

Weather & Destination Specific Information

Grand Adventure: National Parks

For any questions or concerns about your upcoming tour not addressed here, please call 1-800-826-2266

Time Zone: Montana, Wyoming, Utah, and Arizona are in the U.S. Mountain Time Zone. Arizona does not observe Daylight Saving Time. The only exception is the Navajo Nation in northeastern Arizona, where Daylight Saving Time is observed.

Weather: Average High/Low

City	Aug.	Sept.
Whitefish, MT	80°F/48°F	68°F/39°F
Helena, MT	85°F/52°F	73°F/43°F
Great Falls, MT	82°F/50°F	70°F/42°F
Yellowstone, WY	72°F/38°F	62°F/31°F
Jackson, WY	81°F/40°F	71°F/32°F
Salt Lake City, UT	89°F/67°F	78°F/58°F
Moab, UT	96°F/63°F	77°F/63°F
Kayenta, AZ	89°F/63°F	82°F/57°F
Bryce Canyon City, UT	74°F/41°F	70°F/42°F

Elevation: Whitefish – approx. 3,000 ft.; Glacier National Park – approx. 6,500 ft.; Great Falls – approx. 3,300 ft.; Helena – approx. 3,800 ft.; Yellowstone National Park – approx. 8,000 ft.; Jackson – approx. 6,300 ft.; Salt Lake City – approx. 4,300 ft.; Moab – approx. 4,000 ft.; Kayenta – approx. 5,700 ft.; Grand Canyon National Park – approx. 7,000 ft.; Zion National Park – approx. 4,000 ft.; Bryce Canyon National Park – approx. 8,000-9,000 ft.

Altitude Sickness: Symptoms include a headache, touch of nausea, feeling unusually tired, or experiencing shortness of breath. Please alert your Tour Director immediately if you are experiencing any signs. Altitude sickness can be significantly minimized or even prevented by following these simple guidelines while traveling:

- Two weeks before the trip, start drinking more water than usual and continue while on tour.
- Ascend gradually (our tour will follow this guideline).
- Avoid strenuous exercise the first day.
- Reduce alcohol intake, which has a greater effect at this altitude.
- Avoid salty foods.
- Eat foods high in potassium.
- Broccoli, bananas, avocado, cantaloupe, celery, greens, bran, chocolate, granola, dates, dried fruit, potatoes, and tomatoes will help you replenish electrolytes by balancing salt intake.