

Highlights of Portugal - EPLP

7 days: Lisbon to Porto

What's Included

- Lisbon orientation walk
- Fado performance with traditional Portuguese dinner
- Batalha gothic monastery entrance and visit
- Porto orientation walk
- Port wine cellars visit and tasting
- Transport to/from all included activities and between all destinations

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 March 28th, 2017 and onwards

Itinerary

Day 1 Lisbon

Arrive at any time.

Arrival Day and Welcome Meeting

1h

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

Alfama District Visit

Lisbon 1h-2h

Free

Explore Lisbon's past in Alfama, one of the city's oldest quarters. Wander along narrow medieval streets lined with typical tile-covered façades and take a step back in time; the area largely survived the great earthquake of 1755, and still retains much of its original layout. Listen for Portugal's traditional music, fado, gracing the streets at night.

Belém Tower

Lisbon

6EUR per person

Take a trip to the coastline to see this charming fort, built to protect Lisbon from raiders invading from the sea. Climb up the tower for great views of the ocean and surrounding city.

Praça da Figueira Market

Lisbon 30m-1h

Free

Take a wander through this traditional open-air market, established in 1755.

Rossio Square

Lisbon

Free

Stop in this lively square to get a taste of the local hustle and bustle.

Santa Justa Lift

Lisbon

6EUR per person

Take a ride up 147ft from the lowest to highest points of Portugal. Sit back and enjoy the views.

Sao Jorge Castle

Lisbon

8.50EUR per person

Climb up to this Moorish castle for a wander around the impressive grounds on a guided tour, and a great view over Lisbon and Tagus River.

Day 2 Lisbon

Enjoy a CEO-led orientation walk of Lisbon. The rest of the day is free for exploration. In the evening enjoy a Fado night and traditional Portuguese dinner in one of Lisbon's oldest neighbourhoods, Alfama.

Opt to take a day trip into the foothills of the surrounding mountains to Sintra. Get lost in the city's winding streets lined with pastel coloured houses, palaces, majestic gardens and lush forests. It doesn't get more postcard-worthy than this.

Lisbon Orientation Walk

Lisbon

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.

Fado Night with Traditional Portuguese Meal

Lisbon 2h

Sit down to a traditional meal and lend your ears to the sound of a performance by Portuguese folk music artists.

Optional Activities - Day 2

Day Tour of Sintra

Lisbon

Take a break from reality to visit the fairytale-like town of Sintra. Get lost exploring the colourful manors, medieval palaces, and lush gardens of this UNESCO World Heritage site.

Alfama District Visit

Lisbon 1h-2h

Free

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Meals included: Breakfast | Dinner

Day 3 Lisbon/Coimbra

Leave Lisbon behind and head north to the small hill town of Batalha, best known for its ornate gothic monastery built to commemorate Portugal's victory in the infamous battle of Aljubarrota. Visit the historic Batalha Monastery with free time to wander the grounds. Continue to the medieval capital of Portugal, Coimbra.

Private Vehicle

Lisbon - Coimbra

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

Batalha Monastery Visit

Batalha

Visit the Batalha Monastery built to commemorate the victory of the Portuguese over the Castilians at the battle of Aljubarrota in 1385. The elaborate, Gothic-style architecture of this UNESCO site is considered to be one of the masterpieces of the region.

Free Time

Batalha Afternoon

Take time to wander around the jaw-droppingly gorgeous monastery, or get out and explore the surrounding area.

Meals included: Breakfast

Day 4 Coimbra

Enjoy a free day to explore Coimbra. Opt to visit the famous Coimbra University, a UNESCO World Heritage site since 2013 (and also the inspiration for Harry Potter's Hogwarts). Explore the winding streets and the riverfront filled with restaurants and bars, or opt for a day trip to the nearby medieval town of Óbidos or the Templar city of Tomar.

Free Time

Coimbra Full Day

Get out and explore.

Optional Activities - Day 4

University of Coimbra Visit

Coimbra

Take a walk around the University of Coimbra - Portugal's most prestigious university and UNESCO World Heritage site. Enter through the Porta Férra, the old entrance to the citadel of Coimbra constructed in the 10th century. Walk through the campus along mosaic cobblestone paths, visit the ornate Joanina Library, Chapple of S. Miguel and botanical gardens (to name a few). This place is truly a site for sore eyes.

Conimbriga Ruins

Coimbra1h-2h

4.50EUR per person

Take a visit to the best preserved Roman ruins in Portugal.

Convent of Christ and Templar Castle

Coimbra30m-1h

Free

Founded in 1160 by Gualdim Pais, grand master of the Knights Templar, the vast complex of the Convent of Christ is an incredible feat of medieval architecture. Climb up the Templar Castle for great views of Tomar.

Joanina Library

Coimbra

Located in Coimbra University, the Joanina Library (Biblioteca Joanina) is a must see and one of the most ornate libraries in the world with it's breathtaking frescoes, intricate carvings and gold-leaf touches.

Óbidos Visit

Óbidos

One of the most picturesque and well preserved medieval towns in Portugal. Óbidos radiates Portuguese charm, from the narrow cobbled streets, the quaint houses, through it's imposing medieval castle, which once guarded the region.

Meals included: Breakfast

Day 5 Coimbra/Porto

Free morning in Coimbra. Continue to the historic and vibrant coastal town of Porto in the afternoon, and take an orientation walk upon arrival.

Free Time

Coimbra Morning

Make the most of your last morning in Coimbra.

Local train

Coimbra - Porto1h30m120km

Climb aboard, take your seat, and get around like the locals do.

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.

Optional Activities - Day 5

University of Coimbra Visit

Coimbra

Take a walk around the University of Coimbra - Portugal's most prestigious university and UNESCO World Heritage site. Enter through the Porta Férra, the old entrance to the citadel of Coimbra constructed in the 10th century. Walk through the campus along mosaic cobblestone paths, visit the ornate Joanina Library, Chapple of S. Miguel and botanical gardens (to name a few). This place is truly a site for sore eyes.

Meals included: Breakfast

Day 6 Porto

Free day to explore Porto. Opt take a cruise down the Douro Valley, or explore the city which gained UNESCO World Heritage designation in 1996. In the evening enjoy a visit to the port wine cellars and tasting.

Head down Allias Avenue to see the French-inspired buildings. Bargain at the Bolhão Market. Wander the city's World Heritage-listed Ribeira district, visit São Francisco church, the palatial former 19th-century stock market Palácio de Bolsa or head to the Clerigos Tower for a panoramic view of the city.

In the evening, become an Port wine connoisseur with a visit to the cellars and a port wine tasting.

Free Time

Porto Full Day

Take it all in.

Port Wine Cellar Visit

Porto Evening

Finish off the day with a tour of the cellars of the region's famed export - Port wine. Learn about the art of Port making and the processes that render its rich taste. Indulge in a tasting and raise a glass to a day well spent. Saúde!

Optional Activities - Day 6

Douro Valley Cruise

Porto 1h-2h

20EUR per person

Board a boat down Portugal's "river of gold", and float along the route that port shippers took their fortified wines to age. Take in the sites of the rolling green, terraced hills of the Porto region.

Ribeira Square

Porto

Free

Take some time to walk around this charming square and get in with the local hustle and bustle.

Porto Cathedral

Porto

Free

Palacio da Bolsa

Porto 30m-1h

8EUR per person

Join a half-hour guided tour of this neoclassical monument.

Sao Bento Railway Station

Porto

Free

The blue painted tiles on the inside of São Bento railway station makes it one of the most beautiful train stations in the world. See for yourself.

Lello Bookstore

Porto

Free

Take a wander around this incredible, and beautifully ornate bookstore built in 1906.

Clerigos Church and Tower

Porto 1h-2h

4-6EUR per person

Meals included: Breakfast

Day 7 Porto

Depart at any time.

Departure Day

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

Optional Activities - Day 7

Douro Valley Cruise

Porto1h-2h

20EUR per person

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Highlights

Explore the seven hills of Lisbon, step back in history wandering charming hill towns, taste local delicacies and become a port wine connoisseur, soak up the classic European culture.

Dossier Disclaimer

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Itinerary Disclaimer

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

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

Important Notes

1. 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.

Group Size Notes

Max 16, avg 12.

Meals Included

6 breakfasts, 1 dinner

Meals

Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, coffee and tea, however this may vary depending on the city. Should breakfast not be included, your CEO can suggest some local options.

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.

For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Walking, private vehicle, train.

About our Transportation

Intercity transport on this trip will be mainly by public bus and train. The bus and train systems in Portugal are generally very good, most offer seat reservations, some buses have toilet facilities and others don't, but drivers often stop en route for service station breaks.

Please note that we use public transport such as metro and taxis to get to train and bus stations. It is important that you are able to carry your luggage comfortably and that it can be packed into a relatively small space.

Between transport and hotels you may be required to carry your luggage short distances (up to 15mins walk), occasionally the group will take taxis to and from hotels.

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

Hotels (6 nts).

My Own Room

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

About Accommodation

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 build to be hotels but rich owners houses, 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

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), 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.

GETTING TO RESIDENCIAL FLORESCENTE FROM LISBON AIRPORT (Please check your vouchers to ensure this is your start hotel):

Via Taxi

A taxi cost is 20 EUR during the hours of 07:00am to 09:00pm from Lisbon Airport to Lisbon City Center. During the hours of 09:00pm to Midnight, the cost is 25 EUR. Journey time should be roughly 20 minutes give or take. Note that prices are indicative only.

Surcharge can apply on weekends, bank holidays, and per pieces of luggage. Always reconfirm the price just in case vouchers are not "available".

*If you need a taxi in order to visit the city during your stay, ask the hotel how much it should cost to get to where you want. Then deal with the driver. This way no bad surprises occur with less than honest drivers!

Via Aerobus

Shuttles run every 20 minutes, every day of the week, from 7:45am to 8:15pm. The Aerobus (Carris n. 91) runs between the Airport and the city centre. Tickets can be purchased on board. Fare is 1.20 EUR for one ride, 3.10 EUR per 1 day ticket, and 2 EUR for a 1 day TAP Voucher. Journey time is roughly a 35-40 minute ride. Get off the bus at the "Restauradores" stop. Cross the square to the red "Correios" (post-office) building and take the street next to it. This will lead you directly to Rua Portas de Santo Antão. Turn left and you will find the hotel on your left.

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, 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

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

EMERGENCY CONTACT NUMBERS

G Adventures Office London, United Kingdom
During Office hours (Weekdays, 9am-5:30pm Local Time)
+44 20 7243 9870

For absolute emergencies after office hours please contact: +44 7817 262 559

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: 1300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

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 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.

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. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Western Europe. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of euros, travellers cheques 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.

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, check with your air travel agent.

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 refer to the day by day itinerary for up to date optional activities 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 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

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

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

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 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

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

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

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.