Last Updated: December 3, 2013

China on a Shoestring: Hong Kong to Beijing - ACRC

18 days: Hong Kong to Beijing

What's Included

Yangtze River exploration, excursion to the Great Wall, orientation walk of Xi'an and Shanghai.

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 Hong Kong

Arrive at any time. As fellow group members will be arriving throughout the day there are no planned activities until the group meeting at 1800hrs, followed by dinner. On arrival please check the notice board in the hotel entrance for details of the time and place of the meeting.

Day 2 Hong Kong

Visit Stanley Market or Nathan Road for some shopping or catch the views of Hong Kong from Victoria Peak. Leave in the early afternoon of Day 2, catching the cross-border train to Shenzhen to board an overnight train bound for Guilin in Guangxi Province (approximately 13 hours). Train is your main mode of transport in China and a great way to travel.

Day 3-6 Yangshuo

Arrive in Guilin in the early morning and transfer to a local public bus for the 1½ hour journey to the small country town of Yangshuo. The Li River and the limestone karst mountains interspersed with picturesque riverside villages and markets make this area perhaps the best known scenic attraction in China.

On Day 6 we take an afternoon bus to Guilin train station for the overnight train to Chongqin (approximately 21hrs).

Day 7-9 Three Gorges

On Day 7 we drive to the Three Gorges (approximately 3 hrs)

Both an inspiration to generations of painters and poets and a source of international controversy. The Three Gorges remains one of the world's natural scenic wonders while the massive Three Gorges Dam is an incredible feat of modern technology.

Spend two days travelling along the Yangtze by boat, through the Three Gorges, stopping at various sites en-route.

Depending on the season, water level and boat availability we may experience the Three Gorges of the Yangzi river by overnight

accommodation on a boat or accommodation in the less visited town of Fengjie coupled riverside exploration and a day cruise.

When staying on a boat cabins are clean, twin share with private toilet and shower facilities, but not luxurious. There are basic Chinese food available in the restaurant on board.

On Day 9 we will take an overnight train (approximately 17hrs) to Xi'an.

Day 10-12 Xi'an

Xi'an was once one of China's imperial capital. Spend almost 3 full days exploring the active Muslim Quarter and its serene Great Mosque as well as the exotic local street food stalls and the majestic Ming Dynasty City Wall.

A trip to the famous Terracotta Warriors is a highly recommended optional excursion Xi'an. These life-size, 2000-year-old statues were formerly housed in underground vaults until discovered by a farmer in 1974.

In the early evening of Day 12 catch an overnight train to Shanghai (approximately 17hrs).

Day 13-14 Shanghai

Blending 21st century architecture with old-world character, Shanghai is the vibrant pulse of new China. Arrive at noon and take a stroll along the Bund, with its spectacular array of art deco-style buildings or go across the river where you can take in the sights of Pudong - a modern financial centre - with its amazing skyscrapers. Explore the busy Yuyuan Bazaar, the French Concession, or shop 'til you drop in China's hippest stores! There is enough to see in the impressive Shanghai Museum to spend half, if not a whole, day exploring. It houses one of the best collections of Chinese bronze and artwork. Try to catch a performance by the famous Shanghai Acrobats one night.

On Day 14 take an overnight train to Beijing (approximately 17hrs).

Day 15-17 Beijing

Arrive early in the morning which allows for plenty of time to visit the numerous important sights in this giant city - Tiananmen Square, the Forbidden City and the Temple of Heaven. The back-street hutongs, packed full of local shops and restaurants are a world away from the imperial splendors, but also part of this energetic city. Use your free time to explore at your leisure before heading off to the Great Wall on the morning of Day 17 (please note that the entrance ticket to the Wall is not included).

Day 18 Beijing

Depart any time.

What's Included

Yangtze River exploration, excursion to the Great Wall, orientation walk of Xi'an and Shanghai.

Highlights

Exploring Shanghai and Hong Kong's bustling streets and Yangshuo's karst scenery, cruising the Three Gorges of the Yangtse River, discovering history in Xi'an and Beijing, walking along the Great Wall of China.

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

As we use (sometimes crowded) local transport please note backpacks are much more suitable than suitcases for this style of trip. Train travel means that bags have to be stowed either overhead or under beds, so travelling as light as possible is recommended.

Group Leader Description

Your G Adventures group trip is accompanied by a G Adventures Chief Experience Officer (CEO) in China. 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. 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 15, avg 10.

Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Meal Budget

Allow USD 270 - 360 for meals not included.

Transport

Train, Local bus, Private bus, Chinese-style boat, Walking, Cycling

Local Flights

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

Solo Travellers

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

Accommodation

Simple Hotels/guesthouses (10 nts), Sleeper train (5 nts, 6 berth train) and/or Yangtze boat (2 nts)

My Own Room Exceptions

Nights 2, 5, 9, 12 & 15, Sleeper train

Joining Hotel

CARITAS BIANCHI LODGE HONG KONG ■■■■■■
Add: 4, Cliff Road, Yaumati, Kowloon, Hong Kong
■■■■■■■■■■■■■
Tel: 00852 2388 1111
Fax: 00852 2770 6669

We recommend printing out this address with chinese characters to simplify the arrival process; as English is not widely spoken or understood in China.

Joining Instructions

When arriving at Hong Kong International Airport you have two easy choices on how to get to the Caritas Bianchi Hotel.

1. Take the Airport Express Train to Kowloon Station. (one way, 100 HKD, or about $13USD, 20 minutes) From here either take a taxi (30 HKD or about $5USD) or walk to the Caritas Bianchi Hotel.

2. Take an Airport Bus from the airport to the Western Harbour Tunnel Stop. From 6:00am-24:00, take bus A12. Cost is 33HKD, or about $5USD. Then take bus No.971/970/970X from Western Harbour Tunnel stop to Public square street, Yau Ma Tei. (cost is 5.7HKD or about $0.8 USD). Hotel is on the other side of the road about 5 minutes by walk.

Map of hotel area: http://www.caritas-chs.org.hk/chi/bianchi_lodge.asp

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details.

If you have pre-booked an Airport Arrival Tranasfer below you can find the instructions for the Hong Kong Airport:
To meet your Arrival Transfer Representative at the airport, kindly proceed to our airport counter "B04" in Arrival Hall B.
To get to counter "B04", pass through Immigration and proceed through Exit B to Arrival Hall B. Continue until you reach the counter "B04" on your left.
If 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.

AIRPORT TRANSFER
If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, 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 Beijing Airport Transfer complications please call our local G Adventures Transfer provider directly at: +86 1391 0388 356 –Ms Xiaofeng Chen (Beijing)

EMERGENCY CONTACT NUMBERS
G Adventures Local Office (China): Annie Liu
During Office hours (Weekdays, 9am-5pm Local Time): +86 028 8556 9729; +86 138 8079 9290 (China)

G Adventures Asia Manager: Julie Fitzgerald

G Adventures Office Bangkok, Thailand
During Office hours (Weekdays, 9am-5pm Local Time)
From outside Thailand: +66 2 381 5574
From within Thailand: 02 381 5574

After hours emergency number (SE Asia Manager)
From outside Thailand: +66 87 049 6074
From within Thailand: 087 049 6074

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

What to Take

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as your are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 mintues with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

Checklist

Suggested Items:
- Windproof / waterproof jacket / umbrella / poncho
- Small towel / swimsuit
- Day pack for daily personal items
- Sun hat / sun block / sunglasses
- Wet wipes / Moist towelettes / Hand sanitizing lotion
- Alarm Clock
- Hiking pants /track pants / long trousers
- Hiking boots/sturdy walking shoes
- Ear plugs for light sleepers
- Moisturizer, Lip balm
- Toiletries (biodegradable)
- Water bottle / Plastic mug / Cutleries
- Pocketknife
- Flashlight (with extra batteries and bulbs)
- Money belt
- Insect Repellent
- Tampons
- Protein bars, chocolate, dried fruits, candies and snack foods.
- First-aid kit (should contain lip salve, Aspirin, band aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re hydration powder, insect repellent, extra prescription drugs you may be taking)

Optional Items:
Camera and film, reading/writing material, binoculars, cover for backpacks.

Documents:
- Passport (with photocopies)

- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- USD cash
- Credit or debit card (see personal spending money)
- G Adventures vouchers, pre-departure information and dossier
- Any entry visas or vaccination certificates required

Laundry

Laundry facilities are offered by some of our hotels for a charge. 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

Please note that visas for China and Hong Kong are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. For the most up to date information please check your governments foreign ministry website or with you travel agent as rules do change. It is important that you check for yourself. For most travellers there will probably have an embassy and consulate in the country that you live in. Please note that China and Hong Kong are two separate goverment areas so you go through two sets of immigration procedures. If your trip finishes in Hong Kong and you are travelling back into Mainland China then you may need a double entry visa. Please check your travel itinerary.

Detailed Trip Notes

China has emerged as a great tourist destination in the last ten years and is an intriguing and rewarding destination to visit. Developing at a fast rate, travel is becoming easier for foreigners but please be aware that English is still not widely spoken outside the large cities and that accommodation, toilet facilities and some transportation is not yet at the same level as you would expect in developed countries. If you are able to bring with you a lot of patience, a great sense of humour and a willingness to try and interact with the local people, your travel experience wil be greatly enhanced.

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

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

As of May 2011 the exchange rate for China was 1 USD = 6.5 CNY (Chinese Yuan).

Cash (Chinese Yuan) is the best method of money in China. There are some ATM machines at international airports and major cities that accept Visa and debit cards but these should not be relied on as a source of funds. We recommend the use of cash and traveller's cheques in major currencies (USD, CAD, GBP, EUR, AUD, HKD) as a backup. Major credit cards are accepted in a few shops (except for AMEX and Diner's) but they may charge a 2-4% transaction fee.

Emergency Fund

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

Departure Tax

Departure Tax is included in all International and Domestic tickets in China.

Tipping

Traditionally in China tipping is not expected and thus there is no need to tip in restaurants and your general interaction with locals; however, tipping is customary - though not compulsory - in the tourism industry and not only shows an expression of satisfaction it may also be 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 or drivers we use. You may do this individually, or your CEO may offer to collect the money and tip as a group.

Recommendations for tipping drivers and local guides would range from 1 to 3 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. A suggestion would be for each group member to contribute anonymously by putting their tip into an envelope. This often works the best and the group as a whole should gather to present the gift to the recipient(s), offering their thanks and showing their appreciation. This method brings the action out into the open, allowing for a friendly and appreciative interaction between the group and the recipient(s).

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 $5 USD per person per day can be used.

Optional Activities

All prices listed below are in Chinese Yuan (CNY), per person (unless stated otherwise), and are subject to change as services are provided by third party operators.

Beijing
- Great Wall entrance 45CNY
- Cable car at Great Wall 55CNY each way
- Toboggan at Great Wall 45CNY
- Forbidden City 60CNY
- Temple of Heaven (Taxi 12 CNY per taxi from your hotel) 35CNY
- Summer Palace - transfer (Taxi + Subway) 25CNY
- Summer Palace - Entry (30main entry; 10 Cixi Museum; 10 Dragon boat) 50CNY
- Lama Temple (Subway 2 CNY PP) 25CNY
- Legend of Gongfu Beijing(200CNY frontier row seat) 100CNY PP
- Acrobatic Performance Beijing (180CNY PP frontier seat) 100CNY
- Beijing Opera Performance (280CNY VIP seat) 180CNY
- Hutong Cycle Tour - Trishaw riding 50 CNY
- Bike tour Drum Tower & Houhai (Renting bike at local store) 25CNY
- Factory 798 Art & Galleries Free
- Tiananmen Square Free
- Beijing Duck 100-150CNY
- Hutong Cycle tour 100CNY

Shanghai
Yuyuan Garden Shanghai 40CNY
Jinmao Tower 100CNY
Huangpu River night cruise (10CNY per taxi to pier from hotel) 70CNY
Shanghai Museum Free
Old Town Shanghai Free
Urban Planning Exhibition Centre 30CNY
Acrobatic Show Shanghai 100CNY
Oriental Pearl View deck 100 CNY
Meglev Train _ Longyang train station to Pudong Airport 100CNY (Round way experiences)

Xi'an
Terra Cotta Warriors Museum 150CNY
Bell & Drum Towers (Each with 25 CNY) 40CNY (For both of them)
Great Mosque 25CNY
City Wall Xi'an South Gate (20 CNY per hour for biking on it) 40CNY
Big Wild Goose Pagoda (15CNY per taxi single drive) 50CNY PP
Shanxi History Museum (20CNY for non-reserved visitors) Free
Dumpling Banquet Defachang Restaurant 80CNY

Yangtze River
Baidi Cheng - Fengjie 80 CNY
Three Lesser Gorges 220 CNY
Dam - Three Gorges 120 CNY

Yangshuo
Calligraphy Yangshuo - 40 mins 30 CNY
Chinese Language lesson 40 CNY
Impression Light Show Yangshuo 188 CNY
Gongfu Lesson Yangshuo -per hour 50 CNY
Moon Hill 15CNY
Cooking School & market Tour 150CNY
Bike-riding (renting bike) 20CNY
Kayaking Yangshuo 130CNY
Li River Cruise Yangshuo 80CNY

Hong Kong
Disney Land Hong Kong 350HKD
Victoria Peak Peak Tram Hong Kong 30 HKD
Light Show HongKong Victoria Harbour Free
Ngong Ping 360 Cable Car 58HKD One way
Ocean Park Hong Kong 185HKD
Star Ferry Hong Kong 2.8 HKD (one way)

***Please note these are examples of the entrance fees charged, this does not include hiring transport to/from the destination (unless stated otherwise)

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your 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/

Trip Specific Safety

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.

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)

Local Dress

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites.

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.