Last Updated: October 4, 2013

Canadian Rockies Active Escape - NCCR

6 days: Canada

What's Included

National Park entrance fees, hiking excursions, scenic drive on Icefield Parkway, bike tour from Jasper to Maligne Canyon, wildlife viewing at Maligne Valley.

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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.

VALIDITY: Valid for all trips departing January 1st, 2013 - December 31st, 2013

Trip Style

Active: **Hiking, biking and kayaking adventures across the world**

Hungry to walk, hike, trek, bike, raft and kayak your way across the world's greatest destinations? No sweat. (Well, maybe a little.) You don't have to be a decathlete to take an Active trip, just someone with a healthy love for getting active and the outdoors.

Service Level

Upgraded:

- All the adventure you want, with a softer landing
- Handpicked, character-rich accommodations with upgraded amenities services
- Upgraded and private transport, including flights to maximize time
- More included meals, activities and transfers

Physical Grading

4: You might encounter a few high-altitude hikes or other more strenuous activities. Pro tip: Put down that pastry, buster.

Itinerary

Day 1 Calgary (1L,1D)

Meet and greet in Calgary by your guide at 8.00 am. We make a quick sightseeing visit in Calgary, home of the 1988 Winter Olympics and the world-famous Calgary Rodeo. We then push onto the Kananaskis country to Kananaskis Provincial Park. Kananaskis Country is a 4,000 sq. km multiple use area located in the foothills and mountains of the Canadian Rockies west of Calgary. It is a diverse landscape including outstanding scenery, snow caped mountains, abundant wildlife and the cowboy feel. We head to Chester lake trail in Peter Lougheed Provincial Park for an introductory hike in the Canadian Rockies. Chester Lake is nestled among towering peaks on the secluded side of Kananaskis - the Smith-Dorrien/Spray Lakes Road. We than make it into Banff at the end of the day. Check in at hotel in downtown Banff and free time to wonder around. Dinner in one of the many restaurants in Banff. Chester Lake: 3-4h hike, moderate, 10 km return,Elevation Gain: 310 m (1,017 ft).

Approximate Distance: 80 km
Estimated Travel Time: 8 hrs (includes stops and hike Chester Lake)

Day 2 Banff/Jasper (1B,1L)

Transfer onto the celebrated Icefield Parkway to Jasper. Along the 300 km ride, a spectacle unfolds before our eyes: lush coniferous forests, immense mountains, turquoise lakes, high-falling cascades and humbling glaciers. Numerous stops will be planned along the way for photos, observation and wildlife encounters. Hike on Parker ridge trail or Bow Falls trail or valley of 5 lakes and enjoy a tasty lunch in the heart of the Canadian Rockies. We reach our destination later in the day. Welcome to Jasper! Free time in the village and group dinner in a local restaurant or pub (dinner not included). Parker Ridge: 2-3h (easy to moderate) 5 km return, Elevation Gain - 250m (820'). OR Bow Falls/glacier: 1-3h (easy) Elevation Gain: 0 to 155 m (510 ft), all at the end. Distance is 1 to 9km return.

Approximate Distance: 290 km
Estimated Travel Time: 10 hrs (includes a full day on the Icefield Parkway)

Day 3 Jasper (1B,1L)

In the morning we head up to pickup our bikes for the morning ride to Maligne Canyon. Maligne: pronounced "mah-leen" from the French "mal" to infer sick, or evil as in "malicious". The Maligne River system was considered by the French Canadian fur traders and their native guides as a bit mysterious – and mysterious it is: Winding canyon, roaring water and exciting scenery. We end our bike ride at the canyon and push onto Maligne Lake enjoying a Picnic overlooking the lake. Join the leader for the Bald Hills hike or choose from an optional canoe ride on the lake or the Spirit cruise. We head back to Jasper at end of day. We stop in Maligne valley for some wildlife observation. On good days we can observe: Elk, Moose, bears, and even the elusive wolf! Bike: mostly flat up to Maligne Canyon and then uphill (easy to moderate). Bald Hill, 4h moderate to difficult 13 km return, Elevation gain 480 metres (optional hike).

Approximate Distance: 100 km
Estimated Travel Time: 8 hrs (includes biking Maligne Canyon)

Day 4 Jasper/Lake Louise (1B,1L)

Back on the Icefield parkway we stop at Arthabaska Glacier and Columbia Icefield. Optional snow coach tour. Our destination is Lake Louise. In Lake Louise we take time to savour the emerald bleu waters and breathtaking scenery. Tea anyone? Let's walk to the Lake Agnès tea house. Those who want to continue walking can follow the leader on the Plain of Six glaciers hike. We will provide you with all the tools you need: ice axes, crampons and safety lines, making sure you are very safe as you walk. No previous experience is required, and you will receive a full briefing on using the equipment. Others can walk down the easy trail to the lakes waterfront and decide to rent a canoe or relax on Chateau Lake Louise's terrace. Overnight in Lake Louise. Lake Agnes trail: 2-3h moderate, 6.8 km return. Elevation gain 385 metres. OR Plains of 6 Glaciers: 3-4h moderate, 10.6 km return. Elevation gain 365 metres. OR combined: 4-5h, 14.6 km return (challenging).

Approximate Distance: 240km
Estimated Travel Time: 8 hrs (with stops, includes hiking Lake Agnes to the Tea House)

Day 5 Lake Louise/Yoho NP (1B,1L,1D)

Today we visit and hike in Yoho National Park. We first head to the famous Takakkaw Falls (the Cree word for "magnificent") which are fed by the Daly Glacier and at 309 m (1,016 ft.) are the second highest falls in Canada. Next we discover the beautiful wilderness setting of Emerald Lake and its surroundings. A day of adventure, hiking and fun! In the evening we head back to the lodge. Takkakaw Falls & Emerald Lake – 2-3h total, easy, flat.

Approximate Distance: 150 km
Estimated Travel Time: 10 hrs (with stops, including Yoho National Park)

Day 6 Calgary (1B)

Our last day in the Canadian Rockies. We start with a short walk at Morraine Lake and breathe in the scenery for a last time. We then head towards Banff. Stop in Johnston Canyon for a small hike. Lunch in Banff. Enjoy free time in Banff for some optional activities such as biking, canoeing, rafting and more. Drive back to Calgary where our adventure ends at approx 5pm. Moraine Lake & Johnston Canyon – 2-3h total, easy, almost flat.

Approximate Distance: 250km
Estimated Travel Time: 8 hrs (with stops, including hiking Johnston Canyon)

What's Included

National Park entrance fees, hiking excursions, scenic drive on Icefield Parkway, bike tour from Jasper to Maligne Canyon, wildlife viewing at Maligne Valley.

Highlights

Hiking in legendary national and provincial park settings, cycling among the towering Rockies, checking out alpine wildlife, taking in the views in some of the world's most impressive landscapes from comfortable lodgings.

Dossier Disclaimer

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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.

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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. In order to cover the vast distance in Noth 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.

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.

Your Fellow Travellers

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and are likely to be of a variety of ages too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the

benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part.

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 CAD150-175 for meals not included

Transport

Air-conditioned private touring van, hiking, bicycle.

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!

Single 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/lodges (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 star hotels and inns, well located in cities, within beautiful villages 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

Sandman Inn Downtown Calgary
888 7th Ave SW
Calgary AB
Tel: +1 403-237-8626

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.

When arriving at the International Airport in Calgary proceed to the Arrivals Hall.
If you have purchased an arrival transfer with G Adventures you will meet your driver in the Arrivals Hall. Driver will be holding a sign with your name on it.

If you have not booked a pre arranged arrival transfer you have two transport options; Public Taxi or door-to-door shuttle. All transportation is located on the Arrivals/Baggage Claim Level at both International and Domestic Terminals.

Taxi
The airport is located 20 kilometers from downtown Calgary. On the Arrivals/Baggage Claim Level continue to the designed taxi zones located right outside the Arrivals Hall. The approximate fare to downtown Calgary is between 40$ CAD and 45$CAD (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. Airport departures are every 30 minutes at Bus Bay #8. To purchase tickets, please visit the Allied Shuttle counter on the arrivals level near Gate C between 8 a.m. and midnight. Alternatively, you can reserve and buy tickets online. The fare to your hotel is $15 plus gratuity. (Shuttle phone is 403-299-9555).

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 either the G Adventures Local Representative or our G Adventures 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.

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

If your call is specifically concerning Airport Transfer complications please call our local G Adventures Transfer provider directly at: +1 514-948-4145 (514 948 4145 from within Canada)

EMERGENCY CONTACT NUMBERS
G Adventures Local Representative (Canada)
24hr emergency number
From within Canada: +1 514-948-4145
From within Canada: 514 948 4145

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: 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.

NOTE: Mountains in Canadian Rockies and Alaska could have unpredictable weather with snow and heavy rain even in Summer time. Spring time could be snowy (until end of June) and fall season could start as soon as mid-August. Make sure you have equipment and clothing for all conditions!

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
- 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
- Rain Coat and Pants
- 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
- Warm thermals/long underwear (fall and spring season only)
- Warm wool hat and gloves (fall and spring season only)
- 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

Optional Items:
-Hiking poles, binoculars, Playing cards, games, frisbee, notebook, pens/pencils

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 Canadian currency is the Canadian Dollar (CAD).

Credit cards are accepted almost everywhere in Canada and can be used to purchase most items. When purchasing products or services with a foreign credit card in Canada, 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 Canadian Dollars as cash (preferably smaller bills, 5's, 10's and 20's) and credit cards is best.

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, at approximately 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 the local guides. 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 USD per person, per day can be used.

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 Canadian dollar amounts.

Banff:
Canoe Rental CAD$ 36 (1 hr), CAD$ 46 (2 hrs)
Cruiser Bike rental CAD$12 per hour
Rafting (Kananaskis River) CAD$79

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.

Responsible Travel

Being a responsible tour operator is at the heart of what G Adventures is all about. From the start, G Adventures has been committed to offering low-impact tours that benefit traveler and host alike. While our sustainable tourism policies are constantly evolving, our commitment to socially conscious, grassroots style travel has never changed. We work with local communities, businesses and individuals to develop sustainable tourism opportunities that help local economies while minimizing negative environmental and cultural impacts.

We would like to give you a couple of tips to start you thinking about traveling sustainably.
-Please bring rechargeable batteries, a battery charger (and plug adapter if necessary). Batteries are incredibly toxic and many places that we travel do not have proper disposal facilities. Rechargeables are best but if this is not possible we recommend that you bring any used batteries back home with you for proper disposal.
-Please ask before taking pictures. Just as you would not like to have a stranger come up to you and take a picture of you while sitting on your front porch either do the locals of the places that we visit. As you can imagine pictures of their children are also not appreciated.

For more information about our commitment to responsible travel, please visit the Sustainable Tourism section of the G Adventures website: www.gadventures.com

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 you'll receive a special discount code for free online prints and 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. Please visit http://www.gadventures.com/evaluations

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/newsletter_signup

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.

Keeping in Touch

If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on postal mail. Email cafes are becoming increasingly commonplace and cheap throughout the regions we visit, and have quickly become the preferred way for our CEOs and travellers to stay in touch. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact your local booking agent, or refer to our Emergency Contact. We recommend that family and friends don't try to contact you through phoning hotels en route, as our hotels are subject to change, and our hotel receptions often don't have English speaking staff.