

## Europe by Rail with the Glacier Express - EEBR

13 days: London to Budapest

### What's Included

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- G Adventures for Good: Magdas Hotel Stay, Vienna
- Eurostar ride through the Chunnel
- Paris orientation walk
- TGV train
- Lausanne orientation walk
- Zermatt stay
- The Glacier Express train with lunch onboard
- Dachau tour (Munich)
- Salzburg orientation walk
- Vienna orientation walk
- Budapest orientation walk
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**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 January 1st, 2015 and onwards

### Itinerary

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#### Day 1 London

Arrive at any time.

There are no planned activities until an evening welcome meeting.

#### Arrival Day and Welcome Meeting

1h18:00

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

##### Kings Cross Inn (or similar)

Hotel

#### Day 2 London/Paris

Board the famous Eurostar train for the journey through the Chunnel to Paris. Enjoy an orientation walk and free time to visit the city.

It's hard to run out of things to do in a city like Paris. Visit the Eiffel Tower, dozens of museums, Luxembourg Garden, wander the banks of the Seine or sip wine and eat cheese at a sidewalk café like a local.

### **Train**

London - Paris 2h30m

Climb aboard, take a seat, and enjoy the ride.

### **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.

### **Free Time**

Paris Afternoon

Don't waste a minute in the City of Light. Indulge in some delicious French cuisine, take advantage of some of the best shopping on the globe, or tour some of the amazing landmarks. If you haven't seen the Eiffel Tower up close, here's your chance.

### **Optional Activities - Day 2**

#### **Eiffel Tower Visit**

Paris 2h-4h

16EUR per person

Visit the most famous landmark in France, the Eiffel Tower. Opt to climb the stairs or take an elevator to the top for a stunning view over the city. Hang out at dusk and watch the tower light up.

#### **Luxembourg Garden Visit**

Paris 1h-2h

Free

Stroll through the Luxembourg Garden, or Jardin du Luxembourg, built in the early 1600s outside the Luxembourg Palace. The garden is known for expansive lawns, flowers and tree-lined promenade, topped off with a Medici Fountain.

#### **Walk Along the Seine River**

Paris 1h-2h

Free

Stroll like a Parisian along the Seine. There are almost 40 bridges that cross over the river within Paris alone, if something on the right bank catches your eye, just cross over to explore. Stop to relax on the banks or bring a picnic.

### **Accommodation**

#### **Villa Alessandra (or similar)**

Hotel

**Meals included: Breakfast**

### **Day 3 Paris**

Spend the day with free time to visit dozens of museums, patisserie shops, sidewalk cafés or grand boulevards.

The Louvre, Musée d'Orsay and Rodin Museum are all worth a visit. Stop by Notre Dame or Sacre Coeur to add some spirituality to your day. Shop on the Champs-Élysées or explore the Left Bank.

### **Carte Blanche**

Paris Full Day

There's plenty to see and do in Paris, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like getting acquainted with Mona Lisa at the Louvre, marvel at the architecture of the Notre Dame Cathedral, and visiting the Arc de Triomphe. Your CEO has more ideas if you need them. Just ask!

### **Optional Activities - Day 3**

#### **Musée Rodin Visit**

Paris 1h-2h

7EUR per person

Spend some time at The August Rodin Museum, one of Paris' most enjoyable museums. With famous sculptures on display like the Burghers of Calais, The Gates of Hell, The Hand of God, The Kiss and The Thinker, you can wander through this former mansion, marvelling at the architecture as well as Rodin's best work.

### **Champs-Élysées Visit**

Paris

Free

Wander past high end retail shops, cafés and theatres before reaching the famous Arc de Triomphe.

### **Sacre Coeur Visit**

Paris 1h-2h

Free

Visit the Basilique du Sacré-Coeur, located in the Montmartre neighbourhood. This Roman Catholic church was completed in 1914 and stands on the highest point of the city. Climb up 200 stairs to reach the dome of the basilica to get an amazing view of the Paris skyline.

### **The Louvre Visit**

Paris 1h-5h

12-16EUR per person

Examine the massive collection at the Louvre, home to the Mona Lisa and the Winged Venus. While it might take a lifetime to view everything in the museum, one of the largest in the world, make the most of the time you have and try to spend at least a few hours wandering around.

### **Musée d'Orsay Visit**

Paris 1h-2h

11EUR per person

Tour through The Musée d'Orsay, a must-see museum in Paris. Housed in a former train station, the beautiful building is the perfect setting to display some of the world's most revered Impressionist art. Wander from room to room in awe at the works on display by Monet, Renoir, Cézanne and Gauguin. Marvel at Degas' ballerinas and Van Gogh's swirling colours.

### **Eiffel Tower Visit**

Paris 2h-4h

16EUR per person

Visit the most famous landmark in France, the Eiffel Tower. Opt to climb the stairs or take an elevator to the top for a stunning view over the city. Hang out at dusk and watch the tower light up.

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Free

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### **Accommodation**

#### **Villa Alessandra (or similar)**

Hotel

**Meals included: Breakfast**

### **Day 4 Paris/Lausanne**

Take a morning TGV train to Lausanne, Switzerland. Spend the afternoon in this charming town.

### **Train**

Paris - Lausanne4h

Climb aboard, take a seat, and enjoy the ride.

### **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.

### **Free Time**

Lausanne Afternoon

Check out this sleepy but picturesque town.

### **Optional Activities - Day 4**

#### **Cathedral of Notre Dame of Lausanne Visit**

Lausanne30m-1h

Free

Stop at the Cathedral of Notre Dame of Lausanne to marvel at the impressive architecture and the detailed rose window dating back to the 13th century. Construction on the church started in the late 1100s, finally consecrated in 1275. The medieval architecture is stunning and stands out from the charming setting of Lausanne.

### **Accommodation**

#### **Ibis Lausanne Centre Hotel (or similar)**

Hotel

**Meals included: Breakfast**

### **Day 5 Lausanne/Zermatt**

Board another train for the journey to Zermatt, a tiny village in the heart of the Swiss Alps. Enjoy the afternoon in the car-free centre or hiking in the nearby mountains.

### **Train**

Lausanne - Zermatt3h

Climb aboard, take a seat, and enjoy the ride.

### **Free Time**

Zermatt Afternoon

Get out and explore on foot by meandering through the town or setting out on an exhilarating hike. If you'd prefer to travel a little more leisurely, seek out of the local horse-drawn carriages used as cabs.

### **Optional Activities - Day 5**

#### **Hiking**

Zermatt2h30m-3h 10-11km

Free

Hit some mountain trails to stretch your legs and soak in the incredible Alpine views.

### **Accommodation**

#### **Hotel Alphubel (or similar)**

Hotel

**Meals included: Breakfast**

### **Day 6 Zermatt/Chur**

Board the Glacier Express for a slow and stunning ride through the Alps. Pass meadows, rushing streams, bridges, villages and massive mountains as the train heads towards Chur. Arrive in the evening after a full day of soaking in the scenery.

## **Train**

Zermatt - Chur5h-6h

Board the Glacier Express and enjoy the stunning view out of the domed glass roof.

## **Free Time**

Chur Evening

Take some time to wander this scenic village. Stop for a delicious meal at a local restaurant or find a great spot for taking photos of the towering mountains.

## **Accommodation**

### **Hotel Drei Konige (or similar)**

Hotel

**Meals included: Breakfast | Lunch**

## **Day 7 Chur/Munich**

Take a full day to reach Munich, in the heart of Bavaria. Arrive in time for an optional evening out at a local brewery with a few steins of beer and some typical German fare.

## **Train**

Chur - Munich5h-8h

Climb aboard, take a seat, and enjoy the ride.

## **Optional Activities - Day 7**

### **Hofbräuhaus Visit**

Munich30m-3h

Free-30EUR per person

Grab a stein and some local Bavarian food at the Hofbräuhaus, where local beer was brewed for the Duke of Bavaria in 1589. While the building has changed over the years it's still a favourite in Munich, for a good reason. With a capacity for 1300 guests, the space isn't exactly intimate, but with its rich history and local Bavarian-style music, there's no shortage of good fun.

## **Accommodation**

### **Hotel Helvetia (or similar)**

Hotel

**Meals included: Breakfast**

## **Day 8 Munich**

Explore the city or head further afield to visit Füssen and the famous Neuschwanstein Castle.

## **Free Time**

Munich Full Day

Time's a wastin'. Get out and explore the city or use Munich as a hub to branch out and see nearby landmarks or villages.

## **Optional Activities - Day 8**

### **Neuschwanstein Castle Visit**

Füssen

51EUR per person

Visit the famous Neuschwanstein Castle. The castle is one of the many built by the eccentric King Ludwig of Bavaria, whose love of building extravagant homes for himself bankrupted Bavaria. This castle is the most well-known of the group, the beautiful colours and fairy-tale towers inspired the castle in Disney's Cinderella. Walk up the hill or take a bus to reach the castle, or feel like royalty yourself by taking a horse drawn carriage.

## **Füssen Visit**

Füssen

Take a stroll through the small village of Füssen. Pop into the ubiquitous pastry shops for unrivalled Bavarian baked goods and watch as old men in lederhosen and feathered caps walk through town.

## **Accommodation**

### **Hotel Helvetia (or similar)**

Hotel

**Meals included: Breakfast**

## **Day 9 Munich/Salzburg**

Visit Dachau before a short train ride to Salzburg, Austria. This charming city is brimming with history and character.

Visit the concentration camp of Dachau, right outside the city centre. Learn of the atrocities of war and the triumph of the human spirit.

Return to the city for a short train ride to Salzburg, Austria. This charming city is brimming with history and character. Known for the nearby salt mines, Mozart and the setting for The Sound of Music, Salzburg has plenty to pack into a day and a half.

### **Dachau Concentration Camp Visit**

Munich

Take a sad but significant tour through this historical site that was used as a model for the other concentration camps of Germany and Poland. At the end of the subway line, located in a residential area, Dachau is a testament both to the evil of mankind and the overwhelming will to survive. Learn of the atrocities of war and come away with a great understanding of the not so distant past.

### **Train**

Munich - Salzburg 1h30m

Climb aboard, take a seat, and enjoy the ride.

### **Free Time**

Salzburg Afternoon

Start exploring this lovely town.

### **Optional Activities - Day 9**

#### **Salzburg Old Town Visit**

Salzburg 1h30m-2h

Free

Explore the Old Town of Salzburg, a UNESCO World Heritage Site and one of the most charming areas in Europe. Set on a river with picturesque bridges and diverse architecture, the pedestrian-only area is perfect for wandering and window shopping. Opt to walk the mountain paths to a fortress for panoramic views of the region.

## **Accommodation**

### **Hotel Lasserhof (or similar)**

Hotel

**Meals included: Breakfast**

## **Day 10 Salzburg**

Make the most of a free day in Salzburg. Opt to visit the salt mines or take the famous Sound of Music tour.

### **Free Time**

Salzburg Full Day

Get out and explore.

### **Optional Activities - Day 10**

#### **Salzburg Salt Mines Visit**

Salzburg 1h30m-2h

16EUR per person

Visit the mines that give Salzburg its name. Suit up in overalls and learn more about the salt production of the area. Take the big slide and journey on Mirror Lake.

#### **Sound of Music Tour**

Salzburg

40EUR per person

Join the Sound of Music tour to visit venues from the movie as well as an opportunity to see the landscapes of the surrounding areas. Listen to the soundtrack as you visit historical and architectural landmarks of the city and Lake District.

The route of the tour includes stops at Morabell Gardens, Leopoldskron Palace, Hellbrunn Palace (the gazebo), Nonnberg Abbey, Salzburg Lake District Area (from the picnic scene with wonderful views of St Gilgen and Lake Wolfgang), and Mondsee (the wedding chapel).

#### **Accommodation**

##### **Hotel Lasserhof (or similar)**

Hotel

**Meals included: Breakfast**

#### **Day 11 Salzburg/Vienna**

Continue by train to Vienna. Opt to visit the famous opera house, join a city tour or visit world-class museums. Stay overnight at a G Adventures for Good supported hotel that supports migrant workers.

#### **Train**

Salzburg - Vienna 3h

Climb aboard, take a seat, and enjoy the ride.

#### **Free Time**

Vienna Afternoon

Vienna's a great city to take a tour of famous landmarks or try some local specialities and enjoy a piece of strudel in a café.

#### **G Adventures for Good: Magdas Hotel Stay**

The G Adventures-supported Magdas Hotel is part of Caritas Vienna's Social Business group. It is a social enterprise designed to provide opportunities for migrants that have arrived to Austria as refugees, without much chance of employment due to language barriers, delays in receiving legal status, and discrimination. Just by staying the night, you are helping make this social enterprise a success, and growing opportunities for migrants and refugees in Europe.

#### **Optional Activities - Day 11**

##### **Vienna State Opera House Visit**

Vienna

8EUR per person

Visit the famous Vienna Opera House and soak in its exceptional architecture. Opt for a guided tour to see the opera house's main features and learn about the history of the building.

##### **Belvedere Gallery Visit**

Vienna 1h-2h

19EUR per person

Learn some of the history of this beautiful palace and grounds and explore the impressive art collection. Of particular note, the museum's collection of 24 pieces by Gustav Klimt, including his famous 'Kiss'.

#### **Accommodation**

##### **Magdas Hotel (or similar)**

Hotel

**Meals included: Breakfast**

#### **Day 12 Vienna/Budapest**

Take a morning train to Budapest, Hungary. Opt to enjoy a night out in this western city with eastern charm.

Journey by train to Budapest, the 'Pearl of the Danube'. The city, split into Buda and Pest by the river, retains its eastern charm with Buda Castle and Turkish-style thermal baths.

Depending on arrival time, opt to visit some city sights or soak in one of the famous baths.

## **Train**

Vienna - Budapest4h

Climb aboard, take a seat, and enjoy the ride.

## **Free Time**

Budapest Evening

Start exploring this charming city.

## **Optional Activities - Day 12**

### **Buda Castle Visit**

Budapest3h-4h

1500HUF per person

Set on Castle Hill overlooking the Danube River and Pest, Buda Castle was once home to the Hungarian kings of Budapest. Admire the gorgeous architecture and visit its two museums; the National Gallery and the Budapest History Museum. Permanent collections depict the past 500 yrs of Hungary's art history, including Medieval and Renaissance stonework, Gothic wood sculptures, and Gothic altars.

### **Thermal Baths Visit**

Budapest1h-3h

4200-5000HUF per person

Bring two towels, your bathing suit and an aching body and prepare to be healed in the largest medicinal bath in Europe. Built in 1913, you can test the waters of 18 different pools (15 of which are spring fed) amidst stunning neo-Baroque architecture. Play chess on floating chessboards, relax in the whirlpools and explore the wonderful mosaic domes of these historic thermal steam rooms.

## **Accommodation**

### **Hotel Hungaria City Center (or similar)**

Hotel

**Meals included: Breakfast**

## **Day 13 Budapest**

Depart at any time.

We highly recommend booking extra time in this vibrant city.

**Meals included: Breakfast**

## **What's Included**

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Eurostar ride through the Chunnel. Paris orientation walk. TGV train. Lausanne orientation walk. Zermatt stay. The Glacier Express train with lunch onboard. Dachau tour (Munich). Salzburg orientation walk. Vienna orientation walk. Budapest orientation walk. All transport between destinations and to/from included activities.

## **Highlights**

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Travel across Europe by train, explore tiny villages and big capital cities, soak in gorgeous Alpine scenery from the window of the Glacier Express, sample cuisine in six different countries.

## **Itinerary Disclaimer**

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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

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### 1. LOCAL GUIDES

It is important to note that in Europe, all guiding is based around local guides all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places.

### 2. LUGGAGE

In Europe it is very rare to find elevators in train stations, hotels or other public places. We use public transport on this trip, which means you will need to carry your luggage from platform to platform, in and out of trains and buses etc. and also possibly up several flights of stairs. You will also need to be able to stow your luggage safely on trains and buses. It is therefore essential that you pack light and bring luggage which is compact and lightweight, and which you can easily transport. The carrying of your luggage remains your responsibility at all times. We highly recommend travelling with a backpack or duffel bag over any wheeled luggage options.

### 3. COMBO

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may be continuing together on another G Adventures tour, after your trip concludes.

## Group Leader Description

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This G Adventures group trip is accompanied by one of our group leaders. The aim of the group leader 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.

## Group Size Notes

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Max 16, avg 12.

## Meals

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Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

## Transport

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Trains, subway, walking.

## About our Transportation

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Intercity transport on this trip will be by train. The train systems in Europe are generally good, with seat reservations and toilet/snack facilities on longer journeys. You will notice trains run according to the schedule more stringently in some regions and not-so-stringently in others. Pack a book, some music and your sense of adventure.

Please note that you **MUST** be comfortable carrying your own luggage as there will be a lot of up and down stairs on this trip due to the nature of station layouts in Europe (very few are equipped with escalators or elevators). Between public transport and hotels you may be required to carry your luggage short distances (up to 15 mins walk), in larger cities you may travel by metro or city bus, and occasionally the group will take taxis to and from hotels.

## Solo Travellers

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We believe solo 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 solo travellers on these itineraries

must pay the single trip price.

## Accommodation

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Hotels/pensions (12 nts).

## My Own Room

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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

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It is important to note that accommodation in Europe tend to be quite different to other areas of the world you may have travelled in. Buildings and rooms are generally old and may not have been renovated or maintained to the highest standard. Downtown hotels in Europe were not built to be hotels but houses of the rich, which have been changed into hotels. Therefore unusual room sizes are common as large rooms have been partitioned in the past, resulting in rather "thin" walls. Reception areas, rooms and bathrooms tend to be very small as they were often added into an existing room, and may have a hand nozzle rather than a conventional shower head.

On this trip you can expect to stay in small family-run hotels or pensions (with the exception of the start and finish hotels, which are often larger city hotels), which will vary a little in standard and facilities: some may not have elevators, air-conditioning or English-speaking staff, but most importantly all are locally-run, with some traditional character, and in excellent central locations to give you maximum time for exploring the sights. You can expect to find clean, safe, simple accommodation in convenient locations.

Staff can occasionally demonstrate less than perfect customer service. As accommodation is in short supply, especially during the summer months, hotels can charge a premium and there is sometimes little motivation to improve facilities.

## Joining Hotel

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

## Joining Instructions

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Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation with us), please make your way to the joining hotel (note that check-in time will be in the afternoon). Once you arrive at the hotel, look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## Arrival Complications

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Emergency Contact

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Should you need to contact us during a situation of dire need, it is best to first call 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.

### EMERGENCY CONTACT NUMBERS

G Adventures UK office (manned UK 8am - 8pm)

+44 (0) 2072439878

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, from calls within North America only: 1 888 800 4100

Calls from within UK: 0344 272 0000

Calls from within Germany: 0800 365 1000

Calls from within Australia: 1 300 796 618

Calls from within New Zealand: 0800 333 307

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

For absolute emergencies after office hours please contact +44 7817 262559

If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, and your call will be returned as soon as possible.

## What to Take

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You will be on the move a lot, so our advice is to pack as lightly as possible. We highly recommend using a backpack or light sports bag, whichever you find easiest to carry, plus a small daypack. Luggage space on public transport is limited. You must be prepared to carry your own bags and be comfortable carrying them between transport and hotels (max. 15-20 mins walking), hopping on and off trains and public buses and up and down stairs.

## Checklist

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### 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

Warm Weather:

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

## Laundry

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Laundry facilities are offered by some of our hotels for a charge or ask your CEO where the closest laundromat is. 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.

## Spending Money

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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

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Credit cards and debit cards are very useful for cash advances but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs). Both Cirrus and Plus system cards are the most widely accepted debit cards. Visa cards are the most widely accepted credit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work - check with your bank. You should be aware when purchasing products or services on a credit card, that a fee usually applies.

Do not rely on credit or debit cards as your only source of money. A combination of Euros and cards is best.

Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

For this trip you will be in regions using the British Pound (GBP), Euro (EUR), Swiss Francs (CHF) and the Hungarian Forint (HUF).

## Emergency Fund

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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

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It is customary in Europe to leave a small tip for service providers, such as waiters, if you are pleased with the service (EUR1-2).

Tipping is an expected - though not compulsory - component of your tour program, and an expression of satisfaction with the persons 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. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from EUR3-5 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 EUR30-40 per person, per week can be used.

## Optional Activities

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Your local guide or CEO will recommend different optional activities, feel free to ask him/her for more information.

Paris:

Eiffel Tower - EUR8-EUR13

Louvre Museum - EUR9

Musee d'Orsay - EUR8

Palace of Versailles - EUR13.5

Palace of Versailles Gardens - free  
Arc de Triomphe - EUR9  
Catacombs - EUR7  
Notre Dame towers -EUR8  
Centre Pompidou - EUR12  
Napoleon's Tomb - EUR8  
Sainte Chapelle and Conciergerie - EUR7.5  
Picasso Museum - EUR6.5  
Rodin Museum - EUR6  
Da Vinci Code walking tour - EUR20  
Bike Tour - EUR24

All prices are per person (unless stated otherwise), and are subject to change as services are provided by third party operators.

## Health

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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 quite often 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. 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.

## Safety and Security

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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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## Trip Specific Safety

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Always keep an eye on your belongings especially in major cities, bus and train terminals.

## Medical Form

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Our small group adventures bring together people of all ages. It is very important you are aware that 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 leaders 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.

Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at [www.gadventures.com/medical-form](http://www.gadventures.com/medical-form).

## A Couple of Rules

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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 group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## Travel Insurance

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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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. G Adventures can provide you with the appropriate coverage. 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

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Planeterra is G Adventures' non-profit foundation created to make a positive difference in the communities where G Adventures takes travellers. Planeterra supports sustainable social and environmental solutions in destinations travellers love to visit.

As travellers, it's natural to want to give back to the places we've come to love. But to truly impact poverty, we work to build self-sufficiency, not dependency.

Planeterra partners with grassroots organizations with firsthand knowledge of local culture and true community needs. This ensures that solutions come from the people we support. Then G Adventures brings travellers to visit, fuelling sustainable local income in these communities. This model is helping many rural and marginalized communities on their way to self-sufficiency because they are harnessing the power of the tourism industry as a force for good. 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 [planeterra.org](http://planeterra.org).

### MAKE EVERY DAY COUNT

Fifty percent of our planet lives on less than \$2/day. For the price of a coffee, you can make every day of your trip count by giving back to the communities you visit through Planeterra.

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

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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](mailto:customerservice@gadventures.com) and we will send it on to you.

## Newsletter

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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/](http://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

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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](http://wateringhole.gadventures.com).