\$40-\$125
- Southern Mansion Tour US\$10
- Smithsonian National Museums US\$FREE
- Mountain biking US\$45-\$95
- Grand Canyon scenic flights US\$160-\$400
- Navajo guided backroads tour US\$50-\$95
- Sunset Sailboat Cruise US\$35-\$95
- Western horseback riding US\$45-\$95
- Blues Clubs US\$10-\$20
- IMAX theatre US\$8-\$12
- Las Vegas casinos shows US\$50-US\$200
- Bicycle riding US\$25-\$50
- Hot springs US\$5-\$10
- Swamp tour US\$20-\$40
- Cycling in Yosemite Valley US\$20
- Western Rodeo (in season) US\$9-\$18
- Museums US\$10
- Lake Tahoe Sunset Sailboat Cruise US\$35-95
- San Francisco Cable Car ride US\$10-\$20
- Willis Tower (previously Sears Tower) US\$9
- Sea Aquarium US\$25

- Indian Museum US\$FREE
- Cedar Point amusement park (in season) US\$45

Tour Operator

This tour is operated by Trek America.

Minimum Age

Minimum age is 18 years. Maximum age is 38 years.

Flights

Your flight to the USA should arrive at Newark Airport, New Jersey no later than the day before your programme start date. Your return flight should be arranged for no earlier than the day after your programme end date. Alternatively if you are starting the tour in LA, your arrival and departure flights should be arranged to Los Angeles airport.

To book your flights, call our expert team on 01892 277037 and they can help you find a great deal. Just check with us that your trip is guaranteed before booking your flights.

FAQs

1. I am travelling on my own. Will I be the only one?

No. The majority of the people travelling with us are on their own. Our trips are a great way to travel safely and meet other like minded, adventurous people from all over the world.

2. Are there any age restrictions?

This tour is designed for participants aged 18 to 38 years of age. Consequently, they tend to focus on activities and nightlife that appeal to that age range.

3. How much luggage can I bring?

One suitcase or rucksack with a maximum weight of 20 KG, plus your sleeping bag and one carry on bag for the van. Be sure to check the weight allowance of your luggage with your airline as well.

4. Why do I have to pay locally for some accommodation on tour?

The reason many en route hotels are paid locally is due to fluctuation of hotel prices throughout the year. Instead of getting 'locked' into a contract with one hotel for an entire year, we are able to choose one that has the most reasonable price for that time of year. This saves you money in the end.

5. What is the maximum group size?

13, plus a driver.

6. How much money do I need to bring on the tour?

For TrekAmerica camping tours you will need to budget for the food kitty. This is usually US\$10 a day however see individual tour pages for specific details. This will cover all of your meals while camping but does not cover meals during hotel stops or when the group chooses to sample regional cuisine. Depending on the tour you choose, there may be en-route hotel nights paid locally and the cost will be shown on the itinerary. You should budget for each of these night stops. We recommend you take at least US\$40/CAN\$40 dollars per day to budget for your optional activities and snacks along the way on all our North American Treks. This does not include money for food kitty and en route hotel expenses. We suggest you bring US \$150 with you in cash. ATM's and cash machines are readily available throughout North

America and major credit cards are widely accepted throughout the country. Traveller's checks are accepted and can be a safe way to take your funds but aren't always the most practical. In some off the beaten track destinations ATM's and cash machines may be limited. Credit card payment can't be accepted for food kitty and enroute hotel payments.

7. Do I need to tip?

Although it may not be customary in your country, it is normal and expected in North America to tip waiters, bar staff, any type of guide and taxi drivers. Service workers are paid a low wage and depend upon their tips for their livelihood. A minimum of 15% is standard in restaurants. Your trek leader works long and hard for you. He or she may well become your close friend during the trek, but they also need to pay their bills. If the leader's performance meets or exceeds your expectations we recommend a tip of US \$5 per person, per day.

Support & Advice

Your safety is paramount which is why all our programmes have been visited and assessments have been conducted to ensure any major risks have been minimised.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our UK staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience and Real Travel are part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Beware: Don't book with an organisation that has no financial protection for their clients. Not only are they breaking the law, you could lose all your money or be stranded overseas.

Our ATOL licence (6527), offers complete financial protection for any flight inclusive trips. To acquire an ATOL licence we have to undergo a very rigorous inspection from the Civil Aviation Authority, so you know that we tick all of the boxes. The ATOL license means that no matter what happens to us, your money will either be returned or if you've already left, your trip will be guaranteed.

We are also a Member of ABTA which means you have the benefit of ABTA's assistance and Code of Conduct. Many of the travel arrangements that we sell are protected in case of the financial failure of the travel company. If you have any questions about the financial protection that applies to your booking then please ask our team and they'll be happy to help.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy



USA Tour - Grand Trek

wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

The currency in the US is the US Dollar (USD, symbol; \$), which is divided into 100 Cents. Coins come in denominations of 1, 5, 10, 25 and 50 Cents (¢) and the 1 Dollar coin. Notes come in denominations of 1, 2, 5, 10, 20, 50 and 100 Dollars, though the \$2 note is rarely used.

No other currency is accepted but most major credit cards are universally accepted, especially Visa or MasterCard, and may even be required for larger purchases. ATMs are available almost everywhere and will charge a small fee for withdrawing cash using a credit card or international card, unless your card belongs to a worldwide network such as Cirrus or Exchange.

Meal, Inexpensive Restaurant 11.16 \$

Domestic Beer (0.5 litre draught) 3.21 \$

Coke/Pepsi (0.33 litre bottle) 1.48 \$

Water (0.33 litre bottle) 1.27 \$

(Prices quoted in US Dollar)

Passports and Visas

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

For stays of up to 90 days citizens of Australia, New Zealand and most European countries will need to apply for an ESTA visa before they go. The ESTA visa can be applied for online for a small fee and must be used within two years of issue.

For working holidays applicants will usually need to hold an ESTA visa and a working visa, the type of visa required will depend on the nature of your work, your nationality and the length of your stay; you will also usually need some form of sponsorship from an employer in the USA.

For the most up to date information on passports, visa requirements and working in the USA, please visit <http://www.visabureau.com/america/default.aspx>

Cultural Considerations

A global culture and tradition is virtually non-existent in the USA because of the vast mixture of backgrounds that its original immigrant education came from. This is particularly reflected in the number of China Towns, Irish Districts, Jewish districts and so on that are in virtually every city across North America, as well as the fact that several states have Spanish and French as official state languages alongside English.

The American people are similar to Europeans in terms of what does and doesn't offend them. Although sometimes seen as loud and crass when outside their native country, you may find that Americans in America are less overpowering than you might expect. Here are a few ways to avoid offending your hosts:

- It is best to avoid talking about religion – faith is seen as being entirely personal to many Americans, although you are likely to come across people belonging to religions that have the intention of trying to convert you. Whichever of these you come across, they will not be used to having their beliefs challenged and may become offended easily.
- Smoking in public is becoming restricted more and more – keep an eye out for signs.
- Americans tend to have a relaxed social attitude and you may find that people (even shop assistants and waiters) are really interested in talking to you, especially about your country of origin. This is seen to be polite so engage them in casual conversation.
- In such conversation you may find that the person you are talking to has little knowledge of life outside the US (this is by no means the majority of people) and may refer to stereotypes – if you feel that you need to correct their views, do it politely and they will be gracious.
- US residents feel a strong connection to their 'land of origin' even if their family has lived in America for 200 odd years and once had an Irish relative!
- Terrorism is still very much a topic that must be approached with utmost respect. Talking about war should also be approached with caution - the American public are very patriotic about their troops.

Smoking, Alcohol and Drugs

Smoking and drinking is acceptable in the USA. The legal age of alcohol consumption in the US is 21. However, please respect other participants. Drinking is only permissible in moderation and must not impact on your volunteer work during the week. While we want you to have fun in your free time, antisocial behaviour will not be tolerated.

It is absolutely forbidden to bring drugs into the USA. Always keep an eye on your luggage while travelling. Never bring anyone else's luggage through customs. If you get caught there is little chance that you will walk away without punishment. As in most countries, the USA has very strict rules when it comes to the possession of drugs. All drugs, including "soft" drugs like marijuana, are ILLEGAL. Please do NOT use any illegal substances whilst travelling – it is not worth the risk and is not acceptable at the project.

Tipping

In a restaurant or taxi you should tip 15- 20% of the bill total, as no service charge will be added on. Tipping is widely practiced due to the low wages that the workers in such professions receive.

Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary

depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your General Practitioner or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

A useful website to visit in the first instance is <http://www.fitfortravel.scot.nhs.uk>

Zika Virus

Zika virus is transmitted by Aedes mosquitoes and whilst the infection often occurs without symptoms it can cause an illness similar to dengue fever. There has recently been reported a possible link between exposure to Zika virus (ZIKV) in pregnancy and microcephaly and other congenital malformations and investigations are ongoing. We recommend you visit the [FCO website](#) and select your destination country for the latest travel advice prior to booking.

If you are already pregnant it is recommended you seek medical advice from your GP as [The National Travel Health Network and Centre \(NaTHNaC\)](#) advises you should consider avoiding travel to areas where ZIKV outbreaks are currently reported.

Safety

As in most countries there are people who try to take advantage of tourists. The following advice is intended to help you stay safe:

- Always keep your personal items such as passport, money and camera with you and in a safe place. You can buy mini padlocks to prevent people from going into your bag without your permission.
- Don't carry excess amounts of cash
- Wherever possible, walk around in groups, especially after dark, and avoid taking short cuts
- Do not pick up hitch hikers if you are driving and do not hitch hike yourself
- When you are out do not leave your drinks unattended, as there have been reports of drinks being spiked

We advise that you check your government's advice before travelling abroad. For UK, American and Australian customers please see the relevant links below;

UK: www.fco.gov.uk

USA: www.travel.state.gov

Australia: www.smartraveller.gov.au

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the

victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

Language Guide

Here are some choice American phrases to get you started!

Pants - *Trousers*

Restroom/washroom - *Toilets*

Sidewalk - *Pavement*

Subway - *Underground*

Laundromat - *Laundrette*

Band-aid - *Plaster*

Soccer - *Football*

Football - *American Football*

Fanny Pack - *Bum bag*

Philly Cheese Steak - *A long sandwich made with thin slices of steak and melted cheese*

Twinkie - *A little golden sponge cake with a cream filling*

Candy - *Chocolate/sweets*

Americans tend to call certain things by their brand names, for example tissues are 'Kleenex' and so on.

Food & Drink

Currently the USA is famed for its love of the quick and easy fast food- burgers, pizza, fries and so on. However, there is so much choice out there, budget and otherwise- get out and sample it! You will be able to get any ethnicity food you could possibly imagine but if you want something properly American try out some steak, ribs, seafood in the coastal areas (especially Florida and California). Try some Cajun food (spot the European influence!) or something Mexican both options are delicious.

It is really important that you let us know before you depart if you are a vegetarian or have any other dietary requirements.

Public Holidays

When planning your trip, you should be aware of the major national holidays celebrated throughout the country.

To view a list of the public holidays for the USA, please see the link below:

www.timeanddate.com/holidays/us/

Weather

The climate in the USA is relatively temperate though specific weather conditions can vary greatly depending on where you are; this country is pretty huge! As a general rule the further south you go, the hotter it gets, while the north and areas far from the coast experience the most extreme weather. California and the east coast are warm and balmy for most of the year while northern areas such as New York experience 4 definable seasons.

Hurricanes and tornadoes are more common in south-eastern areas and occur during excessive warm weather on a sporadic basis. The USA is the only country in the world to cover all of the six climactic zones, ranging from tropical to polar, which means that a trip here will be an adventure in more ways than one!

Time

The USA has four time zones (not including Hawaii and Alaska) all of which are behind the Greenwich Mean Time. They are:

- Eastern time; five hours behind GMT (New York)
- Central time; six hours behind GMT (Chicago, Texas)
- Mountain time; seven hours behind GMT (Rocky Mountains, Southwest)
- Pacific time; eight hours behind GMT (California, Nevada)

Don't forget to take Daylight Saving Time into account from mid-March to early November

Electricity

In the USA the electric system is 120 Volts and frequency 60 Hertz. If your device does not accept power at this voltage you will need an adapter. Outlets in United States of America / USA generally accept 1 type of plug:



Flat blade plug

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as make improvements that result from travellers' comments, our own research or from time to time as a result of Foreign and Commonwealth Travel Advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

Volunteer numbers

Please note: You may be the only volunteer at your chosen project at any one time. If you have any questions about this, please feel free to contact us.



USA Tour - Grand Trek

Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

Phone: 1-800-985-4852

Email:

Post: Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960

Web: www.realgap.com