



Montana Glacier National Park Hiking

Trip Planner

THANK YOU FOR CHOOSING MT SOBEK

We look forward to hosting you! This **Trip Planner** includes essential information to prepare for your upcoming adventure. Please read it carefully, and contact your *Adventure Coordinator* if you have any questions.

About three weeks prior to departure, we will email you **Final Details** which will include information on your guides, accommodations, meet-up instructions, and emergency contacts in case you are delayed en route.

Important Information

- [Glacier National Park Multi-Adventure Trip Planner for 2026](#)

Activity Level 3: Moderate to challenging hiking on some moderately high-altitude mountain terrain up to 7,280 feet for 4-8 hours, 5-11 miles per day. There is a mix of undulating terrain with some steep, rocky sections and a 1,600-foot maximum elevation gain per hike.

Glacier National Park is located at moderately high elevations. Grinnell Glacier, Going-to-the-Sun Road and Iceberg Lake are between 6160 - 6466 feet.

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



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Arrival & Departure

Booking Your Flights

Please check with your Adventure Coordinator before purchasing your flights. While we can typically confirm whether your trip will run well in advance of your departure, many factors affect this decision. In some cases the decision may be made just prior to your final payment date.

For assistance making your air arrangements we recommend:

EXITO TRAVEL Phone: 1-800-655-4053

Email: mtsobek@exitotravel.com

ARRIVAL: Please arrive at **Glacier Park International Airport** (airport code **FCA**) in **Kalispell, Montana**, the day prior to Day 1 of the itinerary. We recommend staying at one of our 2 pick-up hotels in Whitefish, Montana.

Your tour leader will pick you up on Day 1 at:

7:45 am - Whitefish River Hotel - 406-862-7600

8:00 am - Grouse Mountain Lodge (our first and last nights hotel) - 406-862-3000

Consider your first day's activities:

Day 1, after your morning pick-up at one of the designated hotels, enjoy a brief welcome meeting and then head to Glacier National Park for a day of hiking and exploring!

DEPARTURE: You can schedule a departing flight from Glacier Park International Airport (airport code **FCA**) after **12:00 pm on Day 6**. On Day 6 of the itinerary, we have a final 2.6 mile hike on Lion Mountain Trail near the hotel. After the hike, we will check out and offer a group transfer to the airport. We will be dropping off at the airport at 11:00 am.

Extending Your Stay

If you are arriving early or staying after the trip end, we recommend our group hotel, Grouse Mountain Lodge. Please let your Adventure Coordinator know your confirmation number and we will request (but cannot guarantee) that the hotel keep you in the same room as our group room type which are either Golf Nordic King or Golf Nordic 2 Queen rooms.

Grouse Mountain Lodge offers a shuttle to/from Glacier Park International Airport (FCA). The hotel requires a 48-hour advance reservation and charge \$20 per person each way. Contact the hotel directly to schedule a ride at 406-862-3000.

On Your Trip

Accommodations

Our carefully crafted itineraries include hand-picked accommodations across the globe. Please refer to your itinerary and the hotel contact list included in your final trip details for the specific accommodations on your adventure.

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We choose the best available hotels in the locations where we are staying. National Park properties are historic and rooms are typically smaller in both size and bed size versus what you will find at a more modern hotel. Many Glacier Lodge and Glacier Park Lodge are historic park properties.

Lodging varies from a comfortable National Park property in a five-star alpine setting to a modern property located closer to town.

Communications

Cell phone coverage is limited in Glacier National Park. Cell service is available on the west side of the park from West Glacier to Apgar, and the east side of the park there is good cell signal from St. Mary to about 4 miles up the Going-to-the-Sun Road. There will be no cell service during our activities.

Complimentary Wi-Fi is readily available at Grouse Mountain Lodge in Whitefish.

Meals

Please list all dietary restrictions and food allergies on your Participant Information Form so that we can inform your guides. We can successfully accommodate many special diets, but due to regional limitations or cooking facilities, please be aware that we may not be able to fulfill every request. If your dietary needs are critical (e.g. severe nut or wheat allergies), please let us know as soon as possible.

BREAKFASTS: Breakfasts are usually served at the hotel and include several hot options, cereal, fruit, pastries, yogurt, juices, coffee, and tea.

LUNCHEs: Lunches will be eaten along the trail, bagged or picnic style, and will include items such as sandwiches, fruit, cookies, chips, nuts, or granola bars.

DINNERS: Dinners are served at the hotel or a nearby restaurant and are usually 3 courses. Options include beef, chicken, pork or fish dishes with a variety of sides.

ALCOHOL and DRINKS: Soft drinks, water, coffee and tea are included at group meals. Alcohol is available for purchase.

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Money

Tipping your adventure guides is a common practice to show appreciation for their hard work and expertise in ensuring you have a great experience. The amount you tip may vary based on factors such as the length of the trip, the level of service, your guide team size, and your overall satisfaction.

On our hiking and rafting adventures in the United States and Canada, we recommend tipping your guide team \$40 - \$70 per day, per guest. On our camping based trips where guides prepare meals and look after accommodations, please consider tipping at the higher end of the range if you received excellent service.

Guides can accept gratuities paid by cash or apps like (Venmo, Zelle, PayPal, etc.). To ensure equitable distribution to the entire guide team, please deliver all gratuities to the trip leader.

Tips for restaurants, activity vendors, and hotel staff are included in your trip price.

Remember gratuities are always optional and at your discretion.

Transportation

We will be traveling in an air-conditioned 15 passenger van throughout the trip. The van has viewing windows, cup holders and charging usb ports. The roads in most National Parks are well paved but may be narrow and winding.

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Packing List

LUGGAGE

- ☐ Wheeled duffel or suitcase
- ☐ Daypack with 25 - 35-liter capacity

CLOTHING

- ☐ Long-sleeved, lightweight shirts
- ☐ Short-sleeved T-shirts
- ☐ Tank tops
- ☐ Full-length hiking pants/shorts/skirts
- ☐ Swimsuit (optional)
- ☐ Underwear for every day of travel
- ☐ At least one set of casual clothing for dinners

OUTERWEAR

- ☐ Waterproof, breathable jacket with hood
- ☐ Heavy fleece sweater or warm synthetic/down jacket
- ☐ Sun hat with wide brim or baseball cap for sunny days
- ☐ Warm fleece or wool gloves
- ☐ Warm hat for early mornings / evenings

FOOTWEAR

- ☐ Lightweight or mid-weight hiking boots
- ☐ Comfortable walking shoes
- ☐ Hiking Socks

TRAVEL ACCESSORIES

- ☐ Camera, charger, and memory
- ☐ Reusable water bottles or hydration system (2-3 liters total capacity)
- ☐ Sunglasses
- ☐ Sunscreen and lip protection
- ☐ Bandana
- ☐ Toiletry kit
- ☐ Personal medical kit (MTS does have an extensive First Aid Kit)
- ☐ Spare prescription glasses, sunglasses, or contact lenses
- ☐ Toiletry kit

OPTIONAL TRAVEL ACCESSORIES

- ☐ Hiking poles (Only if you have a favorite set. MTS has hiking poles for guest use throughout the trip)
- ☐ Small fleece scarf or neck warmer
- ☐ Ace bandage or brace
- ☐ Ziploc bags or stuff sacks
- ☐ Insect repellent
- ☐ TSA approved lock
- ☐ Motion sickness remedy (if susceptible in vehicles)
- ☐ Reading and writing material
- ☐ Favorite snacks

Our packing list is based on feedback we've received from our staff, guests and guides. Weather conditions may vary. Please use this as a guideline and if you have questions feel free to reach out to your Adventure Coordinator.

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Please give us a call toll-free at 888-MTSOBK (687 6235)

Packing Notes

Packing for Weather

June through September generally offers the best temperatures for hiking and exploring in Glacier National Park although the temperatures at higher elevations are always unpredictable. While sunny weather is most common, sudden rain or thundershowers are possible throughout the trip. The day may start off cool and by noon be warm or hot.

TEMPERATURE (F) - AVERAGE LOWS AND HIGHS

- **June:** 44F/77F
- **July:** 49F/80F
- **August:** 47F/79F
- **September:** 39F/68F

Clothing Notes

Please be prepared for a variety of weather. Dressing in layers is the key to staying comfortable throughout the day. Your innermost layer should be a synthetic shirt and hiking pants or shorts during warmer months. The outermost layer should keep you warm and dry, such as a waterproof, breathable rain jacket.

It is acceptable to wear hiking pants or shorts and a shirt to dinner every evening. Please refer to the included packing list for specific recommendations.

Daypack

Each day you'll want to carry with you in your daypack, a fleece layer and a rain shell, even if it is sunny when you wake up. You will also carry your lunch, drinking water, sunscreen, hat, camera, and your trekking poles, when not being used. We recommend a daypack size of 20 to 35 liters.

Footwear

Sturdy, properly fitting footwear is essential. If you're buying new shoes, be sure to completely break them in prior to the trip. Choosing your hiking boots is one of the most important decisions you will make when preparing for this trip. To choose the right hiking boots, please look for the following features:

- **Solid, sturdy soles.** You should not be able to feel rocks or thorns beneath your feet.
- **Good leg and ankle support.** This will help protect against a twisted ankle.
- **Proper fit.** Your feet shouldn't slip around from front to back or side to side.
- **Waterproof.** It's important to keep your feet dry!

Laundry

There are laundry services available at Grouse Mountain Lodge on this trip. We recommend bringing enough clothing for the entire itinerary.

Health & Training

Prior to traveling, and before beginning any training regimen, please consult with your physician. Make an appointment with your doctor to discuss your current health, any immunizations or medications you may need for your trip, and

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current/planned exercise regimen. Check with the [US Centers for Disease Control & Prevention \(CDC\)](https://www.cdc.gov) for information on recommended immunizations, and/or your healthcare provider for health concerns at your destination.

MT Sobek is not a medical authority and can only provide general information, which may not be accurate at the time of travel.

Staying Healthy

MEDICAL CARE

It's important that we have your accurate and up-to-date health information -- especially in the event of a medical emergency on trip. Your Adventure Guides are responsible for the safety of all trip members, and may evacuate or disqualify you in the field if necessary. Please note that no refunds are given if you must leave the trip due to physical exertion for which you are not prepared. Please be aware that hospital facilities could be far away, a doctor may not always be available, and evacuation can be prolonged, difficult, and expensive. We highly recommend purchasing travel protection.

SELF CARE

Consider bringing some powdered electrolytes to add to your drinking water to replenish minerals lost by sweat. On hiking trips, it's also a good idea to pamper your feet. Wear liner socks or use moleskin or Compeed patches if your feet are prone to sweating which can lead to hot spots and blisters. Don't forget to clip your toenails! Stay healthy by washing/sanitizing your hands regularly, especially before eating and touching your face. It's a good idea to bring a supply of hand sanitizer and to use it frequently.

BLISTERS

Blisters are common on long walking trips. Please come prepared. We recommend a combination of Band-Aids or blister cushions placed directly on your heel, and an adhesive bandage placed over the blister cushion to keep it in place and add extra protection.

MOSQUITOS and OTHER INSECTS

You could encounter mosquitos and other biting insects on this trip. It's always a good idea to pack a small bottle of repellent just in case.

MOTION SICKNESS

If you are susceptible to motion sickness, consult with your doctor to discuss possible remedies that may be appropriate for you while in vehicle transfers.

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Tips for Getting in Shape

HIKING

Give yourself at least 6 months prior to your trip to get into your best possible cardio condition. Check with your doctor before starting any exercise program to determine your target heart rate during exercise. Do some cardio several times a week - walking, biking, running, swimming, etc.

For Level 3 trips: You'll want to get outside multiple times a week with back-to-back days of activity. Start out gradually and increase your aerobic training to 4 to 5 times each week, 40 to 60 minutes at a time. Go for full day hikes at least once a week to start. Your heart will thank you on those uphill! Remember to take breaks!

Travel Protection

Travel protection cannot prevent mishaps from occurring, but it can reduce the burden of unexpected expenses and additional travel arrangements that need to be taken care of with little notice. We **highly** recommend purchasing travel protection before your trip. *Note: Many plans require purchase within a certain time from making your reservation or before final payment is made.*

If you intend to rely on your Credit Card Travel Insurance benefits, here are a few important questions to ask your credit card company prior to your trip:

- What if I have a medical emergency, an accidental injury, or get sick? What if any of those things happen to my traveling companion, or close family member?
- What if I have a travel delay and miss part of the trip or my trip is interrupted?
- What if my luggage is lost, stolen or damaged?
- What if I need to be evacuated or need help in an emergency?
- Are pre-existing medical conditions covered?

Arch RoamRight

The MT Sobek Travel Protection Plan may be purchased at any time up to 10 days before your departure date. However, we encourage you to purchase this plan within 14 days of your initial trip payment in order to be eligible for certain time sensitive benefits.

We offer the MT Sobek Travel Protection Plan for purchase designed with you and your travel investment in mind. The Plan includes trip cancellation and interruption coverage, baggage loss protection, and emergency medical expense coverage along with emergency medical evacuation coverage. For pricing, please contact your Adventure Coordinator. If you have specific coverage questions you may call Arch RoamRight at 844-631-6699. Full details of the plan are available by visiting: <https://partner.roamright.com/?AgencyCode=MTSOBEK>. The plan becomes effective upon MT Sobek's receipt of the premium amount. Deposits are not applied toward your travel protection premium. If you would like to purchase the MT Sobek Travel Protection plan, please contact your Adventure Coordinator.

General Trip Notes

Sustainability

We pride ourselves on being an environmentally responsible company and following "leave no trace" principles in the field. We request that on your trip you carry out whatever you carry in, including non-biodegradable items such as batteries, empty plastic containers, food wrappers, and so on. We suggest that you carry a large zip-lock bag in your

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backpack for your trash while you're on the trail. As you pack for your trip, think about ways to minimize waste, e.g. reuseable or recyclable materials.

Itinerary Changes

We always strive to provide the best and safest experience possible. Itinerary changes to accommodate unexpected changes in weather, transportation or logistics may be necessary which may impact accommodations, vehicle transfers and the timing of daily activities. Please arrive with a spirit of adventure and a willingness to be flexible.

Security

It is always wise to follow some simple safety precautions such as carrying minimal spending money and keeping a credit card stashed in a money belt or neck pouch. Remember that electronics, camera bags, jewelry, and purses attract attention. Certain accommodations such as mountain huts and tents may not have safes or door locks. If you must bring valuables on the trip, please understand that they're 100% your responsibility.

Smoking

Guests may not use cigarettes, cigars, e-cigarettes, vaporizers, or any other such item in areas where others are affected, such as in vehicles, within enclosed areas, or in the presence of others. Smoking is prohibited in the majority of MT Sobek accommodations.

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