

## Weather & Destination Specific Information

# Glacier, Yellowstone & Grand Tetons

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

### WEATHER & DESTINATION SPECIFIC INFORMATION

**Time Zone:** Montana, Utah, and Wyoming are in the U.S. Mountain Time Zone.

**Weather:** Average High/Low

City	July	Aug.	Sept.
Whitefish, MT	80°F/49°F	80°F/48°F	68°F/39°F
Helena, MT	86°F/54°F	85°F/52°F	73°F/43°F
Yellowstone, WY	72°F/40°F	72°F/38°F	62°F/31°F
Jackson, WY	82°F/42°F	81°F/40°F	71°F/32°F
Salt Lake City, UT	90°F/69°F	89°F/67°F	78°F/58°F

**Elevation:** Whitefish – approx. 3,000 ft.; Helena – approx. 3,800 ft.; Glacier National Park – approx. 6,500 ft.; Yellowstone National Park – approx. 8,000 ft.; Jackson – approx. 6,300 ft.; Salt Lake City – approx. 4,300 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.