

## Scottish Islands & Norwegian Fjords - Edinburgh to Tromsø - XVETNX

14 days: Edinburgh to Tromsø

### What's Included

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- 13 nts aboard the G Expedition
- Meeting point to ship transfer
- Zodiac and land excursions with our expert expedition team
- Lectures and educational programs
- Ancient ruins guided tour (Orkney Islands)
- Bergen city tour
- Flåm Railway excursion
- Olden visit
- Geirangerfjord visit
- Trondheim excursion
- Vega Island visit
- Local village visit (Lofoten Islands)
- Finnmark exploration
- Insulated, waterproof boots supplied for USA sizes 6 - 16
- Expedition parka

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 April 19th, 2016 and onwards

### Itinerary

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#### Day 1 Edinburgh/Kirkwall

The G Expedition departs in the late afternoon, sailing towards Kirkwall.

The expedition begins near Scotland's incomparable capital city. Board the ship this afternoon in the suburb Port of Leith, to embark on a voyage to the Arctic. The G Expedition departs in the evening through a lock which leads down to sea level, before heading out to sail down the Firth of Forth. While on deck, keep a lookout for common eiders and northern gannets.

Please make sure to be at the Apex Waterloo Place Hotel before 13:00 as luggage will be transferred to the ship at that time. Meet back at the hotel no later than 15:00 for a group transfer to the Port of Leith at 16:00.

#### Arrival Day

15:00 Afternoon

Begin your adventure today. There are no planned activities so feel free to explore or rest up for the excitement ahead.

### **Private Vehicle**

Edinburgh - Leith 16:00 Afternoon

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

### **G Expedition**

Leith - Kirkwall

Not too big, not too little, our 134-passenger polar expedition ship is just right.

**Meals included: Dinner**

### **Day 2 Kirkwall/Orkney**

Visit historic and mystical sites by coach on this remote island. Explore the Standing Stones of Stenness, the intriguing Ring of Brodgar, and the village of Skara Brae.

There are few places in the world that offer as much as the Orkneys. Only six miles off the coast of Scotland, the islands are famous for their abundant marine bird life and dramatic coastal scenery. Enjoy an afternoon to explore the ancient history of the people of these Scottish Isles.

### **Orkney Islands Ancient Ruins Guided Tour**

Kirkwall

Take a guided coach tour of the many mystical historical sites on the island. Visit the UNESCO World Heritage site the Ring of Brodgar, the standing stones of Stenness, and the 4500 year old village of Skara Brae.

### **G Expedition**

Kirkwall - Orkney

Not too big, not too little, our 134-passenger polar expedition ship is just right.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 3 Shetland Islands**

Continue northwards to the remote Shetland Islands. Opt to visit Jarlshof or join the Puffin Bus to focus on puffins and seabird photography at Sumbrugh Head (weather dependent). Enjoy additional time to explore Lerwick.

The Shetland archipelago is an engaging mix of Scotland and Scandinavia blessed with spectacular coastlines, varied and abundant birdlife and a number of archaeological sites that date back thousands of years.

### **G Expedition**

Orkney - Shetland

Not too big, not too little, our 134-passenger polar expedition ship is just right.

### **Lerwick Visit**

Lerwick

Visit Lerwick on the Shetland Islands and discover the unique mix of Scotland Scandinavian culture in the area. Opt to visit Jarlshof, a remarkable archaeological site where Neolithic houses and several Norse longhouses were discovered after a violent storm uncovered the settlement. Another option for your time here is to join the Puffin Bus to focus on puffin and seabird photography at Sumbrugh head. Each tour option will allow a few hours to explore Lerwick after. With your free time, opt to enjoy the Shetland Museum or talk a walk through the village.

### **Free Time**

Lerwick 1h30m

Take some free time to explore.

### **Optional Activities - Day 3**

#### **Shetland Museum visit**

Lerwick

Visit the Shetland Museum to learn more about this fascinating area.

**Meals included: Breakfast | Lunch | Dinner**

#### **Day 4 Bergen**

Cross the famous North Sea to reach Norway. Enjoy an afternoon city tour of Bergen, including a stop at the Edvard Grieg Museum, a visit to the historical seaport district and the fish market. Alternatively, opt for a historical walking tour or the city that ends at the Hanseatic Museum, or explore Bergen on your own for the afternoon.

##### **Bergen City Tour**

Bergen

Visit the famous city of Bergen, the gateway to Norway's fjords. Spend the afternoon exploring the historical seaport, visiting the museum of Edvard Grieg and visiting the fish market, dating back to the Hanseatic League.

##### **G Expedition**

Shetland - Bergen

Not too big, not too little, our 134-passenger polar expedition ship is just right.

**Meals included: Breakfast | Lunch | Dinner**

#### **Day 5 Flåm**

Hop on the Flåm Railway, travelling through valleys and mountain passes to reach the scenic fjord of the Flåm district.

##### **Flåmsbana Railway**

Flåm1h

The Flåm Line is a 20km (12.4 mi) route between Myrdal and Flåm. The line is used most often as a tourist train as it passes through gorgeous landscapes. It also boasts an incredibly steep gradient, with an elevation different of 863m (2,831 ft).

##### **G Expedition**

Bergen - Flåm

Not too big, not too little, our 134-passenger polar expedition ship is just right.

**Meals included: Breakfast | Lunch | Dinner**

#### **Day 6 Olden Fjord/Birksdal**

Cruise into the Olden Fjord before a short bus ride to the Birksdal area. Enjoy a moderate walk to Briksdalbreen glacier, or, for an easier option, take a trolley ride with a shorter walk to make it to the glacier lake.

##### **G Expedition**

Flåm - Olden

Not too big, not too little, our 134-passenger polar expedition ship is just right.

##### **Glacier Walk**

Nordfjord

Stretch out your legs on a walk from the Birksdal area to the nearby Briksdalbreen glacier in Jostedalbreen National Park. For the first 20-30 mins of this walk (moderate to strenuous), the grade is slightly uphill but the footing is easy. If you'd rather not make the trek, hop on the trolley to take you most of the way. As you approach, you'll need to walk the last quarter mile to reach the glacier lake. The views are worth the effort!

**Meals included: Breakfast | Lunch | Dinner**

#### **Day 7 Geirangerfjord**

Sail deep into one of Norway's most beautiful, and most visited, fjords. Enjoy a coach tour to Dalnibba, soaking in the views at this UNESCO World Heritage site. For the more adventurous, opt for a 10km mountain hike exploring the area and taking in amazing views of the fjord from above.

##### **Geirangerfjord Visit**

Geirangerfjorden

The fjord is one of Norway's most visited tourist sites and has been listed as a UNESCO World Heritage Site. The fjord is 15 km (9.3 mi) long, surrounded by spectacular mountains, lush green trees, waterfalls, and several farms. Have a camera ready for some spectacular photo opportunities.

### **G Expedition**

Olden - Geiranger

Not too big, not too little, our 134-passenger polar expedition ship is just right.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 8 Trondheim**

Continue on to Trondheim. Choose between hiking in Bymarka Nature Reserve before visiting the Sverresborg Folk Museum, or enjoying a city tour including the Folk Museum and the elaborate Nidaros Cathedral, built between 1070 and 1300. Enjoy a free afternoon to explore the area on your own.

### **G Expedition**

Geiranger - Trondheim

Not too big, not too little, our 134-passenger polar expedition ship is just right.

### **Trondheim Visit**

Trondheim

Trondheim is a modern city surrounded by beautiful forests and mountains, and is home to the remarkable Nidaros Cathedral. Built over the burial site of Saint Olav, the king of Norway in the 11th century, Nidaros Cathedral is the traditional location for the consecration of the King of Norway.

### **G Expedition**

Trondheim - Torghatten

Not too big, not too little, our 134-passenger polar expedition ship is just right.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 9 Torghatten/Vega**

The rugged coastline of central Norway features some of the world's most beautiful scenery. The captain will negotiate with local Norwegian pilots to determine our best Zodiac landing options. Hike up to the famous hole in the mountain, with fantastic views of the region. Keep an eye out for Norway's mythical trolls. In the afternoon, head to the quaint and picturesque Vega Island, a UNESCO site. Wander the fishing villages, go on a guided nature hike, and appreciate the slow pace of life.

The mountain scenery and coastline offer breathtaking views. The goal is to visit Torghatten, one of the most bizarre rock formations in Norway and a significant local landmark.

### **Zodiac Excursion**

Torghatten

Enjoy a Zodiac excursion to Torghatten and the Treana archipelago. The Captain will negotiate with local Norwegian pilots to determine the best Zodiac shore landing options. Our goal is to visit Torghatten, one of the most bizarre rock formations in Norway and a significant local landmark. We will also try to move towards the Treana archipelago that is comprised of over 1000 islands. Expedition guides will provide information on the local areas, and the ship's photography expert will be on hand to offer advice on how to capture the perfect shot.

### **G Expedition**

Torghatten - Vega

Not too big, not too little, our 134-passenger polar expedition ship is just right.

### **Vega Island Visit**

Vega

Vega is a small island in Norway's Nordland, filled with tiny, picturesque fishing villages. Wander through the UNESCO World Heritage site with a history of eider down harvesting.

## **G Expedition**

Vega - Svartisen

Not too big, not too little, our 134-passenger polar expedition ship is just right.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 10 Svartisen/Lovund/Vikingen**

Visit Svartisen, Lovund, and Vikingen, to see beautiful glaciers and a globe sculpture which marks Vikingen as a point directly on the Arctic Circle.

#### **Svartisen Land Excursion**

Svartisen

Visit Svartisen, Norway's second-largest glacier. Hike to one of the outlet glaciers of Svartisen, Engabreen, which ends at the lowest point of any glacier on the European mainland, at 20 meters above sea level (in 2007). The first 30 to 45 minutes of the hike are easy with no incline. The remaining hike is guided in small groups as it can be a challenging and complicated maze of rocky outcroppings leading to a close encounter with the ice. Everyone should reach a beautiful lookout over the lake. Opt to visit the café for waffles and coffee.

#### **Vikingen Visit**

Vikingen Island

Visit Vikingen Island, a small island that sits directly on the Arctic Circle. There's a small statue of a globe on the island celebrating its position on one of the five major latitude circles.

## **G Expedition**

Svartisen - Lofoten

Not too big, not too little, our 134-passenger polar expedition ship is just right.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 11 Lofoten**

The Lofoten archipelago is an enchanting area of picturesque villages by the sea backed with jagged peaks. Go ashore by Zodiac for a day trip of the area. Start by visiting the Tørrfiskmuseum to learn about traditional work of the islands before visiting Nusfjord, one of Norway's oldest and best-preserved fishing villages for lunch at a local restaurant. After, stop in Henningsvær for time to see local art or explore the quaint fishing village. In the evening, stay on deck as you cruise into one of Norway's most famous fjords, the short yet dramatic Trollfjord. Search the cliffs on your continuing quest to spot trolls.

#### **Å Village Visit**

Lofoten

Enjoy a coach tour across the Lofoten Islands visiting the Tørrfiskmuseum (Stockfish Museum) and Svolvær. Stop for photos and other visits along the way including the Viking Museum at Bøstad.

## **G Expedition**

Lofoten

Not too big, not too little, our 134-passenger polar expedition ship is just right.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 12 At Sea**

Enjoy a day off the coast with Zodiac excursions to search out the local marine life, including sperm whales.

#### **Expedition Day**

Norwegian Sea

Enjoy a day off the coast with Zodiac excursions to search out the local marine life.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 13 Nordkapp**

Head back to the coast and visit Nordkapp in the Finnmark region. Take a scenic drive of this high rugged, coastal plateau, keeping an eye out for wild reindeer. This will be the most northerly point of the trip at 71 ° N.

### **G Expedition**

Nordkapp - Tromsø

Not too big, not too little, our 134-passenger polar expedition ship is just right.

### **G Expedition**

Norwegian Sea - Nordkapp

Not too big, not too little, our 134-passenger polar expedition ship is just right.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 14 Tromsø**

Tromsø, the capital of northern Norway, is known as the "Gateway to the Arctic" as it was the embarkation point for many Arctic expeditions. Disembark in the morning. We recommend booking some extra time in Tromsø to explore.

Transfers to the Clarion Hotel the Edge or Tromsø Airport will be offered to all passengers with flights scheduled after disembarkation.

After disembarkation you will be transferred to either the airport or the Clarion Hotel the Edge, depending on the time of your flight.

Those transferred to the hotel will have an opportunity to explore the town centre on their own, and then be transferred to the airport later in the day as per flight schedules. Transfer times will be confirmed, and communicated onboard prior to departure.

Luggage storage at the Clarion Hotel the Edge will be available until time of departure.

### **Departure Day**

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

**Meals included: Breakfast**

## **What's Included**

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13 nts aboard the G Expedition. Meeting point to ship transfer. Zodiac and land excursions with our expert expedition team. Lectures and educational programs. Ancient ruins guided tour (Orkney Islands). Bergen city tour. Flåm Railway excursion. Olden visit. Geirangerfjord visit. Trondheim excursion. Vega Island visit. Local village visit (Lofoten Islands). Finnmark exploration. Insulated, waterproof boots supplied for USA sizes 6 - 16. Expedition parka.

## **Highlights**

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Explore the Standing Stones of Stenness on the remote island of Kirkwall, Enjoy a city tour of Bergen, Hop on the Flåm Railway to reach the scenic fjord of the Flåm district, Wander through fishing villages and appreciate the slow pace of life

## **Dossier Disclaimer**

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## **Important Notes**

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Please note: While it is our intention of adhere to the route described above, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable, to make alterations. On the first day of your tour, your Expedition Leader will give you an expedition overview.

The G Expedition is an adventure expedition ship and does not offer an elevator.

#### ACTIVITY LEVEL

The activity level for this trip as a whole is graded "Light", as the itinerary includes light walking and hiking suitable for most fitness levels. Please be advised that there are two activities included on this tour that are graded as "Moderate". Travellers are able to opt out of any excursion that they are not comfortable participating in. The two activities of higher activity grading are the following:

1. Glacier Walk: The first 20 - 30 minutes of this activity is a moderate to strenuous walk; the grade is slightly steep but the footing is easy. If you are unable to manage this walk, there will be a trolley car available to take you most of the way to the glacier hike.
2. Svartisen Land Excursion: The first 30 - 45 minutes of the hike is easy on a flat surface. The remaining hike is guided in small groups as it can be a challenging maze of rocky outcroppings leading to a close encounter with the ice.

#### BOOTS FOR ZODIAC LANDINGS

- Complementary waterproof boots for use on board will be supplied in the following sizes:
- US size 6 - 16
- EUR size 36 - 49

Please be advised that there are limited numbers of the smallest and largest sizes.

If you wish to bring your own boots, you should follow the guidelines below:

Rubber, waterproof boots that are just below your knees (12-16" high or 30-41cm) with a strong, ridged non-skid sole are essential for wet landings via the Zodiacs. You usually have to step from the Zodiac into the water, which can be up to 1 ft or 30 cm high on most landings. Do not bring heavy, cumbersome boots that make it difficult to walk. Do not bring boots with metal cleats as they cannot be used for the landings. Try out your boots before your voyage.

The electricity onboard is 220AC electrical outlets, with European 2 pin round holes, as well as 110-volt shaving sockets in the bathroom for electric razors only. You may wish to bring an international adapter. A limited supply of electrical adapters are available to borrow free of charge at the Purser's Desk.

## Group Size Notes

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Max 134 aboard the G Expedition.

## Meals Included

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13 breakfasts, 12 lunches, 13 dinners

## Meals

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Onboard our expedition ships you'll find a diverse offering of gourmet international cuisines prepared and catered by professional chefs. All meals are included in the price of your expedition cruise. Dining is casual, tables are unassigned and the dining room is capable of seating the entire passenger compliment at one time. There is always a selection of different meals available, and vegetarians will find plenty of options. Special dietary requirements can be accommodated with advance notice, please advise us at time of confirmation. Coffee, tea and water are all provided free of charge. All other beverages, alcoholic and non-alcoholic are not included and can be purchased in the dining room, pub, or in the lounge.

## Transport

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G Expedition, Zodiac, local bus, coach, walking.

## Accommodation

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Aboard the G Expedition in quad-, triple-, twin-share cabins, or suites (all with en suite bathrooms and porthole or window, 13 nts). Please note that all cabins consist of twin-size berths and are ocean-facing. Suites have one queen-size bed.

## Joining Hotel

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**MEETING POINT:**

Apex Waterloo Place Hotel  
23-27 Waterloo Place  
Edinburgh EH1 3BH  
Tel +44 (0) 131 523 1819

\*Please note that we cannot book pre-tour accommodation at this location. If you are arriving into Edinburgh prior to Day 1, we ask that you please arrange your accommodation independently.

If arriving to Edinburgh on the same day as embarkation, please make your way to the meeting point, located at the Apex Waterloo Place Hotel. A taxi from the airport to the meeting point is the best way to go and is approximately GBP 30. A local representative will be at the hotel from 9:00 am and will be happy to store your luggage for the day. Please make sure you are there before 1:00 pm as the luggage will be transferred at that time. If you are staying in Edinburgh prior to embarkation day and wish to take advantage of the free transfer to the port, please be at the meeting point by 3:00 pm.

Passengers will be transferred as a group to the Port of Leith at 4:00 pm. Please ensure that for embarkation you have your passport accessible (not in your luggage which is being transferred separately to the ship).

If for some reason you cannot arrive at the meeting point, please make your own way to the Port of Leith no earlier than 4:00 p.m. and no later than 5:00 p.m.. Embarkation time is set for 4:00 p.m. and passengers will not be able to board the ship before that time due to refueling, provisioning, and preparing the ship for your stay. The exact port address is:

Port of Leith  
Ocean Terminal  
100 Ocean Drive  
Leith  
Edinburgh, Scotland, UK  
EH6 6JJ

On embarkation day, you should dress for changeable weather. Once aboard, you will find your luggage stored in your assigned cabin. Please ensure that all your luggage is accounted for on arrival.

## Joining Instructions

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**Meeting Point:**

Apex Waterloo Place Hotel  
23-27 Waterloo PI  
Edinburgh, Scotland  
EH1 3BH  
Telephone: +44 131 523 1819

**Meeting Times:**

Please arrive at the Apex Waterloo Palace Hotel no later than 1pm to drop off your luggage. Please return to the hotel by 3pm for your transfer to the G Expedition at 4pm.

\*Please note that we cannot book pre-tour accommodation at this location. If you are arriving into Edinburgh prior to Day 1, we ask that you please arrange your accommodation independently.

There are a variety of ways to travel to the Apex Waterloo Hotel:

- 1) From Edinburgh Airport by taxi: cost is around £20.
- 2) From Edinburgh Airport by bus: catch the frequent Airlink 100 bus opposite domestic arrivals and get off on Princes Street. Continue East along Princes Street, passing the Scott Monument on your right until you meet Waterloo Place. The hotel flags can be seen on your left.
- 3) From Edinburgh Airport by tram: The route runs from the airport to York Place. You can get off at York Place take a right onto Leith Street and a left onto Waterloo Place where you'll find the hotel on your left. St Andrew Square stop is also a 5 minute walk from the hotel. Head toward Princes Street, turn left and walk toward Calton Hill. The hotel is on your left on Waterloo Place. Don't forget to buy your ticket before you board the tram.
- 4) From Waverley Train Station: the station is just a few minutes' walk from the hotel. Exit onto Princes Street, take a right and head on to Waterloo Place where you'll see Calton Hill monuments up ahead. The hotel is on your left.



## 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 call our G Adventures Sales team. 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

Please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What to Take

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Your luggage should be a clearly labeled suitcase, or rucksack, plus a daypack. Most airlines allow one checked bag and two carry-ons per person. Most airlines are currently enforcing strict restrictions for checked luggage and carry-on bags. To avoid any problems on check-in and with possible excess baggage charges, please consult your airline for specific restrictions.

In the world's most remote destinations that we travel to on the G Expedition, we cannot offload our plastics, glass or tin waste for recycling. Therefore, we try to reduce what single use items we use. You will see on the ship that every effort is being made to stop the use of single use plastic containers, bags and other items. In an effort to prevent plastic waste from entering the waste stream, we are asking for your help. We offer exceptional drinking water on the ship with refilling stations for your reusable water containers. You will be provided a complimentary water bottle to fill up as needed. Plastic items such as single use shampoo/conditioner plastic containers cannot be recycled, so please plan to bring any plastics back to your home countries for recycling. Please do not bring single use items that you intend to leave behind such plastic bags and throw away razors. Your participation in helping to prevent pollution and promote recycling is greatly appreciated.

## Checklist

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### 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)

### Expedition:

- \* Binoculars (highly recommended)
- \* Camera (With extra memory cards and batteries)
- \* Cash, credit and debit cards
- \* Day pack (Used for daily excursions or short overnights)
- \* Drybag (To protect your camera and belongings on Zodiac landings)
- \* 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 jacket or warm layer
- \* Fleece top/sweater
- \* Footwear (good gripping) (Please note that flip flops are not allowed while on deck of the Expedition.)
- \* Hat
- \* Long pants/jeans
- \* Moisturizer/lip balm
- \* Moneybelt
- \* Motion sickness tablets
- \* Outlet adapter (Electricity onboard is 220AC electrical outlets, with European 2 pin round holes, as well as 110-volt shaving sockets in the bathroom for electric razors only.)
- \* Personal entertainment (Reading and writing materials, cards, music player, etc.)
- \* Scarf
- \* Shirts/t-shirts
- \* Sleepwear
- \* Sunblock
- \* Sunglasses
- \* Swimwear
- \* Thermal base layer
- \* Thermal underwear
- \* Toiletries (Shampoo and shower gel are included aboard the Expedition.)
- \* Warm hat
- \* Warm waterproof gloves
- \* Watch and alarm clock
- \* Waterproof backpack cover
- \* Waterproof pants necessary (Mandatory for all Zodiac landings)
- \* Wool/Heavy socks

Note: It is recommended to bring hiking poles for excursions on this itinerary.

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## Laundry

Aboard the G Expedition ship, laundry facilities are provided at a nominal charge.

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## Visas and Entry Requirements

All countries require a valid passport (with a minimum 6 months validity). 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.

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## 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. While on board our Expedition ships, please note that the currency for all purchases is USD.

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## Money Exchange

Before and after the cruise:

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 overseas. 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 US dollars or Euros cash 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.

While on board the G Expedition:

Cash and most major credit cards (VISA, Mastercard and American Express) are accepted to clear incidental bills at the end of the cruise by the ship's Purser (eg: bar bills, laundry etc).

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## Emergency Fund

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

## Tipping

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Although it may not be customary to you, tipping is of considerable significance to the people who will take care of you during your travels. It is an expression of satisfaction with the persons who have assisted you on your expedition. The industry standard and suggested amount is USD 10 - 15 per person per day spent on board. Of course, tipping is a personal choice and the suggested amount is set only as a guideline. The money is collected by the Hotel Manager at the end of the voyage and distributed amongst the crew and Expedition Staff.

## Optional Activities

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Lerwick  
- Shetland Museum visit

## Health

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Please consult your doctor for up-to-date medical travel information well before departure. We require all passengers traveling on the G Expedition to review our medical questionnaire. The questionnaire can be found online at:

[www.gadventures.com/online\\_medical\\_form](http://www.gadventures.com/online_medical_form)

Passengers with preexisting medical conditions are required to submit a medical form signed by a physician to their booking agent. It is very important that we are advised of any special meal requirements, food allergies, or prescribed medication when you confirm your tour. The ship is equipped with a small infirmary with typically required medications and limited equipment. The ship's doctor is available for visits during the day and is available 24 hours per day for emergencies.

In case of an emergency, please also bring with you a signed and dated letter from your physician (to be given to our doctor on board, as well as for any medical authorities) stating any health problems and dosage requirements. International health regulations do not currently require any inoculations for the countries that you will visit on our voyage. We suggest that you confer with your own physician to be sure your routine immunizations, such as tetanus, diphtheria and hepatitis A, are up-to-date before travelling. Older travelers, in particular, may wish to consider preventive measures against influenza and pneumonia.

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

## Trip Specific Responsible Travel

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### OUR COMMITMENT TO RESPONSIBLE TRAVEL

As a leader in sustainable tourism, we are committed to ensuring that all of our marine expeditions operate in a socially and environmentally responsible manner. All expeditions aboard the G Expedition meet and exceed all environmental regulations and protocols in the regions that we visit.

#### Staff & Crew:

Our crew and expedition team act as stewards of the environment and are well versed in the strict environmental protocols on board and on land. All of our travellers are thoroughly briefed in these protocols before being allowed to participate in excursions and are always supervised by our team when on shore.

#### 4-stroke Outboard Engines:

In an effort to drastically reduce environmental pollutants 4-stroke outboard engines have been installed on all of our Zodiacs. Our 4-stroke outboard motors use less fuel and produce less noise pollution than 2-stroke engines. Since there is no mixing of oil and gas the exhaust is intrinsically much cleaner and friendlier to the environment.

#### Planeterra Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization that supports local community projects and small-business owners worldwide.

#### Sea Chart Auction:

At the end of each departure, the Captain's Sea Chart is auctioned and all proceeds are donated to the Planeterra to support our community initiatives in places G Adventures travels to.

Our end goal is to minimize the potential negative impact of tourism in the areas in which we operate while maximizing the positive impact of instilling a widened understanding and appreciation of these regions. During our voyages, we ask all our passengers that they see their visit to these areas as a privilege and that they share their newfound knowledge and experiences with others when they return home. We also hope that by bringing people to these regions that they continue to act as ambassadors and stewards of these areas.

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## 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](mailto:customerservice@gadventures.com) and we will send it on to you.

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## 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/](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.

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## Minimum Age

Minimum age of 10 years for this trip.

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## Keeping in Touch on the G Expedition

While you are on board the G Expedition, we know that keeping in touch with your family and friends is important to you. We want to ensure you have the tools available to keep you connected in some of the most remote regions of the world. We have a satellite system, which allows our travellers to connect to the internet or make phone calls with the purchase of personal data credit. Travellers may use our computer room or use any Wi-Fi enabled device to connect to our network, which is available in public areas on Decks 4 and 5. Satellite phone service is available and private calls can be made from our phone booth. Due to using a satellite connection and travelling in remote regions, internet can be slow and sometimes unavailable. The connection in the high Arctic is particularly challenging and no connection is available while in and around South Georgia Island.

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## 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.