

Berlin to London on a Shoestring - EDBL

6 days: Berlin to London

What's Included

- Bicycle tour around Berlin
- Orientation walk in Bruges
- 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, 2018 and onwards

Itinerary Notes

Please note that our 18-to-Thirtysomethings accommodation in Europe is multi-share. For more info, see the "About Accommodation" section under "Tour Details".

Itinerary

Day 1 Berlin

Arrive at any time.

We recommend arriving early to experience all that this amazing city has to offer.

Arrival Day and Welcome Meeting

1h18:00

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.

Optional Activities - Day 1

Berlin Wall Memorial

Berlin

Free

Learn about the history of the "Iron Curtain," the physical, political and emotional barrier that once separated Berlin under the Communist Eastern Bloc and their neighbours to the west. At Berlin Wall Memorial (Gedenkstätte Berliner Mauer), see a complete section of the wall, and look from the east side to see the remains of an electric fence in the so-called "death strip." Discover the stories of those who died trying to escape to the freedom of West Berlin.

Brandenburg Gate Visit

Berlin

Free

The Brandenburg Gate is a spot of great historical significance. Witness the spot where hundreds of thousands of people were finally able to cross from the east side to the west after the fall of the wall. Walk the cobblestones of the surrounding Pariser Platz and mingle with locals who continue to gather here to see stage shows and celebrate public events.

Checkpoint Charlie Museum Visit

Berlin

13EUR per person

Down the street from the Berlin Wall is the Haus am Checkpoint Charlie, a museum that documents the history of the wall, and interestingly, many of the different ways people tried to escape. From hot air balloons to one-man submarines, learn about the tenacity and creativity used by those desperate to cross from the east to western side.

East Side Gallery Visit Along Berlin Wall

Berlin 1h-2h

Free

The very name Berlin conjures images of the famous Berlin Wall. Two sections of the original structure still remain on display; the East Side Gallery, where artists have decorated the remaining section of the wall, and the Berlin Wall Memorial (Gedenkstätte Berliner Mauer). View these remnants of history that once divided east from west.

German Historical Museum

Berlin 1h-2h

8EUR per person

Judisches Museum Visit

Berlin 2h-4h

8EUR per person

The Judisches Museum is one of the largest Jewish museums in Europe. See how architect Daniel Libeskind's design evokes three important elements of the past two centuries; the intellectual, economic and cultural contributions of Jewish citizens in Berlin, the reality of the Holocaust, and the recognition of their absence from Berlin (and beyond) following the Second World War. See evocative collections and displays.

Reichstag Visit

Berlin

For those interested in Berlin's government, past and present, visit the Reichstag, home to the German parliament. Climb the stairs to the glass dome for a 360-degree view of the city, or learn about the fascinating history of the building, restored following damage suffered during the bombing raids of the Battle of Berlin in 1945.

Schloss Charlottenburg Palace

Berlin 2h-3h

10EUR per person

Television Tower (Fernsehturm) Visit

Berlin 2h-3h

13-23EUR per person

For an amazing view of Berlin, visit the famous Berlin Television Tower. Bring your camera and take panoramic photos from the viewing room, then grab a drink and snack at the cafe located 203m (666 ft) above ground.

Day 2 Berlin

Take an included bike tour around Berlin. Enjoy free time to explore historic monuments, such as the Berlin Wall, Brandenburg Gate and the Checkpoint Charlie Museum. Experience Berlin's famous nightlife.

Bike Tour

Berlin 4h

Hop onto two wheels and tour around Berlin, cycling by iconic sites in both the former East and West Berlin.

Free Time

Berlin Afternoon

Get out and explore fascinating Berlin.

Optional Activities - Day 2

East Side Gallery Visit Along Berlin Wall

Berlin 1h-2h

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Day 3 Berlin/Amsterdam

Hop on a train and cross into the Netherlands.

Train

Berlin - Amsterdam 6h30m-7h

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

Optional Activities - Day 3

Red Light District Visit

Amsterdam

Explore the world famous (or infamous!) Red Light District, which consists of several canals and the side streets between them, south of Central Station and east of Damrak. It is still a residential district, with many bars and restaurants as well as historic buildings and museums. This is, after all, the oldest part of the city and home to the gothic Oude Kerk church on the Oudezijds Voorburgwal, the oldest in Amsterdam.

Oude Kerk

Amsterdam

10EUR per person

Find Oude Kerk - the oldest building in Amsterdam - in the Red Light District. Opt to take an audio-tour around to learn more about its stunning gothic architecture and interesting history.

Rijksmuseum Visit

Amsterdam 1h-2h

18-25EUR per person

Visit the Rijksmuseum, a national museum of arts and history. With over 1 million objects in their overall collection, approximately 8,000 objects are on display at a given time. Masterpieces by Rembrandt, Frans Hals and Johannes Vermeer are among the highlights.

Van Gogh Museum

Amsterdam

15EUR per person

Visit this museum dedicated to the life and works of Vincent van Gogh and his contemporaries. The museum houses the largest collection of the artist's works including his famous pieces: Sunflowers, The Potato Eaters, and The Bedroom.

Day 4 Amsterdam

Enjoy a free day to explore Amsterdam. Opt for a tour through the canals, hit up a museum, or wander through the Red Light District.

Head into a cozy bruin café or "eetcafé" (to the Dutch what pubs are to the British and Irish), local spots where friends gather to catch up over a beer or glass of house wine.

Free Time

Amsterdam Full Day

With so much to see and do, get out and explore.

Optional Activities - Day 4

Rijksmuseum Visit

Amsterdam 1h-2h

18-25EUR per person

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15EUR per person

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Anne Frank House Visit

Amsterdam

9-16EUR per person

Visit one of the most dramatic and powerful sights in Amsterdam, the house of Anne Frank. As you climb the stairs to the little attic the Frank family was hidden in during WWII, each step becomes heavier and heavier with the realization of what transpired in the middle of this tranquil city.

Red Light District Visit

Amsterdam

Explore the world famous (or infamous!) Red Light District, which consists of several canals and the side streets between them, south of Central Station and east of Damrak. It is still a residential district, with many bars and restaurants as well as historic buildings and museums. This is, after all, the oldest part of the city and home to the gothic Oude Kerk church on the Oudezijds Voorburgwal, the oldest in Amsterdam.

Hop-On Hop-Off Canal Boat Tour

Amsterdam

Cruise the canals of Amsterdam on a hop-on, hop-off canal boat. Meander through the famous canals of Amsterdam past famous landmarks and museums such as the Anne Frank Museum and the Rijksmuseum. See somewhere you'd like to check out? No problem! Just hold onto your ticket, hop off and hop back on whenever you're finished sightseeing at that location.

Oude Kerk

Amsterdam

10EUR per person

Find Oude Kerk - the oldest building in Amsterdam - in the Red Light District. Opt to take an audio-tour around to learn more about its stunning gothic architecture and interesting history.

Bicycle Rental

Amsterdam

9.50-20.50EUR per person

Do it as the locals do and jump on a bike - it is truly one of the best ways to explore the streets of this amazing city.

Heineken Museum

Amsterdam 1h30m-2h

16-18EUR per person

Day 5 Amsterdam/Bruges

Enjoy an orientation walk and free time to explore picturesque Bruges. Opt to visit a local chocolate shop, indulge in a Belgian waffle, or try a local brew. Sante!

Jump on a bus from Amsterdam and head into Belgium, for a visit to the small medieval trading town of Bruges. Bruges is one of the best-preserved medieval cities in Europe and has remained practically unchanged since its heyday. Once inside the city walls, the town closes in around you with street after street of historic houses and a canal always nearby.

Local bus

Amsterdam - Bruges 5h

Climb aboard, grab 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

Bruges Afternoon

Get out and explore the city from the comfortable seat of a carriage or while cruising around on a bicycle.

Optional Activities - Day 5

Horse Drawn Carriage Ride

Bruges

44EUR per group

Hop into the cab of a horse drawn carriage for a new perspective on this lovely city.

Guided Bike Tour

Bruges

28EUR per person

Rent a bike and enjoy a guided tour around the city and surrounding countryside.

Brewery Tour

Bruges

7-8EUR per person

Visit a local brewery and learn about the production process of one of Belgium's best beers.

Belfry Tower of Bruges

Bruges

10EUR per person

Take a 366-step climb up Bruges' most well-known landmark - a charming medieval tower in the heart of the Market Square - for a panoramic view of the historic part of the city.

Bruges Beer Museum

Bruges

9-15EUR per person

Take a walk around this interactive exhibit on Belgian beer, then enjoy a tasting from your choice of 16 draft beers while enjoying a view of Bruges' market square.

Bruges Canal Cruise

Bruges

8-10EUR per person

Hop in a boat and take in sights from the waterways.

Delirium Cafe

Bruges

This cafe holds the Guinness World Record for offering the world's largest selection of beer. Have a visit and take your pick!

Day 6 Bruges/London

Hop on a bus to London. Tour ends on arrival.

This tour is expected to end at 6pm upon arrival in London. Please note that suggested arrival times might be impacted by traffic and unforeseen delays. Passengers should plan any onward travel after 10pm on this day.

Please speak to a G Adventures representative about booking post-tour accommodation in London. Please note that you may be booked in a multi-share, same sex-dorm room for this night.

Local bus

Bruges - London 5h

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

Departure Day

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

What's Included

Bicycle tour around Berlin. Orientation walk in Bruges. All transport between destinations and to/from included activities.

Highlights

Party across Europe, explore historic cities and museums, cycle through the streets of Berlin, wander along Amsterdam's canals

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.

Itinerary Notes

Please note that our 18-to-Thirtysomethings accommodation in Europe is multi-share. For more info, see the "About Accommodation" section under "Tour Details".

Important Notes

1. 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. 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.
3. This trip has a fast-paced itinerary with some long transport days - please check the itinerary carefully before deciding if this trip suits your needs.
4. This tour is expected to end at 6pm upon arrival in London. Please note that suggested arrival times might be impacted by traffic and unforeseen delays. Passengers should plan any onward travel after 10pm on this day.
5. Please speak to a G Adventures representative about booking post-tour accommodation in London. Please note that you may be booked in a multi-share, same sex-dorm room for this night.

Group Leader Description

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. 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 16, avg 10.

Meals Included

No meals included

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. On truck trips in Africa, aboard the expedition ship Explorer or our Galapagos yachts, while trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients. 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

Train, bus, metro, walking.

About our Transportation

On this trip we will use local buses and trains for intercity transport and a mix of metro (subway), local bus, taxis and walking for transport between hotels and bus/train stations. Please be prepared to carry your own bags short distances (20-30 mins max) between hotels and transport, as well as to lift your bags on and off buses and trains. Please note that there is often limited luggage storage space on public transport.

18-to-Thirtysomethings TRIP TRANSPORT:

As we rely heavily on public transportation during this trip, we ask you to be flexible for possible changes in the modes of transport and schedules, which may necessitate small itinerary changes.

Please note that the accommodation on overnight buses, trains and ferries is in airline style SEATS and not cabins or compartments.

Solo Travellers

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

Hostels (5 nts, multi-share).

About Accommodation

The variety and local flavour of our accommodation is a favourite part of our European 18-to-Thirtysomethings trips. Although the properties we use are simply furnished and with few facilities, we base our choices on location, character and cleanliness. We will stay in a mixture of hostels, and private rooms in local households.

All accommodation on this tour is multi-share, on a single-sex basis. This may involve 4-6 group members sharing and even (on rare occasions) dormitory-style rooms for the whole group. The majority of accommodation will have shared bathroom facilities.

Couples: Please note that due to the types of accommodation used in Europe we are not able to take requests for double or matrimonial beds, or room you together on this tour. In multi-share hostels, couples will likely be accommodated in separate rooms.

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.

Joining Instructions

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.

From Schönefeld Airport by train, catch the S9 (runs approx. every 20 minutes) to Ostkreuz and change for the S5 or S7. Get off at Friedrichstraße station. The hostel is a 15-minute walk.

If you're arriving by taxi, from Schönefeld Airport to the hostel should cost about EUR50.

If you're coming by bus from Tegel Airport, take the 128 to Kurt-Schumacher-Platz and then take the U6 to Oranienburger Tor from there. It is a 5-minute walk from the station.

If you're getting a taxi from Tegel Airport, it should cost about EUR30.

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 unable to get in touch with your leader, please refer to our emergency contact details.

Emergency Contact

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 NUMBER

G Adventures Berlin office: +4915203076785

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

What to Take

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage. You must be prepared to carry your luggage up and down stairs, on and off transportation, and to hotels (max 15-20 mins.)

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

Warm Weather:

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

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. Your CEO can also show you where the you can get your laundry done.

Visas and Entry Requirements

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.

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

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, traveller's cheques and cards is best. Avoid relying on traveller's cheques alone as these are less and less readily cashed as clients use them very little.

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

Most countries on this trip use the Euro, but for the Czech Republic you will need local currency.

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 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

Please see the itinerary for information on optional activities, descriptions and estimated pricing.

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 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 in this dossier for trip specific information. For travellers over 70 years a completed Medical Form is required. 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

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.

Medical Form

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.

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 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. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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

The Planeterra Foundation planeterra.org is a Canadian non-profit organization that helps empower local people to develop their communities, conserve their cultures, and create humane and supportive systems for their endeavours. Planeterra provides capacity building and catalyst grants to get community social enterprises off the ground. These businesses address local challenges by providing benefits for indigenous people, empowering marginalized women, and granting disadvantaged youth access to education, employment, and brighter futures. Planeterra also works to ensure these businesses have a thriving customer base by integrating programs into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs so 100% of your donation will bring opportunity to people in need.

Dollar-a-Day Program

G Adventures' Dollar-a-Day Program provides travellers with the opportunity to give back to the people and places visited on our tours by donating one dollar for every day you are on trip. 100% of these donations go directly to support community development projects worldwide that are implemented by Planeterra.

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.

Minimum Age

Minimum age of 18 years for this trip.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.