



P.O. Box 117 Yellowstone National Park, WY 82190 * 406-848-2400 * www.YellowstoneAssociation.org

Welcome to Yellowstone National Park. If you are a newcomer to the Institute you will be amazed at what awaits you during each day of exploration. If you are a veteran of Institute courses you will know the many perspectives from which learning can take place in this diverse place. Since its inception in 1976, the Institute has evolved into a respected educational program that offers diverse and in-depth study of the Yellowstone area, bringing back instructors and students year after year. We are glad that you are able to join us. Our goal is to provide you with an enjoyable, high-quality educational experience and a safe and memorable visit to Yellowstone.

The following information is provided to help you prepare for your course. Please read it thoroughly and call us at 406-848-2400 or email registrar@yellowstoneassociation.org if you have any questions. We recommend all first time visitors seek general park information through the National Park Service at 307-344-2107 or www.nps.gov/yell.

Program Overview: *Essential Yellowstone*

The focus of this four-day program will be to explore the heart of Yellowstone and experience its quintessential sights and sounds. The group will travel by 14-passenger minibus to locations throughout the park in search of the best Yellowstone has to offer. This will include wildlife watching in Hayden Valley, walking along the rim of the Grand Canyon of the Yellowstone, and touring the fascinating Yellowstone Volcano. Along the way, your naturalist guide will share in-depth information on Yellowstone's history, management, geology, flora, and fauna. We'll also see and discuss effects of climate change, as well as the park's efforts towards sustainability.

Each evening, you will return to excellent meals and comfortable accommodations. You will have the opportunity to relax on the shore of Yellowstone Lake, the largest above 7000 feet in North America. This historic lodge is not only beautiful and luxurious, but is also frequented by bears which can be viewed from the safety of the facilities. All field activities will be conducted as a group, however, it is fine if you choose not to participate in a day's activities—just let your instructor know your decision in advance.

What's included?

Essential Yellowstone includes instruction by an Institute instructor, in-park transportation, four nights lodging, breakfasts, lunches, and dinner on the last evening, as well as a gratuity for all prepaid meals. Any other gratuities, including gratuities for your instructor, are discretionary. Dining options at Lake include the Lake Hotel Dining Room (reservations required), as well as the cafeteria at Lake Lodge. If you did not make dinner reservations during registration and would like to, please contact Xanterra at 866-439-7375. Reservations have been made for you for the final, group dinner at Lake Hotel Dining Room.

***Please note:** In an effort to provide additional support to Yellowstone National Park, park entrance passes will no longer be included with Lodging & Learning program registration. The entrance fee is \$25 for a private, noncommercial vehicle; \$20 for each snowmobile or motorcycle; or \$12 for each visitor 16 and older entering by foot, bike, ski, etc. This fee provides the visitor with a 7-day entrance permit for both Yellowstone and Grand Teton National Parks. Please plan to bring your park pass with you each day while on your course.

Itinerary

The itinerary is designed to take advantage of the best opportunities in the park, but may be adjusted to adapt to weather conditions, wildlife movements, road closures, etc.

Day 1	Welcome and Orientation
	<ul style="list-style-type: none">• Dinner on own
7:00 p.m.	<ul style="list-style-type: none">• Meet in Lake Hotel lobby by the fireplace for a walk to the meeting room. Introduction to Yellowstone, program preview, clothing and equipment review, and question and answer session.• Overnight at Lake Hotel Cabin
Day 2	The Yellowstone Volcano
	<ul style="list-style-type: none">• Breakfast on your own (with coupon)
8:00 a.m.	<ul style="list-style-type: none">• Meet instructor with day's gear (pack, water, and appropriate clothing)<ul style="list-style-type: none">○ In-depth exploration of geothermal areas (may include walks on boardwalks—up to 3 miles)○ Picnic lunch in the field
5:00 p.m.	<ul style="list-style-type: none">• Return to Lake Hotel for free time and dinner on own• Overnight at Lake Hotel Cabin
Day 3	Wildlife Ecology
6:00 a.m.	<ul style="list-style-type: none">• Meet instructor with day's gear (pack, water, and appropriate clothing)<ul style="list-style-type: none">○ Hot coffee and box breakfast will be available in the bus○ Sunrise wildlife watching (road based)—search for animals that are most active in the morning.○ Picnic lunch in the field○ Wildlife ecology hike—(up to 3 miles round-trip)
3:00 p.m.	<ul style="list-style-type: none">• Return to Lake Hotel for free time and dinner on own• Overnight at Lake Hotel Cabin
Day 4	Wildlife, Waterfalls & History
	<ul style="list-style-type: none">• Breakfast on your own (with coupon)
8:00 a.m.	<ul style="list-style-type: none">• Meet instructor with day's gear (pack, water, and appropriate clothing)<ul style="list-style-type: none">○ Sightseeing at major overlooks of the Grand Canyon of the Yellowstone○ Picnic lunch in the field○ Afternoon hike in the area (up to 3 miles round-trip)
4:00 p.m.	<ul style="list-style-type: none">• Return to Lake Hotel for free time and dinner on own
5:45 p.m.	<ul style="list-style-type: none">• Farewell dinner at Lake Hotel Dining Room (with coupon)• Overnight at Lake Hotel Cabin

Park Store

Our Park Store features more than 900 books, maps, and videos to help you plan your visit, along with a wide selection of shirts, hats, and other logo items to remind you of your visit to Yellowstone. Members of the Yellowstone Association receive a 15 percent discount. Proceeds help support education and research in the park. Visit: www.yellowstoneassociation.org/store

How fit do you need to be?

This program is rated for hikes up to 3 miles per day with elevation gains of up to 600 feet. Some off-trail hiking is possible. This is the maximum distance; hikes are often shorter due to changing conditions and group ability. Due to hiking at an elevation of 6000 to 9000 feet, we recommend you begin an exercise program right away if you have not already done so. Participants residing at lower elevations may want to arrive a day early to adjust to the altitude. To learn more about how specific medical conditions can be affected by Yellowstone's environment and our activities, go to www.tinyurl.com/yahealth

Code of Ethics

The Yellowstone Association Institute is committed to demonstrating a high standard of appropriate and ethical behavior in Yellowstone. As a participant in an Institute program, we ask you to adhere to the following Code of Ethics. In addition to the ethics highlighted below, the Institute abides by all National Park Service rules and regulations. We also practice Leave No Trace guidelines for traveling responsibly in the wilderness.

Observing Wildlife: We will do our best to have as little impact on wildlife as possible. Animals will be observed from a distance, using high powered spotting scopes to help keep our presence from affecting their behavior. Participants should not expect to get close-up photographs of wildlife. The Institute will adhere to National Park Service regulations by keeping a minimum distance of 25 yards from bison, elk, bighorn sheep, deer, moose, coyotes, nesting birds, and 100 yards from bears and wolves. We will not entice wildlife with food, animal calls, or any actions that change their behavior.

Leave What You Find: It is illegal to remove natural or cultural artifacts (plants, animals, bones, rocks, etc.) from the park. Institute instructors have permission from the National Park Service to manipulate plants, rocks, bones, etc. for educational purposes, and will return them to their natural positions and locations.

General Etiquette: Institute groups will be considerate of other visitors and respect the quality of their experience. Voices and vehicle sounds carry great distances and affect both wildlife and people - remaining silent or very quiet while watching wildlife lets the sounds of Yellowstone (including wolf howls) prevail.

Roads and Vehicles: Expect wildlife on the road, and drive at or below the posted park speed limits. When stopping to observe wildlife or other park features, the Institute will move vehicles entirely off the road. If there is no safe pullout available, we will drive to the next safe place and walk back to observe the wildlife. We will not stop in the middle of the road, and should a traffic jam develop as a result of our activities, we will cease the activity.

Properly Dispose of Waste: We will pack out all trash, leftover food, and litter. Your instructor will discuss techniques for properly disposing of human waste in the field.

Traveling Lightly: When hiking or walking in Yellowstone, we will use existing trails and boardwalks. When walking off-trail, we will follow appropriate techniques. Walking around muddy or wet places in the trail increases erosion and negatively affects the resource; proper equipment is essential to hiking ethically. Participants should come adequately prepared with the equipment listed for their course and should expect to walk through mud, snow, or puddles in the trail.

Thank you for helping us set a good example in Yellowstone!

General Clothing and Equipment List

Much of your time will be spent outdoors and all programs are held rain, snow or shine. You should be prepared for a variety of mountain weather conditions and temperatures. Appropriate clothing, equipment, and footwear are very important. Spring, Summer, and Fall temperatures can range from below freezing in the mornings to 85 degrees Fahrenheit in the afternoons. The layered use of garments for protection against the wind, sun, and temperature extremes should guide your clothing choices. Loose fitting layers allow you to maintain a comfortable and dry body as outside temperatures change and as your own body's temperature and moisture output changes with different levels of exertion. Some of the colder-weather items may not be needed in July or August but Yellowstone's weather is unpredictable.

Equipment:

- Daypack** with enough capacity to carry extra clothes, water, lunch, camera, binoculars, field guides, etc.
- Water bottle.** One quart is the minimum recommended. Camelback or similar hydration systems work well in summer but can freeze in winter. We will provide one complementary YAI bottle at orientation, but we encourage you to bring one reusable bottle of your own, as well. To reduce our impact, we do NOT provide disposable water bottles.
- Sunglasses**
- Sunscreen/lip protector.** Sun at high altitude can burn unprotected skin quickly.
- Camera, binoculars**
- Notebook/pencil**
- Personal First Aid Kit:** Please bring any personal medications you require.
- Alarm Clock:** Make sure you're ready for early mornings! Not all hotel rooms/cabins have alarm clocks.

Summer Clothing:

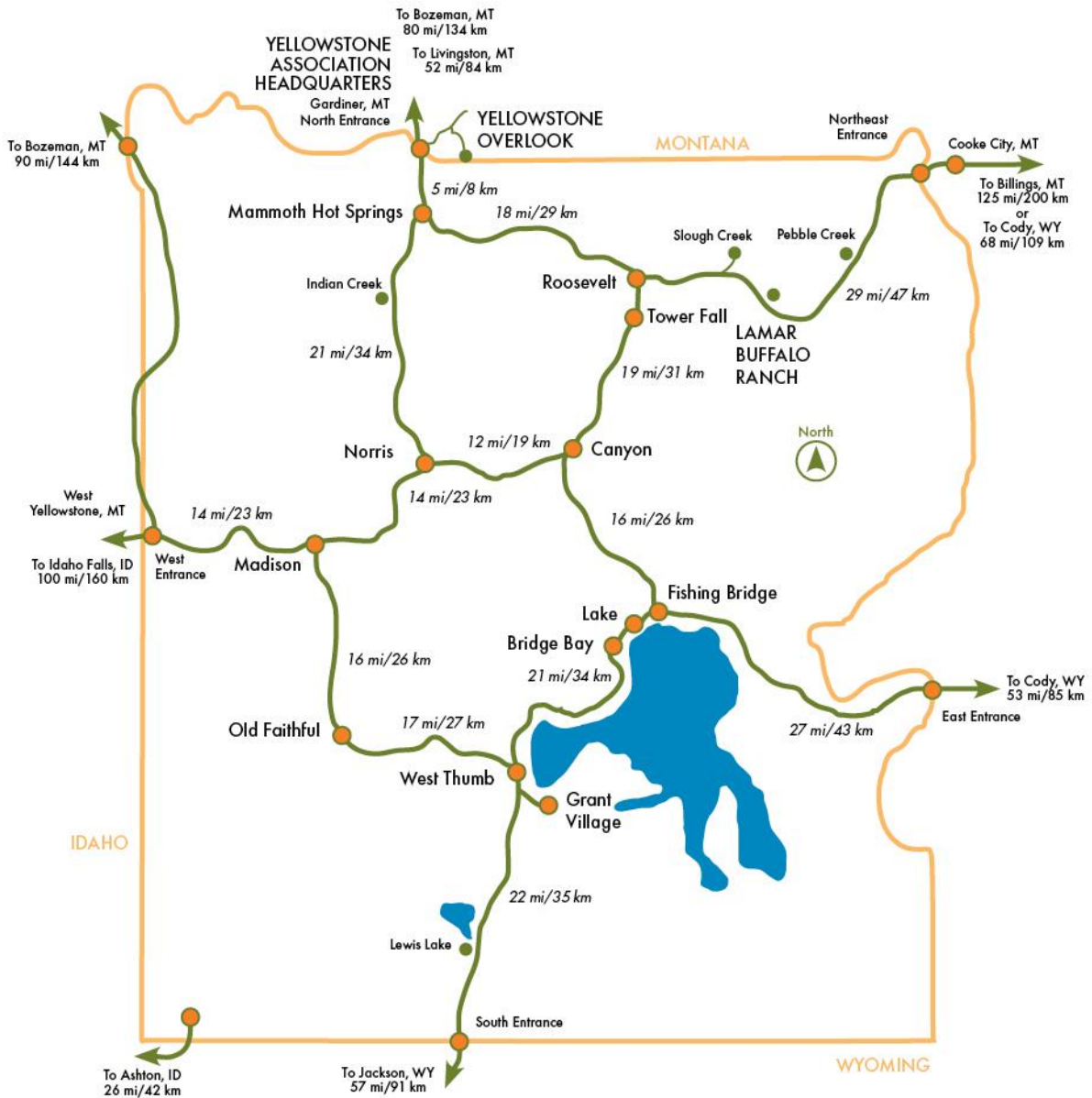
- Insulating underwear,** capilene, polypropylene, or similar wicking fabric.
- Midweight insulating layer,** a light 200-weight synthetic fleece or wool shirt/pullover.
- Heavyweight insulating layer,** wool, down, or heavy-weight fleece jacket, for less active times.
- Waterproof and windproof outer layer,** lightweight and breathable, jackets and pants recommended.
- Short sleeved shirt,** cotton is OK in summer but synthetic wicking shirts are ideal.
- Pants,** synthetic hiking pants, lightweight pile/fleece pants or tights, or similar, jeans are not recommended.
- Hats,** both a brimmed sun hat and an insulating hat for cool weather.
- Gloves,** lightweight glove liners, and a pair of wool/fleece gloves or mittens.
- Socks,** light wool or synthetic liner sock with heavier wool or synthetic outer sock. The inner-outer sock combination helps prevent blistering, wicks moisture, and reduces friction. Cotton socks do not wick moisture and are not recommended.
- Hiking boots,** that provide stability, traction, and comfort. Unless you've consistently hiked in athletic shoes, bring boots that provide ankle support.
- Off-duty shoes,** sandals, athletic shoes, or other leisure footwear.

Suggested Reading

No prior reading is required, but you might want something to occupy your flight or car ride. Whether your passion is history, geology, wildlife, or ecology, there's something for everyone. Most publications are available from the Yellowstone Association's online store at www.YellowstoneAssociation.org or by calling 406-848-2400 Yellowstone Association members receive a 15 percent discount and all proceeds go directly back into the park for education and research.

- Craighead, F.C. Jr. 1994. *For Everything There is a Season: The Sequence of Natural Events in the Grand Teton-Yellowstone Area*. Falcon Publishing, Inc. Helena, MT. 206 pp.
- Haines, A.L. 1977. *The Yellowstone Story: A History of Our First National Park*. Colorado Associated University Press, Vol. 1 - 385 pp. Vol 2 - 543 pp.
- Phillips, M.K. and Smith, D.W. 1996. *The Wolves of Yellowstone*. Voyageur Press, Stillwater, MN 128 pp.
- Schullery, P. 1999. *Searching for Yellowstone: Ecology and Wonder in the Last Wilderness*. First Mariner Books, Houghton Mifflin Co., New York, NY. 338 pp.
- Whittlesey, L.H. 1995. *Lost in the Yellowstone: Truman Everts' "Thirty-Seven Days of Peril"*. University of Utah Press, Salt Lake City, UT.

Travel Information



Plan on extra driving time in the park. The speed limit is 45 mph or lower. There may also be construction delays. Visit www.nps.gov/yell/planyourvisit/hours.htm, call the NPS at 307-344-2107, or check in at a visitor center for up-to-date travel information.