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Sorry! There are no remaining departures for "Bike The Napa Valley" (NUBN), but here are some similar trips.

Last Updated: December 11, 2013

Bike The Napa Valley - NUBN

6 days: San Francisco to San Francisco

What's Included

City tour of San Francisco, bike rentals throughout the tour, visit to numerous wineries including wine tasting.

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, 2013 - December 31st, 2013

Itinerary

Day 1 San Francisco (1L,1D)

Meet at 8 am in San Francisco. Explore what this exciting city has to offer and learn about the diverse history of the area as you take an orientation tour of San Francisco. Then we catch our transfer to Napa. Enjoy a tasty lunch in the famous Wine Country of Napa Valley before we start our first bike tour! Once provided with the right bike, map and equipment to ensure a safe ride the adventure begins. Then it is off to Coombsville. The small Coombsville wineries are very different from the heavily capitalized ventures up-valley. Most Coombsville Wineries are family-owned and operated, and many of the vineyards have been owned by the same local residents for many years. This is in stark contrast to the deep pockets from out of town that own much of the rest of the valley. Either van transfer back to Napa or get back on your saddle and bike back to Napa. Enjoy a group dinner at a local restaurant.

Approximate Travel Time: 5 hrs
Approximate Distance: 78km/49 miles

Day 2 Napa (1B,1L)

Experience the sights, sounds, fragrance and flavor of beautiful Napa Valley and take away an insider’s view of the California Wine Country with a bike tour in the morning. Our tour takes us to fruitful vineyards, historic towns and beautiful gardens. Here, the old Napa way is very much still alive. Along the way we sample the distinctive flavors of the county’s diverse region at charming vineyards, experiencing the richness Napa Valley has to offer. Under the shady oaks you will enjoy a delicious wine country lunch, with a menu that typically includes: Pesto pasta salad, local organic salad greens, fresh baked bread, artisan cheeses, seasonal fruit, and dessert. It's a great stop with time to rest up and enjoy the wonderful views. After lunch, you will return to your bike, rested and recharged. Return to Napa and enjoy a free afternoon. When you're here, you can relax and rejuvenate in renowned spas, discover world-class wines, explore artisan shops and fine restaurants, all in a small-town setting with a sophisticated yet friendly feel.

Approximate Time Cycling: 3 hrs
Approximate Distance Cycling: 32 km/20 miles

Day 3 Napa/Calistoga (1B,1L)

In the morning let your spirit soar on this one-of-a-kind wine country tour that you'll never forget! Take an optional Hot Air Balloon Ride and float above the vineyards, exploring the majestic Napa Valley with an incredible birds' eye view. Not your thing? Enjoy a quiet morning and continue to explore Napa on your own until it's time to leave for your next destination. The Silverado Trail, which is paved and banked, is the ideal choice for cyclists. Along this scenic route, you'll be treated to fresh vistas as well, thanks to the Trail's varying elevation and the absence of buildings except for wineries and private residences. The road is lined with vineyards and offers the wine taster a fabulous selection of wineries. Today we are taking our time and enjoy a lunch picnic on one of the most famous wineries in Napa Valley before we reach Calistoga in the evening. Dinner on your own.

Approximate Time Cycling: 3 hrs
Approximate Distance Cycling: 48 km/30 miles

Day 4 Calistoga/Healdsburg (1B,1L)

After breakfast, we head out through the Knights Valley. Along the way, you can stop to see California's Old Faithful Geyser. This natural wonder shoots 350 degree water, 60 feet into the air. This afternoon we break for a picnic lunch at the Field Stone Winery. In the late afternoon you will reach charming Healdsburg, a town known for its genuine down to earth personality. Discover the treasures and treats of this small town including world class shopping, wines, cheese and organic locally grown food. With over 100 world class wineries and tasting rooms around Healdsburg, it is the ideal place to discover all the best Sonoma County has to offer.

Approximate Time Cycling: 3 hrs
Approximate Distance Cycling: 48 km/30 miles

Day 5 Healdsburg (1B,1L,1D)

The rolling green hills, the bicycles, the wineries…if Tuscany had an American counterpart it would be found an hour and fifteen minutes north of San Francisco in Sonoma's Dry Creek Valley. The mostly flat back-roads of the valley make exploring by bike easy, even for those with little or no road-biking experience. Pedal along West Dry Creek Road, where picket fences, multiple wineries, and shady trees line both sides. Enjoy a tasty lunch at one of the beautiful wineries such as the Quivira Vineyards' biodynamic winery (with 200 solar panels on the roof) that has a large patio looking out to Mount Saint Helena. A few more miles down the road and set on a hill are the wine caves of Bella Vineyards. In the afternoon return to Healdsburg. In the evening group dinner at Bear Republic.

Approximate Time Cycling: 3 hrs
Approximate Distance Cycling: 48 km/30 miles

Day 6 Healdsburg/San Francisco (1B)

Free morning to explore Healdsburg until it is time to say good bye! Transfer to San Francisco where our adventure ends at approx 5pm.

Approximate Travel Time: 3 hrs
Approximate Distance: 113 km/70 miles

What's Included

City tour of San Francisco, bike rentals throughout the tour, visit to numerous wineries including wine tasting.

Highlights

Discover San Francisco on a city tour, tasty lunches at local wineries, biking in Napa—one of the most beautiful regions in California, visit to Healdsburg.

Dossier Disclaimer

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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.

Important Notes

Cycling Grading – Easy

• Mostly flat terrain, along generally paved roads, but with some off road days.
• Cycling on most days of the tour, mixed with cultural activities
• Cycle usually between 20-50 km per day.
• Infrequent or new cyclists, no previous road or mountain biking experience necessary.
• Need to be able to ride a bike!

Equipment provided:

• Bike - Norco Vfr 4 hybrid
• Gears - 9 gears
• Brakes - V-Brake
• Suspension - hard
• Frame sizes available (on request) - 16"-22"
When making your booking, please inform our staff of your height - this will help us get the right size bike for you.
• Panniers/bike bag type - Front bags and back trunk bags
• Water bottle holder - yes
• Water bottle - not included
• Adjustable Handlebars - yes
• Option to fit own pedals: yes
• Female saddles available: yes
• Gel saddles available: yes
• Option to fit own saddle: yes
• Repair kit available: yes
• Helmet hire available: helmet included in price of trip. We believe that helmets should be worn at all times, to ensure maximum protection while you are cycling. However, we are aware that some passengers may prefer to cycle without a helmet. If you choose to do so, this is entirely at your own risk.

If you would prefer to bring your own bike with you for this trip, or have some specific equipment that you would prefer to use then please advise us when you book. We recommend that you bring a hybrid or all terrain bike for this trip, with a minimum of 21 gears and suitable for riding along roads and on bike tracks. For this trip it would be best to have semi-slick tyres good for road and light off road use.

If you choose to bring your own bike, please be aware that you are responsible for the maintainance and support of the bike. It may be possible to hire some extra equipment as necessary for your cycle.

1. In order to cover the vast distance in North America to be able to visit several different parks and cities along our trip, we will have a couple of long driving days.

2. All walks and hikes proposed by our CEO will be easy to moderate level. You may choose to participate or not, but exploring our national parks on foot is part of our way of travelling. It’s a healthy way to discover North America’s beauty and landscape.

3. Please note that some trips could be a combination of multiple G Adventure tours. You should expect some group members to join or leave the tour between tour segments.

4. Please note that the legal drinking age in the United States is 21 and in Canada, 19 (with Alberta and Quebec at 18). Many bars and clubs will ask for ID at the door, therefore listening to live music in certain bars or spending a night out in Las Vegas or New Orleans is not possible when you are under the legal age, even if you don't plan on consuming alcohol. Drinking laws in both countries are strictly enforced and our CEOs are unable to help those under age obtain alcohol of any kind.

While this should not stop those under legal drinking age from booking a tour, it is important to note that if a traveller is under-age there are certain optional nighttime activities that they may not legally be able to participate in. When trying to book the right trip, we recommend that travellers under legal drinking age take this into consideration when booking a tour that visits several big cities.

5. A NOTE ON HOMELESSNESS:
San Francisco hosts a considerable population of homeless. Homelessness is a crisis in America, and nowhere is it more evident than here; with as many as 10,000 people without permanent homes, San Francisco has become the homeless capital of America.

As you explore San Francisco with your G Adventures group, you will likely encounter the city’s homeless. While we understand the urge to help those in need, we recommend that you not donate directly to people you meet on the street. The best response is to smile, say that you do not have any money and continue on your way.

San Francisco is a beautiful and safe city, and our hotel is ideally situated for further exploring on your own. That said, when exploring independently, we suggest you avoid the area to the southwest of the hotel.

We completely understand that stifling the urge to help out can make you uncomfortable. There are dozens of shelters, food banks and aid organizations dedicated to helping the city’s needy, and your CEO will be more than happy to help you make a donation. It really is the best way to make a change.

Group Leader Description

This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). The CEO will be the group manager, leader and driver - this person is experienced in the routes travelled and will organize and lead the meal preparations and has experience in cooking a variety of local and international dishes for large groups.

As the group coordinator and manager, the aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. 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. They will also offer suggestions for things to do and to see, recommend great local eating venues and introduce you to our local friends.

We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

Group Size Notes

Max 12, avg 10.

Meals Included

5 breakfasts, 5 lunches, 2 dinners.

Meals

Some of the meals on this tour are included in the tour price. When meals are not included, this is because there are often many options available - we would like to give you the opportunity to explore a bit and taste the local cuisine yourself. In these cases, your CEO will be able to suggest some good local restaurants or options for you to choose from.

Breakfasts and dinners included will be organized in local restaurants. Lunches included will be provided en-route or in parks during the trip from fresh local produce bought by the CEO, such as sandwiches and/or salads. The majority of the shopping for foodstuff will be done before the trip departs, and fresh goods, such as meats, fruits, vegetables, and dairy products, will be bought en route during the trip from supermarkets, local shops and markets. Your participation in these lunch preparations is more than welcome.

Vegetarian meals and other dietary requirements need to be specified prior to arrival.

Meal Budget

Allow USD200-250 for meals not included.

Transport

Air-conditioned private touring van

About our Transportation

We use 15-passenger vans for up to 13 people plus the CEO/Driver for all our of our trips in North America. For groups of 8 and more travellers, we also use a trailer to carry luggage and camping equipment.

These vans are durable vehicles that allow us to drive on most types of roads in North America.

Each van has a front passenger seat and 4 benches that will accommodate 3 people each. No standing is permitted in these vehicles, but there is air conditioning to cool things down on warm days and mandatory seat belts to us secure and safe.

This is not a physically demanding journey. However, travelling can be difficult, with long drives and limited space in the van. Please take note of the travel times and distances in the above itinerary. Despite some of the long days, most clients feel that the diversity of the North American landscape, culture and wildlife are all well worth the experience!

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

Comfort hotels (5 nts)

My Own Room

If you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops.

About Accommodation

This trip uses comfortable 3 to 4 star hotels, well located in cities and in or near park entrances. Our chosen hotels vary in size, character, and amenities, but are of a very good standard, and the rooms are double occupancy, or single occupancy upon request, with a private bathroom.

Joining Hotel

Omni Hotel
500 California Street
San Francisco, CA 94104
415-677-9494

Joining Instructions

Day one of the trip starts at the joining hotel listed, please be sure to be in the lobby with your luggage before 8:00AM. The night prior to day 1 of the trip is not included, but can be arranged at the time of booking your tour. It is encouraged that you book a night at this location so that the start of your trip is with ease.

The international airport in San Francisco is located 14 miles (22 km) from downtown San Francisco. When arriving at the International Airport in San Francisco, proceed to the Arrivals Hall. From here you have three transport options; public Taxi, door-to-door shuttle or the public Bay Area Rapid Transit (BART).

Taxi
On the Arrivals/Baggage Claim Level continue to the designed taxi zones located at the roadway center islands right outside the

Arrivals Hall. Uniformed taxi coordinators will help you with any questions you may have but it should be fairly easy to find a taxi. The approximate fare to downtown San Francisco is $40 (depending on traffic) plus gratuity.

Door-to-Door Shuttle also knows as “Shared-ride Vans”
This is probably the most convenient way to get to your hotel and definitely cheaper than a taxi ride from the Airport. From the Arrivals Hall make your way up one floor (Level 3) to the Departures/Ticketing Level. Proceed to the Center Island Transportation Zone located outside. Again, there will be uniformed coordinators to help you just in case you have any questions. You will see quite a few shuttle companies but wait for the Vans that say either “Go Lorries Shuttle” or “Super Shuttle”. The fare to your hotel is between $15 and $17 plus gratuity. This shuttle service is on a walk-up basis so it might take a few minutes until you see the right shuttle that will take you to the heart of San Francisco!

BART (Bay Area Rapid Transit) public transportation
The cheapest and definitely the most adventurous way to get to your hotel is by BART. The fare to downtown San Francisco is $8.10 (approximately 25 min). The BART station is located on the Departures/Ticketing Level of the International Terminal (Boarding Area G side). From any Terminal you can reach BART by taking the AirTrain to Garage G/Bart (no fare). Once at the station you need to get a ticket at the vending machine that accepts cash or credit card. Then you need to enter your ticket into the fare gate. The ticket will be returned to you since you will use the same ticket again when you exit BART at Civic Center/UN Plaza SF. From here you have approximately a ten minute walk. Enjoy the first glimpse of beautiful San Francisco!

Please note that we meet at 8AM on day 1 in the joining hotel lobby. We have a fun filled day one so please be ready to go at that time.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call the G Adventures Local Representative. 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.

AIRPORT TRANSFER
If you have purchased an arrival through G Adventures, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel

EMERGENCY CONTACT NUMBERS
G Adventures Local Representative (San Francisco)
During office hours (Weekdays, 8:30am-5:30pm PST)
From outside the USA: +1 707-538-8395
From within the USA: 707 538 8395

After hours emergency number
From outside the USA: +1 707-495-9488 (Jessica)
From within the USA: 707-495-9488 (Jessica)

If you are unable for any reason to contact our local operator, 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: 0844 272 0000
Calls from Germany: 01805 70 90 30 00
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

Finishing Point Instructions

The tour does not finish until 5 pm on the last day of this tour. If you plan to book a departure flight on that day, it must be later in the evening, to allow yourself enough time to get to the airport with ease. Arrangements can also be made at time of booking to book at hotel for the last evening.

What to Take

You will be on the move a lot, so our advice is to pack as lightly as possible.

For days in the outdoors, we recommend the use of lightweight, breathable, moisture-wicking fabrics made of wool or synthetic fibers. Cotton is not recommended for days to spend hiking as it does not allow for heat or moisture to enter or escape, and it will not dry easily once wet.

We recommend the use of a well-labeled duffel bag, soft bag or backpack (whichever you find easiest to carry). Suitcases or heavy luggage are not recommended for the health of the CEO! A good size day-pack (20-35L) is also essential as you will have the chance to walk and hike in different national parks during these trips This daypack will be used to carry your personal gear for the day, lunch and water bottle.

It is important to pack clothes for warm days and cool evenings, as well as a light jacket. A set of smart casual clothes is also advisable.

Checklist

Travel
- Credit and/or debit card (see spending money)
- G Adventures vouchers, pre-departure information and trip details
- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- Any entry visas or vaccination certificates required
- Camera and memory cards
- Charger for phone/camera/music device
- Reading/writing material

Equipment
- Hand sanitizers/ antibacterial wipes
- Rain Cover or plastic bags for daypacks
- Small towel (pack towels are good) and swim wear
- Sun hat
- Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Water bottle (at least 2L capacity)
- Pocketknife
- Watch or alarm clock
- First-aid kit (should contain lip salve, Aspirin, Band-Aids, anti-histamines, motion sickness remedy, after-bite salve and extra prescription drugs you may be taking).

Clothing and Footwear
- 3 or 4 lightweight shirts or T-shirts
- Fleece/jacket
- Windproof/waterproof jacket (rain gear)
- 2 pair of shorts
- 1 pairs of long trousers
- 2 pair hiking pants/track pants
- Comfort clothing for the night
- 3 to 5 pair of walking/hiking socks (synthetic or wool)
- Under garments
- Good hiking shoes or boots
- Sport sandals (suitable for water if you are planning on rafting)

- Extra comfortable slip-on sandals or shoes for the evenings

Laundry

Laundry can be done at least once a week while on tour. Some hotels and most cities have laundromats where you can buy soap and wash your laundry in coin-operated machines. Your CEO will advise you along the trip where you will be able to do your laundry.

Visas

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 own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. 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.

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

The United States currency is the US Dollar (USD).

Credit cards are accepted almost everywhere in the US and can be used to purchase small and large items. When purchasing products or services with a foreign credit card in the USA, you may be charged additional fees by your credit card company for foreign purchases.

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. Both Visa and Master 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 before you travel. A visit to an ATM can be arranged on Day 1 and other days of the trip.

Do not rely on credit or debit cards as your only source of money. A combination of US Dollars as cash (preferably smaller bills, 5's, 10's and 20's), traveller’s cheques and credit cards is best. Currency exchange is best obtained prior to travel or at the airport, currency exchange is very difficult to find in the USA and most banks do not accommodate.

Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

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

Tipping

It is customary in North America to tip service providers such as waiters, bartenders and taxi drivers, at approximately 15-18%, depending on the service. 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 times during the trip where there is opportunity to tip any local guides used. Recommendations for tipping local guides would range from $2-8 USD per activity 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 Chief Experience Officer did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline $5-10 USD per person, per day can be used as a guide. If your CEO exceeded your expectations, feel free to tip more.

Optional Activities

Optional activity prices are subject to change and can fluctuate in relation to the high/low season and the number of people on a specific excursion. Not all excursions listed here may be available, due to season or weather conditions. As generally not a lot of time is spent in start/end cities, you may want to arrange to arrive early, or stay longer after the trip in order to allow sufficient time to participate in optional activities there.

All prices are per person, are in US dollar amounts.

San Francisco:
Cable Car Ride US$6 one way, US$14 one day
Bike Rental (full day) US$32 or US$36 (for higher end bike)
Day sailing tour (1.5 hrs) US$25
Sunset Sail (1.5 hrs) US$40

Napa Valley
Hot Air Balloon (1 hr) US$240 (internet booking 48 hrs in advance $209)

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 CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your 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 or 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 judgment 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.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

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.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

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 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.

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 CEOs have 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: 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 CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. 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

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program
Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

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.

Travel Forum - The Watering Hole

Be sure to stop by The Watering Hole, our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the Departure Lounge section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.