

## Classic Burma Adventure - ABCB

14 days: Yangon to Yangon

### What's Included

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Shwedagon Pagoda (Yangon), Mandalay combo entry ticket (most sights in Mandalay), Golden Rock, Amarapura, Sagaing, guided tour of Bagan Archaeological Zone, Irrawaddy River boat trip, half day boat tour of Inle Lake including floating villages, Shwemawdaw Stupa, boat trip to Mingun, U Bein Bridge, Mahagandayong Monastery, Sagaing Hills Meditation Centre, Mt Popa, hill tribe hike.

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

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#### **Day 1 Yangon**

Today is arrival day so there are no activities planned. You are therefore free to relax and explore the city. Please try to arrive before 6pm for an important group meeting where you can meet the Chief Experience Officer (CEO) and the other group members. Please note that most nationalities requires a visa to enter Myanmar (Burma), please double check this with your travel agent or local Myanmar Embassy prior to your arrival. Following this we have an optional group dinner where you can sample some of the local cuisine.

Note that it is best to travel with US dollars in cash when visiting Myanmar. There are no ATMs and the use of credit cards and travellers checks is virtually impossible, as very few places are willing to accept them. Please arrive with enough US dollars, in good condition, to last you the length of your stay. Changing money into the local currency, kyat, is a good idea for small transactions and can be done upon arrival at any of the various money changers in town.

Our hotel is in the heart of Yangon and has comfortable twin / double share rooms with en suite bathrooms and air conditioners. Wifi is also available.

#### **Day 2 Golden Rock (1B)**

Today starts with a visit to the world famous 107 metres high golden Stupa of Shwedagon Pagoda, the 'heart' of Buddhist Myanmar. The Pagoda is believed to be 2,500 years old and the central stupa, glittering in the soft morning light, is surrounded by dozens of intricately decorated buildings and statues and is considered to be the symbol of Yangon.

Later, you will travel through the delta and over the Sittang River to Kyaikhtiyo. From Kinpun, the pilgrimage road runs 10 kilometres to the 1200 meter high pagoda on the famous Golden Rock. You will be transported on a truck to a camp from where we shall walk one hour to the Golden Rock. At the summit, a simple but beautifully located hotel awaits you. Arriving in the golden light of late afternoon is the ideal opportunity for some great photography.

Approx travel times:

Private transport Yangon to Kinpun: 4 hours

Truck ride to camp: 45 min

Walk to Golden Rock: 1 hour

### **Day 3 Bago/Mandalay (1B)**

Starting our return hike in the early morning we meet our truck transport to Kinpun. Continuing by bus to Bago we stop to explore this ancient capital of the Mon people including the huge reclining Buddha, Shwe Tha Lyaung and a photostop at the foot of the huge golden Shwemawdaw Stupa. After a stroll through the market we visit Kyaikpun Pagoda with its four Sitting Buddhas facing the cardinal points. Return to Yangon in late afternoon before jumping onto an 80 minute flight to Mandalay.

Approx travel times:

Walk from Golden Rock to transport: 1 hour

Truck transport to Kinpun: 45 min

Private transport Kinpun to Bago: 2 1/2 hours

Private transport Bago to Yangon 1 1/2 hours

Flight Yangon to Mandalay: 1 1/2 hours

Transfer to hotel Mandalay: 30 min

### **Day 4-5 Mandalay (2B)**

Explore Mandalay where the Konbaung Kings resided and eventually capitulated to the British more than 100 years ago. After arrival we visit the famous Golden Monastery, Shwe Nandaw, the only building still existing from the more than one hundred that once stood on the palace grounds. From here we shall stroll to Kuthodaw Pagoda with its 729 marble slabs showing the entire Buddhist canon and commemorating the Fifth Buddhist World Council at the end of last century.

After lunch we visit Mahamuni Temple which houses the country's holiest Buddha image, the 100 year old legendary Arakan Buddha made of pure gold. Next a visit to the workshops of gold plate, marble and bronze manufacturers. If you still feel fresh, you might enjoy a climb to the top of Mandalay Hill for a bird's eye view (or take the elevator if you wish), and a visit the Shwe Kyin monastery for afternoon meditation.

On the morning of Day 5 we visit the former capital, Amarapura (Sanskrit for Beautiful Town). Walk over the world's longest teak bridge, U Bein, and visit the Mahagandayong monastery with over 1000 monks residing along with the Sagaing Hills meditation centre, which has fascinating views over temples and pagodas in Sagaing and the Ayeyarwaddy River.

In the afternoon we travel by boat along the mighty Elephant River enjoying sights of washerwomen, buffalo carts and daily life on the riverbank. It takes one hour upstream to reach Mingun where a mighty king once tried to build the world's biggest pagoda and failed, yet even the dimension of his failure is still impressive. We return to Mandalay after sunset.

Our hotel is in downtown Mandalay near the market and the night bazaar. We have twin / double share rooms with air conditioner and en suite bathrooms. Internet is available at the hotel.

### **Day 6-8 Bagan (3B)**

Day 6 is a day of relaxed sightseeing as we travel by local public boat (depending on water level) along the Ayeyarwaddy River, Myanmar's 'Super Highway'. Arriving at Bagan in late afternoon, we transfer to our hotel.

Bagan, the first and most beautiful capital of the Burmese was founded in the eleventh century. Along with Angkor in Cambodia, this is the most important temple and pagoda complex in Asia. An all-day visit on Day 8 is a day full of culture and history of a once great civilisation. In the morning, we wander through the marketplace of Nyaung Oo and get a glimpse into the lifestyle of Burmese people. Next we visit Shwezigon Pagoda built by the great king Kyanzittha, the only golden pagoda in the Bagan area. We continue to the caves of Kyanzittha Umin (with the oldest murals in Burma, showing the Mongolian invasion under Kublai Khan). In Gubyaukgyi, a perfect Indian-style temple, you will see hundreds of frescoes illustrating the jataka-stories of the previous lives of Lord Buddha. This morning ends with a visit to huge Htinlominlo Temple.

In the afternoon we explore Manuha Temple, erected over huge Buddha-images then enjoy the elaborate stone engravings at close by Nanpaya Temple. Heading south, be impressed by the beautiful Abeyadama Temple and finally Lawkananda Pagoda, a landmark of Ayeyarwaddy-fishermen. Visit traditional manufacturers of unique Bagan lacquerware and relax as the sun sets over Bagan from one of the pagodas.

Day 7 is free for you to continue your exploration of this gorgeous area or relax.

Our hotel is centrally located within easy walking or bicycling distance of the Ancient city of Bagan. We have comfortable twin / double share rooms with air conditioning and en suite bathrooms. Internet is available.

Approx travel times:

Cruise to Pagan (Bagan): 7-11 hours depending on the season and water level

#### **Day 9-10 Kalaw (2B,1L)**

Early morning we commence our overland trip to Kalaw. Today's journey is approximately 190 miles (300kms), and should take us about 8 hours. First we travel through sun-parched plains sprinkled with Palmyra Palms to the Mountain of Deities, Popa (2 hours). There we climb a staircase up the huge volcanic rock to see shrines for Nats (celestial spirits of Burmese mythology) and small temples for Buddha. It will take about 20 minutes to reach the top of Mount Popa (Sanskrit word for Flower) and we will pass by many small food stalls and local 'drugstores' selling herbal remedies. Following this we continue 6 hours to Kalaw and overnight.

From Kalaw, set out on a half-day hike, visiting a hill tribe along the way.

Approx travel time:

Private bus Bagan to Kalaw: 8 hours

#### **Day 11-12 Inle Lake (2B)**

The Former British hill station Kalaw is the starting point for various trekking tours. Following a morning visit to a central pagoda boasting beautiful glass mosaics we head to Pindaya (approximately 1.5–2 hours), an interesting drive up into the hills and across the Shan Plateau through fields of mountain rice, Pa-O and Danu villages.

Pindaya's symbol is a 'pin-gu' (spider). Here we visit magnificent Pindaya Caves, set in a limestone ridge overlooking a picturesque lake where over 8000 thousand different types of Buddha images are on display in various chambers. From a temple complex built along the front of the ridge you can view the nearby Boutaloke Lake and the ruins of Shwe U Min Paya, a cluster of low stupas just below the ridge and visit some local houses where families produce Shan paper and parasols. The last leg of our drive takes us to Nyaungshwe - the biggest village and former capital of the local Shan Kings at Inle Lake.

Inle Lake is the land of the Intha people. These people are known as leg-rowers and as architects of floating villages and gardens. The life of the Intha, who originally came from the south of Burma, revolves completely around the lake. On Day 12 we visit some of the intriguing floating villages, then investigate the great Phaung Daw Oo pagoda with its five holy Buddha images and Nge Phe Chung monastery.

Our hotel is situated near the entrance to Nyaung Shwe township, very near to Inle Lake. The hotel has twin / double share rooms with en suite bathrooms.

#### **Day 13 Yangon (1B)**

Following breakfast we drive to Heho airport for our flight over the length of Burma back to our starting point at Yangon. The afternoon is yours to explore the markets and sights of Yangon with plenty of time for some last minute shopping before our final night dinner together.

Our hotel in Yangon is the same hotel we used on Day 1.

Approx travel times:

Transfer hotel to Heho: 45 min

Flight Heho to Yangon: 1 hour

Transfer to hotel Yangon: 30 min

#### **Day 14 Departure Day (1B)**

You are free to depart at any time today.

We look forward to receiving your evaluation regarding this tour itinerary and your CEO's performance. We value your input into what we could improve to make this trip even better and of course love hearing about what we are already doing well! You will be sent a post tour email on your return with details on how to go in line and fill in this simple form. Thank you so much in advance.

## What's Included

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Shwedagon Pagoda (Yangon), Mandalay combo entry ticket (most sights in Mandalay), Golden Rock, Amarapura, Sagaing, guided tour of Bagan Archaeological Zone, Irrawaddy River boat trip, half day boat tour of Inle Lake including floating villages, Shwemawdaw Stupa, boat trip to Mingun, U Bein Bridge, Mahagandayong Monastery, Sagaing Hills Meditation Centre, Mt Popa, hill tribe hike.

## Highlights

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Exploring intriguing Yangon, visiting the Shwedagon Pagoda, strolling Mandalay's temples, floating down the Irrawaddy River, exploring amazing Bagan, relaxing at tranquil Inle Lake.

## Dossier Disclaimer

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## Itinerary Disclaimer

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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

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Please be aware that this itinerary is a brand new trip for us in 2012.

While we have thoroughly planned and researched this new itinerary on the ground, the nature of travel is that even the best laid plans can sometimes come across the unexpected! If you like being a trail blazer and are not afraid for a small hiccup or two along the trail, this trip is exactly right for you. If any of the above concerns you, we suggest you wait a year until we have this trip running to our normal perfection.

Please note, due to the nature of travel in Asia, a backpack is more more suited to this trip than a suitcase. There may be a weight restriction for the internal flight on this tour. Each passenger is allowed to carry one checked bag with a maximum weight of 15 kg (33lbs). Additional bags or excess weight charges may apply. These charges are the responsibility of the passengers.

Please note that if carrying US Dollars, they should be in excellent condition (ie- without any small tears, creases, marks or faded in any way) and printed recently (after the year 2001).

## Group Leader Description

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All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO 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

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Max 15, Avg 10

## Meals Included

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13 breakfasts, 1 lunch.

## Meals

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13 Breakfasts

## Meal Budget

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USD250-350 for meals not included.

## Transport

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Private bus, public bus, plane, boat, bicycle, walking.

## About our Transportation

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Private and Public Buses, Planes, Boats, Bicycle, Foot

## Local Flights

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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

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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

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Hotels (12 nts), simple guesthouse (1 nt).

## My Own Room

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If you have booked My Own Room you will have your room available for all nights of this trip.

## About Accommodation

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Hotels/Guesthouses (13nts)

## Joining Hotel

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Panorama Hotel  
294-300 Pansodan Street  
Kyauktada  
Yangon, Myanmar  
+95 1 253 077

The following 2013 departures will start at Clover City Center Plus Hotel:

10th August  
19th October  
9th November  
23rd November  
14th December  
21st December

Clover City Center Plus Hotel  
No. 229, 32nd Street (Upper Block),

Pabedan Township  
Yangon, Myanmar  
Tel: +95 1 377975

\*\*If you are travelling on December 28, please check your tour vouchers for the joining hotel details. You may be starting at either the Clover City Plus Hotel or the Panorama Hotel.

## Joining Instructions

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Please note that Day 1 is an arrival day and no activities have been planned, so you may arrive at any time. Similarly the last day is a departure day in which no activities are planned. Your Chief Experience Officer (CEO) will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. Your CEO will contact you at the hotel on Day 1 and make sure you are settled comfortably. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

## Arrival Complications

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

## Emergency Contact

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Should you need to contact us during a situation of dire need, it is best to first call the G Adventures Local Office and then our G Adventures Local Representative (if one is listed below). 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.

### EMERGENCY CONTACT NUMBERS

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

G Adventures Local Representative (Burma)  
Emergency Number: +95 1 293 464

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

## What to Take

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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 you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes 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 with you in buses or on trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

## Checklist

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Passport (with photocopies) Travel insurance (with photocopies) Airline tickets (with photocopies) USD cash and debit/credit cards (see personal spending money) G Adventures vouchers, pre-departure information and dossier Any entry visas, additional passport photos or vaccination certificates required Alarm clock Flashlight Sun hat, sunblock, sunglasses Insect repellent Water bottle Small towel and swim wear Toiletries (biodegradable) Sturdy walking shoes/sport sandals Moneybelt Shorts Long trousers Hiking pants/track pants Shirts/T-shirts Warm clothes for Nov-Feb. Hat, gloves, fleece, windproof/waterproof jacket Waterproof clothes for wet season May-Oct. Umbrella or waterproof jacket Cover for backpack or plastic bags to keep clothes dry Clothes for temples – long pants or sarongs Camera and film Reading/writing material Binoculars Pocketknife First-aid kit (should contain lip salve, aspirin, band aids, anti-histamine, imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking)

## Laundry

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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. Aboard the expedition ship Explorer laundry facilities are provided at a charge. Aboard the Amazon Explorer laundry facilities are provided free of charge for each passenger once a week.

## Visas

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Please note that visas for Thailand and Myanmar are the responsibility of the individual traveler. The visa requirements for your trip vary depending on your nationality. For the most up to date information please check your governments foreign ministry website or with your travel agent as rules do change. It is important that you check for yourself. Most travelers will probably have an Embassy and Consulate in the country in which you live.

MYANMAR- As of the 1st September 2010, Myanmar is again allowing nationalities who do not have an embassy in their home country to obtain a visa upon arrival into Yangon Airport. You must have 2 passport photos and a 30 Day Tourist Visa will cost \$30 (Must be paid in US Dollars).

The following countries contain a Myanmar Embassy and thus citizens of these countries MUST obtain their visa in advance:

- Australia
- Bangladesh
- Belgium
- Brazil
- Brunei
- Cambodia
- Canada
- China
- Egypt
- France
- Germany
- India
- Indonesia
- Israel
- Italy
- Japan
- Laos

- Malaysia
- Nepal
- Pakistan
- Philippines
- Russia
- Singapore
- South Africa
- South Korea
- Sri Lanka
- Switzerland
- Thailand
- United Kingdom
- United States
- Vietnam

\*\*Please note, if you are travelling on a passport of one of the above-listed nationalities but are currently not in your home country, you will still need to apply for your Myanmar visa in advance at the nearest consulate.

Please find below some more detailed information for some nationalities. If your nationality is not listed below, please contact your local Myanmar embassy for more information.

#### CANADA

- There is no website for the Myanmar embassy in Ottawa. Please email [visasection@rogers.com](mailto:visasection@rogers.com) or call (613) 232-9990 to get the visa application form and full information about applying.

#### UNITED STATES

Website: [http://www.mewashingtondc.com/visas\\_passports.htm](http://www.mewashingtondc.com/visas_passports.htm). The visa form with full application details can be found on this website.

#### AUSTRALIA

Website: [http://www.myanmarembassycanberra.com/visainformation/visa\\_information.htm](http://www.myanmarembassycanberra.com/visainformation/visa_information.htm)

#### UNITED KINGDOM

- There is no website for the Myanmar embassy in London. Please email [melondon@btconnect.com](mailto:melondon@btconnect.com) or call 0207 499 4340 to get the visa application form and full information about applying.

#### GERMANY

Website: <http://www.botschaft-myanmar.de/>

\*\*Please note, their website has not been updated recently and still says that Germans can obtain their Myanmar visa on arrival, which is not the case.

#### CHINA

Website: [http://www.myanmarembassy.com/english/default\\_f.htm](http://www.myanmarembassy.com/english/default_f.htm)

Please note: Myanmar has recently started expanding its visas on arrival (VOA) program for certain nationalities. However, due to common delays in processing paperwork we recommend organising for the visa to be issued in your passport prior to the trip. If there are complications in getting your passport to an embassy we can organise the documentation for a Visa on Arrival - Please Note that the VOA should be organised only through G Adventures unless you have plans to travel with another agency before or after your tour. You must allow at least 14 days for processing a VOA and will require confirmed flight tickets. Visas can also be organised in Bangkok in two working days. Please be sure to allow for opening hours, weekends and any Burmese or Thai public holidays if you are planning to organise your visa there.

\*\*Please note, visa information is subject to change at any time, and ultimately it is the responsibility of the traveller to ensure you have the correct documentation

## Spending Money

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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:

We recommend roughly 300-350 USD for spending money on this trip. This can be exchanged on Day 1 in Yangon with some advice from your CEO. This allowance would cover food, drinks, camera fees and most optional activities (except for the hot air balloon). If you are a keen shopper and/or drinker, we recommend budgeting a bit more for those activities.

Please bring ONLY new, MINT CONDITION US dollars to Burma with you. Be specific with your bank when buying cash. If you are in the US, please be sure to go to your bank and request NEW bills- older bills with wrinkles, tears, rips, creases or marks will not be accepted.

## Money Exchange

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During this tour the local currencies you will use are the Burmese Kyat and the US Dollar. As currency exchange rates in South East Asia do fluctuate, we ask that you refer to the following website for the most up to date daily exchange rates: [www.xe.com](http://www.xe.com) for each of the above mentioned currencies.

ATMs are available in every major town in Burma but they are not always accessible, may not be functioning or may be closed. We recommend bringing MINT CONDITION US dollars to Burma and exchanging it on arrival. See "Spending Money" for more information on budgeting.

Travellers cheques can be tricky, timely and expensive to exchange. While we do not recommend that you bring them as your primary source of funds, it is great to have one or two cheques in case of emergency. Thomas Cook or American Express travellers' cheques in US currency are the easiest to exchange. Cash advances can also be made with some banks but are time consuming and tend to have high fees attached. Credit cards can be used at some upmarket restaurants, and at some larger stores if shopping for big items. When purchasing US dollars please make sure that the notes are new and in good condition. Notes older than 2003, or with any tears or blemishes may not be accepted. Be fussy with your bank when buying cash!

## Emergency Fund

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Please also make sure you have access to at least an additional USD \$250 (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

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There is \$10 departure tax upon leaving Myanmar.

## Tipping

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It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$1.5-\$3.5 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. 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 \$20-25 USD per person, per week can be used.

## Health

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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 CEO's 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

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

## Medical Form

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

The medical questionnaire can be found online at:

[www.gadventures.com/medical-form](http://www.gadventures.com/medical-form).

## A Couple of Rules

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

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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.

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## 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](http://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)

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## Feedback

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

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## Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

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## 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](http://wateringhole.gadventures.com).