

Sailing Greece - Athens to Mykonos - GVAM

8 days: Athens to Mykonos

What's Included

- 7 nts aboard a 15m (52 ft) sailing yacht
- Fully licensed skipper
- Snorkelling equipment

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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 January 1st, 2013 and onwards

Itinerary

Day 1 Athens

Arrival day. Join the group at 5pm for a welcome meeting and safety briefing before beginning the sailing journey to Mykonos. Enjoy a night cap on the boat, or head out to explore Athens by night.

On the Greek Islands sailing trips, the G Adventures skipper will offer to make a food kitty for small items, such as ice, water, coffee, tea, milk, snacks, drinks, and so on. The average amount suggested for the kitty is around EUR50 per person, per week.

Free Time

Athens Afternoon

Explore one of the world's most historic cities. Take a walk and soak in the atmosphere, visit some of the famous points of interest from Athens' glorious past like the Acropolis or the Parthenon.

Sailing Welcome Meeting

17:00 Afternoon

Welcome aboard! Before setting sail meet the skipper and the rest of the group at a welcome meeting. Your skipper should be easy to spot in a G Adventures shirt or with a G Adventures flag at the skipper table.

Day 2 Athens/Northern Cyclades

Set sail for the Cyclades. Possible island stops include: Syros, Kea, Kythnos, Mykonos, Hydra and Aegina. Flexible itineraries give your experienced skippers the opportunity to showcase all the hidden gems you're looking for. We follow the desires of the group and tailor the sailing experience to provide each group a quality journey while on board.

While in the Cyclades, stroll through the markets of Syros, finding countless treasures and must-grab deals along the way. Visit the stone lion on Kea and make sure to stop in at a family-owned silver shop before watching the sunset. Kythnos offers a special treat of seeing the sunrise while soaking in local hot springs.

Another favourite among travellers is a stopover in Hydra. Take a local "taxi" (donkey ride) to see the sights of this charming island where there are no cars allowed. It's not hard to see why Hydra has inspired painters and writers the world over.

Gaze at the churches and temples of Aegina, immersing yourself in history. Wander through the local fish market to truly appreciate your meal at the tavern.

Please note: While it is our intention to adhere to the route described above, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. On Day 1 of your tour you will be advised of any amendments.

15m (50 ft) sailing yacht

Athens - Northern Cyclades

Get into the thick of things swiftly aboard one of our sharp-looking yachts.

Syros Island Excursion

Nísos Sýros

Stretch those sea legs on the island of Syros while on a short hike, visiting local markets or admiring the Medieval architecture unique to the island. The major port city of Ermoupolis is the financial centre and capital of Syros as well as the Cyclades. Depending on where the group decides to explore, head to some of the small beaches on the island or try scuba diving.

Hydra Island Excursion

Hydra Island

Explore the island of Hydra on foot or while riding a donkey. Visit the Hydra Museum near the ferry dock to learn about the island's history or the Cathedral of Hydra in town. Hydra only has one settlement along the natural harbor where pastel and white mansions are scattered on the hillside. Most of these massive homes are now museums but speak to the glamorous past of the island. The island still attracts artists, celebrities, and travellers especially those travelling by yacht. There are several great tavernas where you can enjoy a meal, some offering the experience to dine in a local resident's home.

Aegina Island Excursion

Aegina Island

Stop at the island of Aegina to explore this well-preserved, historical island. Once a major trade partner and political power, the island is now known for its archaeological sites, charming villages and the production of pistachios. Rent a car or motor bike to quickly tour around Aegina, or head to one of the many beaches to relax on the sand.

Kea Island Excursion

Kéa

Dock at the lovely island of Kea, one of the most northern islands of the Cyclades. A perfect stop for hikers, there are tons of paths across the island that cross the varied landscape of the island as well as ancient cities. For those looking for less active activities, opt to visit the Stone Lion or a family silversmith. There are many great restaurants on the island perfect for enjoying the view and sampling some local wine.

Kythnos Island Excursion

Kýthnos

Explore the island of Kythnos, home to glorious hot springs and villages virtually untouched by the tourism industry. Tour the old iron mining mills or visit one of the island's many beaches. Take a photo of the picturesque bay, soak in the hot springs and watch the sunset, or explore the port and seaside taverns.

Days 3-6 Northern Cyclades

Flexible itineraries give your experienced skippers the opportunity to showcase all the hidden gems you're looking for. We follow the desires of the group and tailor the sailing experience to provide each group a quality journey while on board.

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15m (50 ft) sailing yacht

Northern Cyclades

Travel through the Northern Cyclades

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Day 7 Northern Cyclades/Mykonos

Celebrate upon arrival to Mykonos by visiting the local windmills and enjoying a cocktail on a veranda overlooking Little Venice. The beaches and nightlife add excitement to the picturesque island.

15m (50 ft) sailing yacht

Northern Cyclades - Mykonos

Get into the thick of things swiftly aboard one of our sharp-looking yachts.

Mykonos Island Excursion

Mykonos

Explore the island of Mykonos, Greece's most famous cosmopolitan island. Named for the grandson of the Greek God Apollo, Mykonos' vibe is uniquely glam yet simple and has something for everyone. A vivid nightlife, beautiful beaches and historical sites draw in all kinds of travellers including celebrities, families, and students. Visit the local windmills and enjoy a cocktail on a veranda overlooking Little Venice.

Day 8 Mykonos

Depart after breakfast.

Tour ends in the morning, if you would like to spend more time in Mykonos we recommend booking more time on the island.

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's Included

7 nts aboard a 15m (52 ft) sailing yacht. Fully licensed skipper. Snorkelling equipment.

Highlights

Relax on white-sand beaches and swim in brilliant turquoise water, try your hand at sailing (or just relax on the deck), wander through whitewashed villages, taste traditional Greek food and wine

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.

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

Important Notes

1. Please note that while it is our intention to adhere to the route described in the itinerary, there is a certain amount of flexibility built into the program and on occasion it may be necessary, or desirable to make alterations. On Day 1 of your tour you will be advised of any amendments. This itinerary may need to change due to inclement weather conditions and this decision will be made solely at your skipper's discretion, based on the safety of the group and yacht.
2. A NOTE REGARDING SMALL SPACES ON SAILBOATS: Please note that the rooming for these boats is done on a first-come, first-serve basis and no particular cabins nor berths can be guaranteed. Our skippers will pair up travel partners or if you are travelling single with someone of the same sex individuals. Please be aware that as this is a real sailboat and not a cruise vessel that the space on board is tight. You will be sharing a small room with one of your fellow passengers or travel partner and sharing the three bathrooms onboard. The sleeping quarters on sailboats are generally kept to a minimum size in order to maximize public space and performance. Some people are not comfortable with the type of close quarter arrangements typically found on sailboats, however if a real sailing experience on a real sailboat is what you are after, then this experience should more than make up for cramped quarters. Please note that the skipper will also be sharing the ship's quarters and amenities with you.
3. Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

Group Leader Description

A G Adventures skipper will be with the group throughout your journey. The aim of the skipper is to take the hassle out of your travels and to help you have the best trip possible, as well as taking complete charge of the sailing, your safety on board and the safety of the vessel. As this is a real sailing adventure, our skipper might also request your help on board and will be more than happy to impart some of their vast sailing knowledge during the course of the journey. Our skippers are all fully licensed with many years of experience sailing in the area. 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 you can expect your skipper to have a broad general knowledge of the Greek

Islands you will visit.

Group Size Notes

Max 8.

Meals

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.

On the Greek Islands sailing trips, the G Adventures skipper will offer to make a food kitty for breakfast, lunches, and small items, such as ice, water, milk, snacks, and drinks. The average amount suggested for the kitty is around EUR50 per person, per week.

Transport

15m (52 ft.) sailing yacht.

About our Transportation

Our 50ft sailing boats are equipped with state of the art technology offering all travellers onboard a safe and enjoyable experience. Space is optimized - sleeping quarters are snug, meaning that more of the boat is open from everyone to enjoy. Cabins are allotted by the skipper based on the gender and traveller make-up of the group.

Accommodation

4 twin/double occupancy cabins, 3 shared bathrooms, 3 showers.

About Accommodation

A NOTE REGARDING SMALL SPACES ON SAILBOATS: Please note that the rooming for these boats is assigned upon arrival and neither particular cabins nor berths can be guaranteed. You will be sharing a bunk or double bed with your travel partner or one of your fellow passengers of the same sex and sharing the bathrooms onboard. Please be aware that as this is a real sailboat and not a cruise vessel and the space on board is tight. The sleeping quarters on sailboats are generally kept to a minimum size in order to maximize public space and performance. Some people are not comfortable with the type of close quarter arrangements typically found on sailboats, however if a real sailing experience on a real sailboat is what you are after, then this experience should more than make up for cramped quarters. Opportunities to sleep in open air on main deck are often available. Please note that the skipper may also be sharing the ship's quarters and amenities with you.

Joining Instructions

Kalamaki/Alimos Marina

Dia Noche Cafe
Marina Alimou,
Athens, Greece

Which is located in Alimos Marina across from "Pier 6". There will be a reserved table inside with a G Adventures sign, where our skipper will meet you at 17:00 on Day 1 of your tour.

From the airport by Bus & Taxi - Take the X96 Bus from Athens Eleftherios Venizelos airport. The ticket costs 5.00 Euro and is valid for 24 hours on all public transport means. Get off at Alimos Marina, Kalamaki.

Head down to the Marina to Dia Noche Cafe.

From the airport by Taxi - Give the driver the address of Dia Notche cafe in Alimos Marina, Kalamaki. Cost is approximately 35 Euros.

PLEASE NOTE THAT YOU ARE REQUIRED TO BE AT THE RELEVANT JOINING POINT AT 17:00 ON DAY 1.

Your Skipper will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your 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 you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details.

Emergency Contact

+306946574957
+447979210103
+447487842737

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

Finishing Point Instructions

In regard to booking onward travel for the last day of your Greek Islands Sailing Adventure, a flight time of 2pm or later is ideal as this will add further flexibility to your itinerary, however earlier flight times can be accommodated if necessary. If you have a very early flight time on the last day, please advise your skipper at the welcome meeting on Day 1.

What to Take

There is limited space on the yachts. We recommend the use of a duffel bag or backpack. A good size daypack is also essential.

PLEASE NOTE: No hard suitcases are permitted due to limited space.

Checklist

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

Marine:

- * Drybag (Will help keep cameras and essentials dry)
- * External battery pack
- * Motion sickness tablets
- * Sarong
- * Snorkel gear (optional) (Only if own equipment is preferred.)

Warm Weather:

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

Laundry

Laundry facilities can be found in some harbors, ask your skipper for the best places.

Visas

Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your responsibility to have the correct travel documentation. While we provide the following information in good faith, it is vital that you check yourself and understand that you are fully responsible for your own visa requirements.

All visitors to the EU (European Union) and EEC (European Economic Community) countries require a valid passport (with a minimum 6 months validity). USA, Canada, Australia and New Zealand passport holders do not need a visa to visit the Schengen area (see below), however they may not stay longer than three months in any 6-month period.

For other nationalities, travelling in Europe has been simplified with the introduction of the Schengen visa. As a visitor to the Schengen area (Austria, Germany, Netherlands, Belgium, Greece, Norway, Denmark, Iceland, Portugal, Finland, Italy, Spain, France, Luxembourg, Sweden, Czech Republic, Hungary, Estonia, Latvia, Lithuania, Malta, Poland, Slovakia, Slovenia and Switzerland) you will enjoy the many advantages of this unified visa system. Generally speaking with a Schengen visa, you may enter one Schengen country and travel freely throughout the Schengen region during the validity of your visa. There are limited border controls at Schengen borders, if any at all.

Please note that the UK and Ireland are NOT part of the Schengen agreement.

A Schengen visa is applied for at the Embassy or Consulate of the Schengen country in which you will be spending the most nights on your trip to the Schengen space. If you are only visiting one country on your trip then you apply for your visa at the Consulate of this Schengen country.

Detailed Trip Notes

Welcome on board!! We are happy that you decided to be a guest on board our sailing yachts for your holidays. To make sure it's a real one of a kind experience, your skipper wants to give you some information about the things you'll meet on the yacht and on the trip.

No worries, we won't make you spend your precious time on too much information, simply take it as a possibility to start your adventure at home.

Brief History of Yachting

Known since the old Egyptian Empires yachts were dedicated only to the pleasure of it's passengers in the exclusivity of independence. Long time before tourism discovered the pleasure of big steamboat cruises around 100 years ago, the wealthy parts of societies enjoyed yachting in different ways: cruising the Nile, sailing the Greek Islands or enjoying huge parties on board of Caligula's yachts in a lake south of Rome.

Fortunately technology developed allowing us the opportunity to sail the oceans in smaller yachts. Yachts of today are constructed under the rules of hydrodynamics, defining the shape of the hull, the needs of stability and comfort.

When only twenty years ago, running water and a stove were a pure luxury on board a yacht, you'll find almost everything you need on your yachts today: electricity -though it's only 12V offshore and only sometimes 220V when we're moored, refrigerators, showers, hot water, music and much more.

But never forget: a yacht always is 'on the budget'...budgeting room and weight for mobility and stocks for ongoing comfort.

Each yacht comes with the safety gear and instrumentation required by law to assure you a safe and successful holiday.

Here are some technical terms for you to learn to help you orient yourself:

Boat

Hull: the 'body' of the boat

Keel: stabilising part of the hull under the waterline to prevent capsizing

Deck: upper level of the boat

Cockpit: area in the back where we are operating the boat

Bow: Forward area of the boat

Stern Backward area of the boat

Helm: steering facility

Helmsman: Person at the helm, not necessarily the skipper

Starboard: right side of the boat looking forward from aft

Port (side): left side of the boat looking forward from aft

Rigg: all fixed equipment standing up above the deck

Mast: vertical massive pole to fix the sails

Boom: horizontal massive pole going backward from the mast

Mainsail: sail at the rear of the mast

Foresail/Genua/

Headsail: sail in front of the mast

Fender: sort of 'bumper' to avoid damage of the hull when moored

Winch: sort of drum to operate loaded lines or anchor chain

Beaufort: intl. scale for strength of winds, starting with 0 up to 12

Operations

Manoeuvre: changing the course of the boat or doing several operations

Tacking: turning the bow through the wind

Gibing: turning the stern through the wind

Round up: turning the boat exactly into the wind to stop moving

Fetch sth.: pulling tight a line

Ease sth.: detaching a line

Lines

There are only LINES on a boat, no ropes etc.

Most important ones:

Furling lines: to set and take away the sails

Sheets: to adjust the sails during sailing

Mooring lines: connecting the yacht to the pier

Ground lines: fixing the bow when moored 'stern too' (the peer)

Knots

Figure-eight knot: belongs to the end of certain lines to avoid going by the run

Half hitch: easiest knot to fix a line somewhere, not very strong one

Clove hitch: famous knot to fix various lines like mooring-, fender- etc.

Reef knot: used to connect two lines of same size to each other

More ambitious but often used:

Bowline: creating a strong and everlasting loop to a line

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

In Greece you can exchange your foreign currency and /or traveler checks in banks and money exchange "kiosko" in all cities, remember that the banks are open from 8:00am until 2pm and won't reopen later, also be aware of national holidays. The only currency accepted in Greece is the EURO.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

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!

Departure Tax

Usually included in international air ticket

Tipping

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 or skipper did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline EUR5-8 EUR per person, per day can be used.

Optional Activities

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

Athens:

National Historical Museum - EUR 7

Museum of Greek Folk Art - EUR 2

Archaeological Sites of Athens - EUR 12 (combo ticket including Acropolis Site and Museum, Ancient Agora, Theatre of Dionysos, Kerameikos, Olympieion, Roman Agora)

Islands (general):

Scooters daily rate - from EUR10

Bicycles daily rate -from EUR3-5

Cars daily rate - from EUR25

Ruins - entrance fees from EUR4

Wine-tasting - from EUR12

Mykonos:

Delos Tour (inc. return boat ride) - EUR35

Archeological museum - EUR3

Sunbed hire on Psarou/Platy Gialos beaches - EUR5-10

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.

No particular health issues in Greece, just that in some more remote islands bottled water is more recommended to drink. Just keep in mind that some heat waves are possible from June to October all over the country. People who are sensitive to seasickness should come prepared.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit, hand sanitizers / antibacterial wipes as well as any personal medical requirements.

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. 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/

Trip Specific Safety

Greece is a relatively safe country if you take the same precaution you would back home in any major and/or touristy cities, use common sense and do not hesitate to ask your skipper about specific areas to avoid. Also it is recommended to carry with you only the money and documentation you need for the day. Always keep an eye on your belongings, while having a drink, at the internet cafe, waiting at the bus station...

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 you'll receive a special discount code for free online prints and 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. Please visit <http://www.gadventures.com/evaluations>

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.

Minimum Age

Minimum age of 16 years for this trip.