

Paris & Normandy Highlights - EFWNG

8 days: Paris to Paris

What's Included

- National Geographic Journeys Exclusives: D-Day Historical Experience, Bayeux
- National Geographic Journeys Exclusives: Paris Photography Studio, Paris
- Tour of Monet Gardens
- Excursion to Mont-Saint-Michel
- Paris orientation walk
- 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 April 8th, 2016 and onwards

Itinerary

Day 1 Paris

Arrive at any time.

There are no planned activities until an evening welcome meeting.

We recommended arriving a day or two early to fully explore this world-renowned city. The "City of Lights" is unlike any other place on earth. Known for its glorious monuments, museums, and markets, from the Eiffel Tower to the Louvre, Montmartre to the Marais, Paris has something for everyone. Discover for yourself Paris' "je ne sais quoi."

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

Eiffel Tower Visit

Paris 2h-4h

16EUR per person

Visit the most famous landmark in France, the Eiffel Tower. Opt to climb the stairs or take an elevator to the top for a stunning view over the city. Hang out at dusk and watch the tower light up.

The Louvre Visit

Paris 1h-5h

12-16EUR per person

Examine the massive collection at the Louvre, home to the Mona Lisa and the Winged Venus. While it might take a lifetime to view everything in the museum, one of the largest in the world, make the most of the time you have and try to spend at least a few hours wandering around.

Musée d'Orsay Visit

Paris 1h-2h

11EUR per person

Tour through The Musée d'Orsay, a must-see museum in Paris. Housed in a former train station, the beautiful building is the perfect setting to display some of the world's most revered Impressionist art. Wander from room to room in awe at the works on display by Monet, Renoir, Cézanne and Gauguin. Marvel at Degas' ballerinas and Van Gogh's swirling colours.

Musée Rodin Visit

Paris 1h-2h

7EUR per person

Spend some time at The August Rodin Museum, one of Paris' most enjoyable museums. With famous sculptures on display like the Burghers of Calais, The Gates of Hell, The Hand of God, The Kiss and The Thinker, you can wander through this former mansion, marvelling at the architecture as well as Rodin's best work.

Sacre Coeur Visit

Paris 1h-2h

Free

Visit the Basilique du Sacré-Coeur, located in the Montmartre neighbourhood. This Roman Catholic church was completed in 1914 and stands on the highest point of the city. Climb up 200 stairs to reach the dome of the basilica to get an amazing view of the Paris skyline.

Palace of Versailles Visit

Paris 3h-5h

18EUR per person

Monet's Giverny Gardens

Paris 2h-3h

10.20EUR per person

Napoleon's Tomb - Les Invalides Army Museum

Paris 1h-2h

12EUR per person

Walk Along the Seine River

Paris 1h-2h

Free

Stroll like a Parisian along the Seine. There are almost 40 bridges that cross over the river within Paris alone, if something on the right bank catches your eye, just cross over to explore. Stop to relax on the banks or bring a picnic.

Luxembourg Garden Visit

Paris 1h-2h

Free

Stroll through the Luxembourg Garden, or Jardin du Luxembourg, built in the early 1600s outside the Luxembourg Palace. The garden is known for expansive lawns, flowers and tree-lined promenade, topped off with a Medici Fountain.

Champs-Élysées Visit

Paris

Free

Wander past high end retail shops, cafés and theatres before reaching the famous Arc de Triomphe.

Day 2 Paris/Bayeux

Depart for Giverny to visit Claude Monet's garden, inspiration for the artist's water lily series and named as one of National Geographic's "top 10 most magnificent gardens in the world." Continue on to the pretty port town of Honfleur for a walk with our CEO and some free time. Arrive this evening in Bayeux and enjoy a dinner at a local crêperie.

Depart Paris for Upper Normandy and the quaint village of Giverny. Impressionist painter Claude Monet lived and worked here from 1883 until his death in 1926. Monet felt that his flower and water gardens here were his greatest works of art and to this day, they are meticulously maintained. These served as inspiration for his celebrated water-lily series and have been named by National Geographic as one of the "10 most magnificent gardens in the world."

Honfleur sits on the estuary where the River Seine meets the English Channel and is considered one of the prettiest port towns in France. Its quaint harbour and historic buildings have always been a draw for artists, including Monet.

Private Vehicle

Paris - Bayeux3h-4h263km

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

Claude Monet's Gardens

Giverny

Enjoy a visit and walk through Claude Monet's Garden, inspiration for the artist's water-lily series and named as one of National Geographic's "top 10 most magnificent gardens in the world."

Free Time

Honfleur

Enjoy free time for a walk and lunch in this pretty seaside Village.

Meals included: Breakfast | Dinner

Day 3 Bayeux

This morning, we immerse ourselves in WWII history with a local, accredited expert. Begin with a lecture on the Allied invasion and visit a museum to view and handle WWII relics including vintage weapons, uniforms, and maps. Then board a WWII transport vehicle to visit Secqueville-en-Bessin War Cemetery to learn about the significance of poppies -- the ultimate emblem of military sacrifice. This afternoon, continue exploring with our CEO, visiting Omaha Beach, Pointe du Hoc, and the American cemetery and memorial.

Take in scenes of the D-Day landing which had a pivotal role in the history of the world. Visit the moving memorials and beaches and learn about the impact this event had on the direction of the Second World War. The Battle of Normandy Historical Area is considered an open-air museum and includes all the sites, museums and memorials associated with D-Day and the invasion. Old army bunkers and war relics still exist along the five beaches: Utah, Omaha, Gold, Juno and Sword, while museums and memorials throughout the region stand as forceful reminders of this decisive period of WWII. Nearly 30 cemeteries (including American, British, Canadian, French, German and Polish) hold the remains of almost 100,000 young soldiers who never returned from their service in Normandy. Today these memorials offer quiet space for personal reflection for every visitor, young or old, regardless of nationality.

Private Vehicle

Bayeux3h-3h30m

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

National Geographic Journeys Exclusives: D-Day Historical Experience

Here's a day designed for those who can't get enough of WWII history. In the Norman town of Bayeux, meet a recognized war historian who will lead a lecture about the Allied invasion and how it continues to shape this region in Northwest France. Visit a hands-on museum to view and touch relics such as weapons, uniforms, vehicles, and maps. Then board an authentic WWII transport to travel to the British War Cemetery at Secqueville-en-Bessin to walk the grounds and learn about the ultimate emblem of supreme sacrifice in war, the poppy.

D-Day Beaches & Memorials

Bayeux

With our CEO, visit some of the key landmarks from D-Day which can include; Omaha Beach, Pointe du Hoc, and the American cemetery and memorial.

Meals included: Breakfast

Day 4 Bayeux

Today, enjoy an excursion to Mont-Saint-Michel, an island commune off the coast of Normandy. A UNESCO World Heritage Site, the medieval fortress is considered one of the most stunning and imposing sites in Europe with origins dating back to the 6th century. Take an orientation walk with our CEO then enjoy free time to explore. Opt to visit the abbey, monastery, or museums, or wander the winding lanes and cobblestone streets.

Private Vehicle

Bayeux3h-3h30m

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

Excursion to Mont-Saint-Michel

Mont Saint-Michel

Visit Mont-Saint-Michel a UNESCO World Heritage site. This medieval fortress is considered one of the most imposing sites in Europe, with origins dating back to the 6th century. After an orientation with our CEO, enjoy free time to wander the winding streets and ally's or climb up to visit the Abbey church.

Free Time

Mont Saint-Michel

Explore the cobblestone streets of this medieval fortress town.

Meals included: Breakfast

Day 5 Bayeux

Enjoy a free day to explore Bayeux and its medieval centre. Wander its quaint streets to visit shops and cafés then opt to visit the cathedral and the famed Bayeux Tapestry.

Free Time

Bayeux

Explore the cobblestone streets of this medieval town.

Optional Activities - Day 5

Bayeux Tapestry

Bayeux

Depicting over 50 scenes, the Bayeux Tapestry is an embroidery, 230 feet long, made in the 11th century. The scenes tell the tale of the conquest of England by William, Duke of Normandy. This stunning linen canvas was thought to be embroidered by monks in the south of England after the Battle of Hastings in October, 1066.

Meals included: Breakfast

Day 6 Bayeux/Paris

Depart for the river port city of Rouen where we take an orientation walk with our CEO and enjoy some free time. Continue back to Paris where we visit the studio of renowned National Geographic photographer Reza. Enjoy an exclusive behind-the-scenes tour with one of Reza's assistants to learn about his work in conflict zones around the world and how his stunning photos make it from lens to page. After, enjoy some wine and cheese in this artistic setting; if we are lucky, we may even get to meet Reza.

Rouen was an important city in the Roman era and Middle Ages, showcased by its historical (and beautiful) centre of Gothic churches and medieval half-timbered houses. it is most notable as the place where Joan of Arc was tried for heresy.

Private Vehicle

Bayeux - Paris3h-4h

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

Free Time

Rouen

Take an orientation walk with our CEO and enjoy some free time to visits shops or have lunch.

National Geographic Journeys Exclusives: Paris Photography Studio

For nearly four decades, world-renowned National Geographic photographer Reza has served as a frontline witness to the world's most serious conflicts and catastrophes. Visit his Paris studio and meet with one of his assistants for a behind-the-scenes tour and discussion about Reza's current role as a photographer documenting the ongoing global refugee crisis. Learn what it means to be a National Geographic photographer, how assignments are outlined, and how final images are selected for the magazine. Then enjoy some wine and cheese and get to know the staff of this incredible and important operation.

Meals included: Breakfast

Day 7 Paris

Enjoy a morning walk with our CEO in the medieval centre of Paris; the Île de la Cité. Opt to visit inside Notre Dame, and the Sainte-Chapelle. Afterward, take advantage of free time to explore the city.

This afternoon, you are free to explore on your own to discover the "je ne sais quoi" of this stunning city. Opt to visit the Eiffel Tower, explore the city's outstanding museums and churches, float down the River Seine on a cruise, or simply people-watch.

Free Time

Paris

Being the art, fashion, and gastronomy centre of France, there is no shortage of things to do and see.

Orientation Walk

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Optional Activities - Day 7

Champs-Élysées Visit

Paris

Free

Wander past high end retail shops, cafés and theatres before reaching the famous Arc de Triomphe.

Eiffel Tower Visit

Paris 2h-4h

16EUR per person

Visit the most famous landmark in France, the Eiffel Tower. Opt to climb the stairs or take an elevator to the top for a stunning view over the city. Hang out at dusk and watch the tower light up.

Musée d'Orsay Visit

Paris 1h-2h

11EUR per person

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12-16EUR per person

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Napoleon's Tomb - Les Invalides Army Museum

Paris 1h-2h

12EUR per person

Moulin Rouge Dinner & Show

Paris

175-185EUR per person

Monet's Giverny Gardens

Paris 2h-3h

10.20EUR per person

Palace of Versailles Visit

Paris 3h-5h

18EUR per person

Sacre Coeur Visit

Paris 1h-2h

Free

Visit the Basilique du Sacré-Coeur, located in the Montmartre neighbourhood. This Roman Catholic church was completed in 1914 and stands on the highest point of the city. Climb up 200 stairs to reach the dome of the basilica to get an amazing view of the Paris skyline.

Meals included: Breakfast

Day 8 Paris

Depart at any time.

Departure Day

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

Optional Activities - Day 8

Eiffel Tower Visit

Paris 2h-4h

16EUR per person

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Palace of Versailles Visit

Paris 3h-5h

18EUR per person

Meals included: Breakfast

What's Included

National Geographic Journeys Exclusives: D-Day Historical Experience, Bayeux

National Geographic Journeys Exclusives: Paris Photography Studio, Paris. Tour of Monet Gardens. Excursion to Mont-Saint-Michel.

Paris orientation walk. All transport between destinations and to/from included activities.

Highlights

Delve into history and culture in France's Norman villages, explore D-Day and WWII military sites with an expert, stroll through Claude Monet's garden, visit the Paris studio of an acclaimed National Geographic photographer

Dossier Disclaimer

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Itinerary Disclaimer

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

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

Important Notes

1. YOUR CEO

It is important to note that in Europe, all guiding is based around local guides all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places.

2. LUGGAGE

In Europe it is very rare to find elevators in train stations, hotels or other public places. The carrying of your luggage remains your responsibility at all times.

3. COMBO

Please note that this trip combos with other G Adventures tours.

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.

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Group Size Notes

Max 16, avg 12.

Meals Included

7 breakfasts, 1 dinner

Transport

Private vehicle, antique WWII vehicle, walking.

Solo Travellers

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

Accommodation

Hotels (7 nts)

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 built to be hotels but houses of the rich, 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 hotels which will vary a little in standard and facilities: some may not have elevators, air-conditioning or English-speaking staff, but have traditional character, and are in central locations to give you maximum time for exploring the sights. You can expect to find clean, safe, simple accommodation in convenient locations.

Staff can occasionally demonstrate less than perfect customer service. As accommodation is in short supply, especially during the summer months, hotels can charge a premium and there is sometimes little motivation to improve facilities.

Joining Hotel

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

Joining Instructions

Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation), please make your way to the joining hotel (note that check-in time will be in the afternoon).

Once you arrive at the hotel, look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

Getting to Relais Monceau Hotel (please check your vouchers to ensure this is your start hotel):

From Paris Charles de Gaulle Airport:

Follow signs inside the terminal "Paris by train", and take the RER B line direct to Gare du Nord. Journey time is approximately 30mins. Cost is EUR8.40 EUR. From here it is a short taxi ride (20 mins at EUR15-20) to the hotel. Alternatively, you can take the metro from La Chapelle Station: LINE 2, to Villiers Station.

From Paris Orly Airport:

Take the ORLYVAL shuttle train to Antony (8mins) where you will take the RER B line direct to Gare du Nord (45mins). Cost is EUR7.40 (ORLYVAL) + EUR6.10 (RER). Follow the same instructions as above from Gare du Nord to the hotel.

A taxi from either of the airports to the hotel will cost around EUR50.

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.

Arrival Complications

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

Emergency Contact

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

EMERGENCY CONTACT NUMBERS

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

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

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you:

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0344 272 0000
Calls from Germany: 0800 365 1000
Calls from Australia: 1300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

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

Checklist

Cold Weather:

- * Long-sleeved shirts or sweater
- * Scarf
- * Warm gloves
- * Warm hat
- * Warm layers

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

Smart Dress:

- * Smart outfit (For evenings out)

Warm Weather:

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

Laundry

Laundry facilities are offered by some of our hotels for a charge or ask your CEO where the closest laundromat is. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas and Entry Requirements

Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your responsibility to have the correct travel documentation. While we provide the following information in good faith, it is vital that you check yourself and understand that you are fully responsible for your own visa requirements.

All visitors to the EU (European Union) and EEC (European Economic Community) countries require a valid passport (with a minimum 6 months validity). USA, Canada, Australia and New Zealand passport holders do not need a visa to visit the Schengen area (see below), however they may not stay longer than three months in any 6-month period.

For other nationalities, travelling in Europe has been simplified with the introduction of the Schengen visa. As a visitor to the Schengen area (Austria, Germany, Netherlands, Belgium, Greece, Norway, Denmark, Iceland, Portugal, Finland, Italy, Spain, France, Luxembourg, Sweden, Czech Republic, Hungary, Estonia, Latvia, Lithuania, Malta, Poland, Slovakia, Slovenia and Switzerland) you will enjoy the many advantages of this unified visa system. Generally speaking with a Schengen visa, you may enter one Schengen country and travel freely throughout the Schengen region during the validity of your visa. There are limited border controls at Schengen borders, if any at all.

Please note that the UK and Ireland are NOT part of the Schengen agreement.

A Schengen visa is applied for at the Embassy or Consulate of the Schengen country in which you will be spending the most nights on your trip to the Schengen space. If you are only visiting one country on your trip then you apply for your visa at the Consulate of this Schengen country.

Spending Money

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

Money Exchange

Credit cards and debit cards are very useful for cash advances 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 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!

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.

Safety and Security

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

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

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

Medical Form

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

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

The medical questionnaire can be found online at www.gadventures.com/medical-form.

A Couple of Rules

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

Travel Insurance

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. G Adventures can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra-The G Adventures Foundation

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

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

Dollar-a-Day Program

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

Feedback

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

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.