

Walk the Camino de Santiago - ESCS

8 days: Sarria to Santiago de Compostela

What's Included

- Trekking along the pilgrimage route of Santiago de Compostela (5 days)
- Luggage transport throughout
- 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

Arriving in Santiago de Compostela? Pre-book a private transfer from Santiago de Compostela to start your tour in Sarria.

Itinerary

Day 1 Sarria

Arrive at any time.

Welcome meeting in the evening.

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.

Day 2 Sarria/Portomarín

Hike from Sarria to Portomarín throughout the course of the day.

Pass through many lovely towns along the way and maybe choose to have a picnic in places such as Barbadelo, Renta or Ferreiros.

Camino de Santiago Walk

Sarria - Portomarín 6h-8h 23km

Start hiking from Sarria to Portomarín, covering about 23km (14 mi) over the course of the day. Pass through many lovely towns along the way and choose to have a picnic in places such as Barbadelo, Renta or Ferreiros. Spend the night in the riverside city of Portomarín.

Meals included: Breakfast

Day 3 Portomarín/Palas de Rei

Early start from Portomarín, continue walking through fantastic scenery with a rich history en route to Palas de Rey.

Walk from Portomarín to Palas de Rey. Weary pilgrims can get a jolt of caffeine in one of Palas de Rey's cafes or visit some of the local shops to grab some souvenirs.

Camino de Santiago Walk

Portomarín - Palas de Rei 6h 22km

Get those walking shoes back on! Leave Portomarín behind in the early light of the morning to make the most of the day. This stretch is a mix of ups and downs through beautiful scenery. The entire area has a rich history, especially during the Middle Ages.

Meals included: Breakfast

Day 4 Palas de Rei/Melide

Continue the pilgrimage westwards, walking through the lush green valleys of Galicia.

Continue walking through rural Spain. Take a break in the lively market town of Melide (454m), and try octopus, Galicia's most classic dish, in one of the many 'pulperías'.

Camino de Santiago Walk

Palas de Rei - Melide 4h 15km

Head west and continue the pilgrimage, passing through the lush green valleys of Galicia. Covering about 15 km today, the day again passes through many lovely villages and towns along the way, offering ample opportunity for rest stops and time to pick up any needed supplies before arriving to Melide.

Meals included: Breakfast

Day 5 Melide/Arzúa

Follow the Camino from Melide to the village of Ribadiso and finally the town of Arzúa.

Camino de Santiago Walk

Melide - Arzúa 4h 13km

Leaving Melide, the Camino crosses several streams and follows a forest track to the village of Boente with its church of Santiago. Next is the scenic medieval village of Ribadiso and finally the town of Arzúa (389m). In Arzúa, visit the churches of Santa María and A Magdalena.

Meals included: Breakfast

Day 6 Arzúa/Salceda

The Camino walk will pass through pretty woods, sleepy villages and across streams most of the day.

Camino de Santiago Walk

Arzúa - Salceda 6h 23km

Walk through pretty woods, sleepy villages and across streams most of the day. The chapel of Santa Irene, with its unique statue of Santiago, is worth a visit. En-route, don't miss the lovely hamlet of Rúa (310m). The rest of the route to Amenal is along a mix of good and calm country roads and forest tracks.

Meals included: Breakfast

Day 7 Salceda/Santiago de Compostela

Enjoy a final day of walking through spectacular scenery towards the final destination.

Camino de Santiago Walk

Amenal - Santiago de Compostela 4h 14km

Leave early in order to reach Santiago de Compostela in time for the pilgrim's mass. Walk the last part of the pilgrimage and enjoy the scenery before the baroque, painted towers of the cathedral come into view. Later, explore this fascinating city and sip some wine in a

café to celebrate the incredible journey. Upon reaching our goal, the pilgrimage is not complete without a visit to the cathedral on the magnificent Praza do Obradoiro, which houses the supposed tomb of St. James the Apostle.

Plaza Obradoiro Visit

Santiago de Compostela 15m-30m

Visit the cathedral on the magnificent Praza do Obradoiro, which houses the supposed tomb of St. James the Apostle. It is widely believed that his remains were buried here in the 1st century AD; from then onwards he became the patron saint of the Christian Crusades.

Optional Activities - Day 7

Santiago de Compostela Cathedral

Santiago de Compostela 30m-3h

Originally built as a small church over the tomb of St. James in 819AD, this now-grandiose cathedral has remained the end point of the spiritual pilgrimage to those walking the Camino de Santiago. Inside, pilgrims will marvel at the Portico de la Gloria - a carved stone entry way considered to be one of the notable masterpieces of the medieval era - and the awe-inspiring interior of the cathedral. Choose to sit amongst your fellow visitors in contemplation of your journey, or take a walk around to get a closer look at the many artifacts, such as the golden Baroque alter, and the gilded statue of St. James.

Pazo de Raxoi Palace

Santiago de Compostela

Free

Take in the beauty of this palace located in the Plaza del Obradoiro. Originally built as a seminary for confessors in 1766, it is the contemporary home of City Hall and the Galician government.

Praza das Praterias Square

Santiago de Compostela 30m-1h

Free

Visit the square to marvel at the Fuente de los Caballos - a glorious fountain created in 1825. With the Santiago de Compostela Cathedral in the background, this spot makes for a great photo-op.

Meals included: Breakfast

Day 8 Santiago de Compostela

Depart at any time.

Departure Day

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

Meals included: Breakfast

What's Included

Trekking along the pilgrimage route of Santiago de Compostela (5 days). Luggage transport throughout. Transport between destinations and to/from included activities.

Highlights

Complete the last 100km of the pilgrim's trail and receive your "compostela", walk through small villages and towns, enjoy hearty and delicious Spanish food, walk into the cathedral in Santiago de Compostela.

Dossier Disclaimer

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 the operator. 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.

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.

Itinerary Notes

Arriving in Santiago de Compostela? Pre-book a private transfer from Santiago de Compostela to start your tour in Sarria.

Important Notes

This trip is a trekking trip from start to finish. A support vehicle is available on every day to carry your main luggage, so you will need to have a day pack large enough to fit whatever you require for each day hiking. Please note that only one bag is permitted per traveller, which cannot exceed 20kg/45lbs.

Be prepared to hike an average of 6 to 10 hrs per day, approx. 20-25 km per day, with some shorter and longer days along the way.

LUGGAGE FORWARDING OPTION: If travelling with extra luggage from previous trips or continuing on your travels after the tour, you have the option of forwarding extra luggage to Santiago from Leon for a reasonable fee (approx. 10-30 EUR depending on total weight). Please inquire with your Tour Leader on Day 1. There is also an option to transfer luggage daily to the next night stop, by taxi. This can be arranged with your Tour Leader and is an **OPTIONAL** service. Cost will be divided between those who choose to use this service.

Group Leader Description

This G Adventures group trip is accompanied by one of our Chief Experience Officers (CEOs). The aim of the CEO 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. Therefore it is important that you are a fit and confident walker over mountain terrain, able to manage ascents and descents and cross streams by yourself.

Group Size Notes

Max 16, Avg 10

Meals Included

7 breakfasts

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 group leader 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.

About our Transportation

Aside from a short local bus ride on Day 2, transport on this trip is your own two feet!

Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Solo Travellers

We believe single 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 single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels (7 nts).

My Own Room Exceptions

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Day 5

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 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 Alfonso IX (please check vouchers to ensure this is your start hotel):

Trains run daily to Sarria from Santiago de Compostela (usually via Orense-Empalme), and take about 3.5 hours. Tickets & timetables can be found on <http://www.renfe.com/>

Alternatively, to get to Sarria via bus from Santiago de Compostela, they still must go via Lugo.

So, Between Santiago de Compostela and Lugo, there is a direct bus that runs 5 times per day taking about 2 hours and 30 minutes. More information found at www.movelia.es, www.empresafreire.com & tmg.xunta.gal

From Lugo to Sarria, Buses take about 40 minutes & there are about 5 per day. More information found at www.empresafreire.com & monbus.es

Arriving in Santiago de Compostela? Pre-book a private transfer with G Adventures from Santiago de Compostela to start your tour in Sarria. The transfer is approximately 1 h 30 mins by car and roughly 75.5.miles.

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 trip leader (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and 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

Finishing Point Instructions

There are several buses and trains that run from Santiago on a daily basis to Madrid or other cities. Several airlines have flights daily to Madrid from Lavacolla Airport, just outside of Santiago.

Our end hotel is located in the heart of the historical old town. It is a 15 minute drive to the airport, and a 10 minute bus ride to the bus station. To Santiago airport from downtown, taxis charge a flat rate of 16EUR.

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.)

Do not forget to pack a medical kit with extra Band-Aids. Blister kits are also available, and are a good idea to have with you. Please remember to bring and wear footwear that you know is comfortable and will not give you blisters. This is not a trip to break in new boots or shoes on.

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

Trekking:

- * Gloves
- * Hat
- * Hiking boots/sturdy walking shoes
- * Hiking pants (Convertible/Zip-off and quick dry recommended)
- * Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets.)
- * Socks (Trekking socks (woollen or synthetic, not cotton).)
- * Thermal base layer (Woollen or synthetic, not cotton.)
- * Walking poles (Highly recommended.)

Warm Weather:

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

Note: When packing your gear, the best clothing for hiking is quick-dry, synthetic materials. The weather can be quite hot during the summer months, so we recommend hiking in shorts and a t-shirt. During the shoulder seasons (April-May, Sept-Oct) consider packing

a pair of long, breathable pants and a sweater for cooler mornings and evenings.

Laundry

Laundry facilities are offered by some of our hotels for a charge or ask your Tour Leader 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.

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

Health

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit 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 group leader 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 is deemed necessary due to safety concerns. Your leader will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your group leader 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 Tour Leaders to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please click [here](#).

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, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our 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 repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra-The G Adventures Foundation

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.