

Bhutan Adventure - ADPP

10 days: Paro to Paro

What's Included

- Local Living: Farmhouse Stay, Gangtey Gonpa
- Arrival and departure transfers
- Paro orientation tour
- Taktsang Monastery (Tiger's Nest) visit and hike
- Memorial Chorten and nunnery visit
- White Temple visit in the Haa Valley
- Hike to Kila Gompa Nunnery
- Trekking with camping (2 days)

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing June 17th, 2016 and onwards

Itinerary

Day 1 Paro

Arrive at any time, arrival transfer included. Take an orientation walk of Paro town before dinner at a local restaurant.

Arrive in Bhutan, clear customs, and meet your CEO. Catch the included transfer to the hotel.

Go for a short orientation walk of the town and enjoy a local dinner with the group.

Private Vehicle

Paro Airport - Paro

Settle in and scan the scenery from the convenience of a private vehicle.

Orientation Walk

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Arrival Day and Welcome Meeting

1h

The adventure begins tonight. Feel free to explore, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour.

Accommodation

Metta Resort & Spa (or similar)

Hotel

Meals included: Dinner

Day 2 Paro

Hike to the stunning Taktsang Monastery (Tiger's Nest). After lunch, hike back down to Kyichu Temple, one of the oldest temples in Bhutan.

After breakfast, drive about 30 mins to the base of the famous Taktsang Monastery (Tiger's Nest).

After lunch at the cafeteria, head back down and drive to Kyichu Lhakang Temple, one of the oldest temples in Bhutan.

In the evening, enjoy free time to explore Paro.

Taktsang (Tiger's Nest) Monastery Hike

Paro 5h30m-5h30m

Hike up to the Taktsang monastery (Tiger's Nest); containing 13 holy relics, it's considered one of the most venerated pilgrim sites of the Himalayan world. It is also where Guru Padmasambhava is said to have landed on the back of a tigress in the 8th century. Take in the stunning views en route and the incredible vista from this monastery, which clings to the rock towering 2,953m above the valley.

Kyichu Lhakhang Temple Visit

Paro

Enjoy a visit to one of Bhutan's oldest and most beautiful temples. Built in the 7th century, Kyichu Lhakhang Temple boasts stunning art work inside and throughout the courtyards.

Accommodation

Metta Resort & Spa (or similar)

Hotel

Meals included: Breakfast | Lunch | Dinner

Day 3 Paro/Bumdrak Camp

Trek through fluttering prayer flags, rhododendron trees and conifer forests to reach Bumdrak camp at 3860m.

Bumdrak Trek Day 1

Bumdrak Camp 4h-5h 12km

Start with a short drive to the start point of the trek at 2950m. Climb steadily upwards for 2.5hrs to your picturesque lunch spot with stunning views of the Paro valley. Take your time and appreciate your surroundings as you go. The 18 different types of rhododendrons and lush conifer forest will give you plenty to look at. After lunch, continue on a more gradual incline for 1.5hrs to reach your home for the evening, Bumdrak Camp at 3860m.

Accommodation

Bumdrak Camp (or similar)

Campground

Meals included: Breakfast | Lunch | Dinner

Day 4 Bumdrak Camp/Thimphu

Trek back down through grassy meadows and trees covered in wispy moss. Continue with a short ride to Thimphu, the capital city.

Bumdrak Trek Day 2

Bumdrak Camp 3h30m-4h

After breakfast, start the descent. The majority of the trekking will be downhill on a steep incline, so walking poles are helpful. Trek through spruce, hemlock, cypress and fir. A fairytale-like meadow ends the trek, complete with wild edible strawberries if the season is right.

Private Vehicle

Paro - Thimphu 1h30m-2h

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Thimphu

Wander through Bhutan's capital city.

Accommodation

Namgay Heritage Hotel (or similar)

Hotel

Meals included: Breakfast | Lunch | Dinner

Day 5 Thimphu

Visit the National Memorial Chorten, the Buddha Point, and Motithang Takin Preserve. In the evening, visit Tashichho Dzong.

In the evening, visit the Tashi Chhoedzong, known as the "Fortress of Glorious Religion", initially built in 1702. Today, it houses the main secretariat building, the central monk body, and the office of the king.

Memorial Chorten Visit

Thimphu

The chorten is one of the most prominent religious structures in Thimphu, and for local Bhutanese it is a popular part of their daily prayers. Watch locals walk around the Chorten, spinning the prayer wheels and meditating in this lovely and peaceful spot.

Buddha Point Visit

Thimphu

Known as the "Buddha Point", the Buddha Dordenma is a massive Buddha statue in Thimphu made of bronze and gold. Take lots of pictures -- it's beautiful.

Motithang Takin Preserve Visit

Thimphu

Enjoy a visit to the Motithang Takin Preserve, which was once a mini zoo. The area was converted into a preserve for Bhutan's national animal, the takin, which is a cross between a goat and an antelope.

Tashichho Dzong Visit

Thimphu

Enjoy a visit to Tashichho Dzong, a Buddhist monastery and fortress. Its main building is typical of Bhutanese architecture, with whitewashed walls and a golden roof. The original structure was built in 1216 and now houses the civil government.

Accommodation

Namgay Heritage Hotel (or similar)

Hotel

Meals included: Breakfast | Lunch | Dinner

Day 6 Thimphu/Gangtey Gonpa

Drive through the Bhutanese countryside passing small villages and panoramic views of the Himalayas en route to Gangtey for a night in a family's farmhouse.

The road climbs steeply through forests, with hanging lichen up near the Dochula Pass (3,050m/10,007 ft). The pass offers panoramic views of the Himalayan Mountains. Stop for tea and check out the view before continuing on to Gangtey Gumpa.

Opt to visit the Black-Necked Crane Centre before dinner or wander around the small town to see young monks from the nearby school meandering in the street.

Private Vehicle

Thimphu - Gangtey Gonpa 6h-7h

Settle in and scan the scenery from the convenience of a private vehicle.

Local Living: Farmhouse Stay

Get a true taste of local life and stay overnight in a traditional Bhutanese farmhouse. Please note facilities at the farmhouse are basic, there will be no showers or running water for this night. Simple bedding is provided.

Optional Activities - Day 6

Black-Necked Crane Centre Visit

Gangtey Gonpa

Visit the Royal Society for Protection of Nature's (RSPN) Black-Necked Crane Centre. Learn more about these birds and their environment.

Accommodation

Gangtey Farm House (or similar)

Guesthouse

Meals included: Breakfast | Lunch | Dinner

Day 7 Gangtey Gonpa/Punakha

Head to the ancient capital of Punakha. Enjoy a short hike in Lobeysa to Chime Lhakhang, built in 1499 before visiting Punakha Dzong.

Enjoy lunch at a local restaurant in Punakha before visiting Punakha Dzong. This is the winter capital of the Je Khenpo (chief abbot).

Private Vehicle

Gangtey Gonpa - Punakha 3h-4h

Settle in and scan the scenery from the convenience of a private vehicle.

Chime Lhakhang Visit

Punakha 30m-1h

Take a short hike to Chime Lhakhang, temple of the "Divine Madman." Built in 1499, it is mainly visited today by women as it is known as the temple of fertility.

Punakha Dzong Visit

Punakha

Visit Punakha Dzong, the winter seat of the Je Khenpo and the Monk Body, remarkably located between the rivers of the Mo (female) Chu and Pho (male) Chu. It is the second oldest and second largest dzong (fortress) in Bhutan and one of its most majestic structures, housing many sacred relics. It is also the winter capital of the Je Khenpo (chief abbot).

Accommodation

Meri Puensum Resort (or similar)

Resort

Meals included: Breakfast | Lunch | Dinner

Day 8 Punakha/Haa Dzongkhag

Enjoy Punakha before driving to Haa Valley. Take in more scenic Himalayan ranges and valleys. Visit the White Temple (Lhakhang Karpo) before an evening walk around town.

Wind through deep gorges and blue pine forests before reaching the valley. Here, we'll visit the Lhakhang Karpo (White Temple) and walk around Haa town in the evening.

Private Vehicle

Punakha - Haa Dzongkhag 6h-7h

Settle in and scan the scenery from the convenience of a private vehicle.

Lhakhang Karpo (White Temple) Visit

Haa Dzongkhag

Explore the beautiful Lhakhang Karpo (White Temple) near Haa town, only recently opened to tourists. It is believed that a black and a white pigeon were released to select where to build the temples in Haa valley. The white pigeon landed in the foothills of the

mountain Chenrizi where the White Temple now stands.

Accommodation

Rigsum Resort (or similar)

Resort

Meals included: Breakfast | Lunch | Dinner

Day 9 Haa Dzongkhag/Paro

Enjoy a short hike up to Kila Gompa, a nunnery perched on a cliff housing over 60 nuns. Continue on to Paro, with free time to wander the streets and pick up some souvenirs.

After visiting the nunnery, follow the trail down through the forest to the road to meet the van. Drive back to Paro with time in the evening to wander the streets and pick up some souvenirs.

Enjoy a final dinner with the group on your last night in Bhutan.

Private Vehicle

Haa Dzongkhag - Paro 1h30m-2h

Settle in and scan the scenery from the convenience of a private vehicle.

Kila Goempa Nunnery Hike

Haa Dzongkhag 2h-3h

Hike through the deep forest of pine trees and rhododendrons to Kila Goempa nunnery (approx 2.5 hrs). It seems to cling to a rocky cliff and houses around 60-70 nuns. This is a moderate level hike through stunningly beautiful scenery.

Accommodation

Metta Resort & Spa (or similar)

Hotel

Meals included: Breakfast | Lunch | Dinner

Day 10 Paro

Depart at any time. Airport transfer included.

Your CEO will help arrange your transfer to the airport and all exit formalities before your journey home.

Private Vehicle

Paro - Paro Airport

Settle in and scan the scenery from the convenience of a private vehicle.

Meals included: Breakfast

What's Included

Arrival and departure transfers. Paro orientation tour. Taktsang Monastery (Tiger's Nest) visit and hike. Memorial Chorten and nunnery visit. Farm stay in Gangtey. White Temple visit in the Haa Valley. Hike to Kila Gompa Nunnery. Trekking with camping (2 days).

Highlights

Travel along mystical mountains, visit various dzongs and Buddhist gompas, trek along scenic nature trails, experience the "Dragon Kingdom" with cultural interactions at a local farm, take in stunning Himalayan mountain views

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. CAMERA RULES

Please note there may be times during your visit to Bhutan when the use of video and/or still cameras may be inappropriate. Local people may consider that filming is too intrusive and in these circumstances we will request that you do not film. At all times be aware and sensitive to the impact of photography and seek permission before taking photographs of people and respect their wishes if they refuse.

If you are still using film for a camera, bring plenty of it - film is often hard to find in Bhutan and can be of inferior quality.

2. CULTURE

Accommodation in Bhutan can be very simple. Electricity and water can often be sporadic. All meals are included and almost always buffet-style with plenty of western options.

3. CULTURE

Bhutan, a Buddhist country, believes in ahimsa so the barking of dogs (and there are a lot of them) at night can be annoying. It's advisable to bring earplugs. If you are able to travel with a lot of patience and a good sense of humour, then we know that you - like all of us - will be captivated by what Bhutan has to offer.

4. CLOTHES

The prime requirement for clothes you bring on Bhutan trip is that they are comfortable and appropriate to the weather conditions that you are likely to meet. For protection against cold, particularly at night, a number of relatively thin layers is better than a few thick ones. Thermal underclothes, being small and light, can be very useful. Bhutan is very conservative and you should dress accordingly. As a general guideline, shoulders and legs should be covered at all times. The wearing of shorts is not allowed (except while hiking) as it will restrict your entry into buildings of a religious nature and family homes. A water and windproof jacket is useful and a hat and sunscreen essential. Due to the altitude, it can be cold in the mountains even in the summer.

Group Leader Description

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

Group Size Notes

Max 15, avg 12

Meals

Most meals in Bhutan are included in the cost of the trip - some are in the accommodation where it is the best quality/availability option. Most meals are served buffet-style with a selection of traditional Bhutanese food, some western-style (often pasta) as well as some Chinese. Fresh local vegetables are in abundance and while Bhutan is almost mostly vegetarian, there usually is one meat dish available (on some occasions, there can be shortages, as all meat is imported from India).

Transport

Private vehicle, walking

About our Transportation

Traveling by road in Bhutan is certainly not what people are used to in Western countries. The roads in the mountains might not be the best but our drivers always keep the safety of the passengers first. Most roads consist of a series of switchbacks going up and back down mountain passes and can be quite bumpy. If you do suffer from motion sickness, we recommend you bring medication for the drives. We use private transport for the duration of this tour. We use private transport for the duration of this tour.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels/guesthouses (7 nts), camping (1 nt), farmhouse stay (1 nt).

My Own Room

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

About Accommodation

A variety of styles of hotels/guest houses are used in Bhutan. These can vary in terms of service and efficiency. In many instances they might not be like what you are used to back home. Most of the accommodation is traditional in architecture, style and its services to the guest.

Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your group trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO. If this is unsuccessful, please refer to our Emergency Contact. If your included airport transfer has not arrived within 30 minutes of clearing customs and immigration, please make contact with our representative. We then recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please contact your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications please call our local G Adventures Transfer providers directly at:
New Delhi Airport:

Mr. Tshering Dhendup: +975 17110866

Mr. Rajju Maskey: +977 98 0201 4444

EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Delhi)

G Adventures South Asia Manager, Rishab (Delhi, India)

Emergency number:

From outside of India: +91 99 7179 5447

From within Delhi: 99 7179 5447

From within India, but outside Delhi: 099 7179 5447

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

Checklist

Cold Weather:

- * Long-sleeved shirts or sweater
- * Scarf
- * Warm gloves
- * Warm hat
- * Warm layers

Conservative Dress:

- * Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- * Shawl or scarf (for temple visits)

Documents:

- * Flight info (required) (Printouts of e-tickets may be required at the border)
- * Insurance info (required) (With photocopies)
- * Passport (required) (With photocopies)
- * Required visas or vaccination certificates (required) (With photocopies)
- * Vouchers and pre-departure information (required)

Essentials:

- * Binoculars (optional)
- * Camera (With extra memory cards and batteries)
- * Cash, credit and debit cards
- * Day pack (Used for daily excursions or short overnights)

- * Ear plugs
- * First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- * Flashlight/torch (Headlamps are ideal)
- * Fleece top/sweater
- * Footwear
- * Hat
- * Locks for bags
- * Long pants/jeans
- * Moneybelt
- * Outlet adapter
- * Personal entertainment (Reading and writing materials, cards, music player, etc.)
- * Reusable water bottle
- * Shirts/t-shirts
- * Sleepwear
- * Small travel towel
- * Sunglasses
- * Toiletries (Preferably biodegradable)
- * Watch and alarm clock
- * Waterproof backpack cover
- * Windproof rain jacket

Trekking:

- * External battery pack
- * Gloves
- * Hiking boots/sturdy walking shoes
- * Hiking pants (Convertible/Zip-off and quick dry recommended)
- * Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets.)
- * Socks (Trekking socks (woollen or synthetic, not cotton).)
- * Thermal base layer (Woollen or synthetic, not cotton.)
- * Walking poles (Optional)

Warm Weather:

- * Sandals/flip-flops
- * Shorts/skirts (Longer shorts/skirts are recommended)
- * Sun hat/bandana

Note: During the colder months (Oct-Apr) the mountains can be very cold, so please make sure you pack warm clothes.

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas

For Bhutan, G Adventures will arrange the visa for you. The cost of the visa is included in the tour price. The Bhutanese visa is issued to your passport on arrival. No passport photos are currently required for this, but it's always good to travel with a couple current photos.

In order to arrange the Bhutan visa, you must provide G Adventures with the following:

- Scanned colour passport copy
- Arrival and Departure flight details for Paro

These details need to be submitted to us 35-40 days before departure.

We will then arrange the Bhutanese visa for you. The visa letter will be forwarded to you 7-10 days before departure. We cannot get the visa letter issued any sooner. Please print out the visa letter, you will be required to show this before boarding your flight to Paro.

Important: If you are planning to extend your stay in Bhutan, pre- and post-tour accommodation MUST be booked through G Adventures in order for us to issue a valid visa for the duration of your stay.

If arriving and departing Paro from India, please note that the Indian government has recently made some changes to visa regulation due to misuse of the Tourist visa. We encourage all passengers to contact the Indian consulate or embassy in their home country to get up to date information on entry requirements. This is especially important for those planning on entering India multiple times in a two month period.

Foreigners holding an Indian Tourist visa, who after initial entry into India plan to visit neighbouring Nepal, Bhutan or Sri Lanka and then re-enter into India within 2 months need to get special authorization.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

There are ATMs in larger cities in Bhutan, and they will accept only Mastercard or Visa. As well, credit card can be used at larger hotels and shops but please note most places charge from 3-5% fees to use cards. The Ngultrum (local currency) is valueless outside of Bhutan so make sure that you change back all excess Bhutanese currency before you leave. It is possible to use Indian Rupees in Bhutan.

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from USD1-2 per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline USD20-30 per person, per week can be used.

Optional Activities

We suggest you bring along USD80 for anything extra that may arise, but everything is typically included in the price of your tour.

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

****HIGH ALTITUDE-** This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of

fitness and age. For details on how to best prepare and what to do in the unlikely event you are effected on your adventure, please consult your physician.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our G Adventures for Good projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation - Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.