

## Mediterranean Express - EIME

7 days: Rome to Barcelona

### What's Included

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- G Adventures for Good: Mescladis Cooking Demonstration, Barcelona
- Big Night Out: Barcelona
- Visit the Leaning Tower of Pisa
- Cinque Terre park fee, unlimited train ticket and CEO-led hike
- Visit to Monaco
- 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

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**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

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#### Day 1 Rome

Arrive at any time.

We highly recommend arriving a day or two earlier to experience all that this amazing city has to offer.

#### 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

##### Colosseum Visit

Rome

12EUR per person

Enjoy a visit to this famous spot, the scene of many bloody gladiator fights for the entertainment of ancient Rome's aristocracy. Take a tour of the old venue--a UNESCO World Heritage site--and feel free to walk around on your own. No battles, please!

##### Roman Forum Visit

Rome1h-2h

16EUR per person

Even with the bustle of modern day Rome whizzing past on Vespas, you can still lose yourself in the fragmented columns and ancient ruins of this plaza, conjuring images of the rich Romans sauntering by in togas.

### **Vatican Museum Visit**

Vatican City2h-3h

20EUR per person

The Vatican Museums are near St Peter's Basilica and contain priceless works of art from ancient to modern times. There are many different galleries but seeing all of them is definitely not possible in one day, so do a little research before visiting and decide what you really want to see. Two of the most well-known exhibits in the Vatican Museums are the Sistine Chapel and the Raphael rooms.

### **St Peter's Basilica Visit**

Rome

Free

#### **Sistine Chapel**

Vatican City1h-2h

10EUR per person

Although the Sistine Chapel is always very crowded, it is a must-see for any visitor to the Vatican. The magnificent frescoed ceiling of the chapel painted by Michelangelo depicts over 300 figures from the Book of Genesis, the most well-known being "The Creation of Adam," showing God touching the finger of Adam. "The Last Judgment" on the west wall depicts a scene from the Book of Revelations. Art aficionados, get ready to cross one of your list!

### **Pantheon Visit**

Rome

The Pantheon is one of the most famous buildings in Rome. Originally built during the reign of Augustus (27 BC - 14 AD), the building was rebuilt under Hadrian in 126 AD. The roof is still the world's largest unreinforced concrete dome, and it contains a circular opening (an oculus). It is easily one of the best-preserved of all the ancient Roman buildings.

### **Christian Catacombs**

Rome30m-1h

8EUR per person

Follow a guide through this ancient underground cemetery.

### **Borghese Gallery**

Rome1h-2h

15EUR per person

Take a visit to the beautiful Borghese Gallery villa to indulge in a rich collection of ancient sculptures, relics, mosaics, and paintings. Pieces from Renaissance masters such as Bellini, Raphael, Bernini can be found here.

### **Trevi Fountain**

Rome

Free

### **Spanish Steps**

Rome

Free

### **Trastevere Visit**

Rome2h-4h

Cross the Tiber river to reach the quaint medieval neighbourhood of Trastevere. This is a great opportunity to escape the crowds and get a glimpse into local life.

## **Day 2 Rome/Rapallo**

Stop at Pisa to check out the Leaning Tower en route to the beautiful Italian Riviera.

## **Train**

Rome - Pisa3h

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

## **Leaning Tower of Pisa Visit**

Pisa

Stop off for a brief visit to the Leaning Tower of Pisa. This famous tower leans at an angle of approximately four degrees due to an error made during construction--but don't worry, it's been stabilized since then. It's a fascinating sight and definitely photo-worthy. Get creative!

## **Train**

Pisa - Rapallo30m-1h30m

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

## **Day 3 Rapallo**

Walk the coastal path between Riomaggiore and Monterosso or opt to take the train. Visit charming, colourful towns along the way with an included national park pass and unlimited train ticket.

## **National Park Pass and Unlimited Train Ticket**

Cinque Terre

Use the included park fee and train ticket for this trip. Opt to follow your CEO along centuries-old footpaths and mule tracks leading through olive groves, vineyards, and orchards on a full day hike, or hop on and off the train, experiencing each town on your own.

## **Day 4 Rapallo/Nice**

Continue to the French Riviera and enjoy an included excursion to Monaco.

## **Train**

Nice - Monaco30m

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

## **Free Time**

Monaco Afternoon

Enjoy free time to explore the Principality of Monaco.

## **Train**

Monaco - Nice30m

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

## **Train**

Rapallo - Nice5h

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

## **Optional Activities - Day 4**

### **Promenade des Anglais**

Nice

Free

Walk along the Promenade des Anglais and take in the view of the glistening Mediterranean Sea.

### **Vieux Nice Visit**

Nice

Free

Wander Vieux Nice, or the Old Quarter, with its cobblestone streets and narrow alleyways. This is the best area to shop, eat, and people watch. Wander the market to witness daily life on the charming Riviera.

## **Day 5 Nice**

Enjoy a free day to take a cycling tour, go for a hike along the coast, or take a day trip to nearby beaches and villages.

### **Free Time**

Nice

Get out and explore the beautiful French Riviera.

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

#### **Museum of Modern & Contemporary Art**

Nice 1h-3h

10EUR per person

#### **Matisse Museum**

Nice 1h-3h

Free

#### **Vieux Nice Visit**

Nice

Free

Wander Vieux Nice, or the Old Quarter, with its cobblestone streets and narrow alleyways. This is the best area to shop, eat, and people watch. Wander the market to witness daily life on the charming Riviera.

#### **Day trip to St Paul de Vence**

Nice

1.50EUR per person

Hop on a local bus and travel (about 1hr) from Nice to one of the most picturesque medieval towns on the Riviera, Saint Paul de Vence.

#### **Cathedral of Sainte Reparate**

Nice 30m-1h

Free

Take a visit to Nice's oldest, and most ornate church.

#### **Promenade des Anglais**

Nice

Free

Walk along the Promenade des Anglais and take in the view of the glistening Mediterranean Sea.

### **Day 6 Nice/Barcelona**

Hop on a flight toward Barcelona. Join your CEO on an orientation walk of your surroundings before participating in a G Adventures supported tapas cooking class served and prepared by migrant students. Afterward, break off on your own to explore this amazing city. Enjoy a night out on the town.

Visit the old Gothic Quarter with its maze of dark streets, historic cathedral, medieval buildings, bars, and cafés. Stroll Las Ramblas, a large tree-lined pedestrian boulevard perfect for people watching and window shopping.

Please note that passenger luggage (up to 23kgs/50lbs per passenger) is included on this flight.

### **Plane**

Nice - Barcelona 2h Morning

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

### **G Adventures for Good: Mescladis Cooking Demonstration**

Espai Mescladis, Catalan for "Mixed Space" is a migrant training kitchen and cafe in the heart of Barcelona that features a unique feel that fuses old Catalan favourites and migrants' home recipes. Enjoy a tapas cooking demonstration from one of the trainees accompanied by a discussion that promotes social reflection - with the kitchen and food at the centre of it all.

### **Free Time**

Barcelona Afternoon

Get out and explore the city today.

### **Big Night Out:**

Whether it's a pub crawl, drink specials or a bonfire on the beach, celebrate late into the night with your new best friends.

### **Optional Activities - Day 6**

#### **La Barceloneta Visit**

Barcelona 30m-1h

Free

Take a stroll on the boardwalk in the neighbourhood of La Barceloneta, an area known for its beaches and waterfront walkway. Visit local restaurants and nightclubs or check out the monuments while there.

#### **La Sagrada Família Visit**

Barcelona 1h-2h

15-24EUR per person

Visit Gaudí's most famous life work, the cathedral of La Sagrada Família, an inspiring, yet, bizarre testament to the artist's unique vision.

#### **Parc Güell Visit**

Barcelona

8EUR per person

Get away from it all with a visit to the imaginative Parc Guell. The fantastical works of Antoni Gaudí (1852-1926) are scattered throughout Barcelona, a grouping of these including Guell Parc, Casa Mila, and the Crypt of La Sagrada Família were established as a UNESCO World Heritage Site in 1984. Stroll the tree-lined paths and admire Gaudí's creative genius at play.

#### **Gothic Quarter Visit**

Barcelona 2h-3h

Free

Uncover a different side of Barcelona. Visit the old Gothic Quarter with its maze of dark streets, historic cathedral, medieval buildings, bars, and cafés.

#### **Casa Batlló**

Barcelona

25-30EUR per person

Deemed the crowning architectural work of Antoni Gaudí, Casa Batlló is a must-visit on anyone's trip to Barcelona.

#### **Gaudi House Museum**

Barcelona

26-30EUR per person

### **Day 7 Barcelona**

Depart at any time.

We highly recommend extending your stay in Barcelona to experience all that this city has to offer.

### **Departure Day**

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

### **Optional Activities - Day 7**

#### **Gaudi House Museum**

Barcelona

26-30EUR per person

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## **What's Included**

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## **Highlights**

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Walk the coastal Cinque Terre trails, brush shoulders with the rich and famous in Monaco, soak up some rays on the French Riviera, pose with the famous Leaning Tower of Pisa

## **Dossier Disclaimer**

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## **Itinerary Disclaimer**

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While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide

to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

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

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## 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".

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## 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.

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## 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.

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## Group Size Notes

Max 16, avg 14.

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## Meals Included

No meals included

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## 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. While trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients.

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

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## Transport

Train, bus, plane, walking.

## About our Transportation

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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.

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.

## Solo Travellers

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

## Accommodation

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Hostels (6 nts, multi-share).

## About Accommodation

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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

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

## Joining Instructions

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

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

### GETTING TO HOTEL CHERUBINI:

By Bus from the Airport:

Shuttle buses run from Fiumicino airport and Ciampino Airport to Termini station in the city centre approximately every half hour. Look for the Terravision stand at the arrival terminal. Cost is EUR5 one way and takes approximately 1hour.

By Train from the Airport:

The Leonardo Express is the name of the train that will shuttle you from Rome's main international airport, Fiumicino, to central Rome's Termini station. A Leonardo Express train leaves every half hour in each direction.



Trains to Roma Termini Station start at 6:35 in the morning with trains running at 5 and 35 minutes after the hour. The last train of the day departs at 11.35pm. The train station is open 4am to 1am and covers 35 km in around 30 minutes. Cost is 14 Euros per person. Tickets for Leonardo Express are available at rail ticket office, newspaper seller tobacconist's, and self-service tellers, each located in the railway station atrium.

**NOTE:**

You must always stamp tickets in the machines on the platform before starting your journey.

To find the hotel, exit the station using the Via Giolitti exit on the left hand side if you have your back to the trains. Cross the road and continue down Via Manin. Walk to the end of the block and you will see the hotel in front of you.

By Taxi from the Airport:

Taxis run fixed rates to and from airports. The rate is 40 EUR. The rate for designated Fiumicino taxi drivers is 60 EUR and are inclusive of luggage, for a maximum of four passengers.

## Arrival Complications

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

## Emergency Contact

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

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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

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Conservative Dress:

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

#### Documents:

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

#### Essentials:

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

#### Warm Weather:

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

## Laundry

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Laundry facilities are offered by some of our accommodation 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.

## Spending Money

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

## Money Exchange

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

that a fee usually applies.

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

## Emergency Fund

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

## Tipping

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

Tipping is an expected - though not compulsory - component of your tour program, and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from EUR3-5 per day, depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline EUR30-40 per person, per week can be used.

## Optional Activities

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

## Health

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

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings 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

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

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

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## Medical Form

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

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

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

## A Couple of Rules

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

## Travel Insurance

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Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. G Adventures can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. 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

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The Planeterra Foundation [planeterra.org](http://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.

## Local Dress

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In Italy, shoulders should be covered while visiting churches and cathedrals. Ask your CEO for more specific advice.

## Feedback

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

## Newsletter

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

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

## Minimum Age

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Minimum age of 18 years for this trip.

## International Flights

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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.