

## Discover Japan - AJDJ

14 days: Tokyo to Tokyo

### What's Included

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14 day Japan Rail Pass, Hida Folk Village, Kenroku-en garden and Kanazawa Castle, Kinkaku-ji Temple, Nijo Castle, Daisen-in Zen Temple, Excursion to Miyajima Island, Mt Fuji climb (during climbing season only)

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 Tokyo**

Arrive in Tokyo at any time today. There are no planned activities so check into our hotel and enjoy the city. At time of check in on Day 1 you will receive a note from your G Adventures CEO (Chief Experience Officer) advising you of exact details of group meeting which will be held in early evening. (Meeting normally starts between 6-7pm, and will last about one hour.)

Tokyo, the capital of Japan, is one of the most modern cities in the world. It seems that every person on the streets has the latest version of everything. Ginza, is full of department stores selling the latest fashions, Akihabara is the place to try the latest new gadgets before they become available in the West and Shinjuku is the fast paced nightlife area. However, if you look under the glossy surface, Tokyo is still very traditional.

Ladies still wear kimonos around town, people go to temples like Senso-ji to say a few prayers on their way to work and couples get married in their traditional wedding gowns in the beautiful grounds around the Meiji Shrine. In spring, couples, families and friends sit beneath trees sipping sake and admiring the cherry blossoms. Catch a performance of the traditional Kabuki plays in the park or, if you are fortunate enough, see the Sumo wrestlers throw each other out of the ring during one of the few 'Bashos' held each year.

The trip itinerary does not include much time in Tokyo, so if your aim is to explore Tokyo in depth, please factor that into your personal travel time allotment.

#### **Day 2-3 Takayama**

Take an early morning visit to the Tsukiji fish market and watch the theatrical bidding at the tuna auction! Afterwards take the bullet train for the first time. Transfer at Nagoya and journey into the Japan Alps and arrive in Takayama in the afternoon, far from the modern life of Tokyo. It is an approx. 2 hr bullet train journey to Nagoya and approx 2 hr train journey to Takayama

Nestled in the Japan Alps, Takayama earned the nickname of 'Little Kyoto' because of its skilled craftspeople who built houses and temples for the Emperors in Kyoto. Takayama is home to many old wooden houses which are unique in their design as they were

built to withstand the harshness of the climate and terrain here. Takayama has something for everyone: visit the 'Praying Hand' houses at the Hida Folk Village, watch the Festival Floats at Yatai Kaikan or simply walk around the houses and stop for a cup of sake at one of the local breweries. Plus there is the lovely forest walk past numerous small temples for those who want a little more exercise.

Take a full day to explore this beautiful landscape. Discover traces of a feudal past in the thatched houses and rice fields. An optional bike ride takes you well beyond the town centre.

#### **Day 4-5 Kanazawa**

A short train ride takes us to Kanazawa. In the 17th century this beautifully preserved castle town was Japan's wealthiest, and it became a thriving center for Culture and Arts.

As we stroll through the Nagamachi Samurai district and Higashi Geisha district we are transported to a time when samurai were sworn to protect their lord, and geisha were on hand to entertain and amuse.

In the Teramachi Temple district we visit the famous Ninja Temple. Designed as a hideout in case of attack, it contains hidden doorways, passages and escape routes.

But the highlight of any visit to Kanazawa is Keroku-en garden. Ranked one of the top three in Japan, it's breathtaking beauty shines through in any season. A visit to the massive Kanazawa castle next door is also a must do. Kanazawa is also home to many interesting museums as well as a bustling seafood market.

We will also have the chance to partake in a hands-on experience in one of Kanazawa's many famous crafts, including lacquer ware and pottery, and silk dyeing and gold leaf. Or, you can take a tour through one of the local sake breweries if that is more your thing!

#### **Day 6-7 Hiroshima**

This morning we will travel by train to Hiroshima. Perhaps more than any city in the world, Hiroshima is famous for one moment in history. On 6 August 1945, it became the first target of an atomic bomb.

Hiroshima has risen phoenix-like from the ashes, and rebuilt itself as one of Japan's most laid back, vibrant cities full of wide boulevards and Art Museums.

The large Peace Park in the centre of the city is an extremely moving place dotted with memorials of those known to have been killed in the explosion and those that died as a result. At the top of the park are the remnants of Gembaku Dome. It was directly above this building that the bomb exploded, decimating all but the Dome immediately below. A burning flame waits in the park to be extinguished when all nuclear weapons in the world have been destroyed. A tram ride through the city takes you to the Peace Park.

In the afternoon, we will take a short ferry ride to Miyajima Island, a famous wooded island located in the Inland Sea, not far from the coast near Hiroshima. Here you will find perhaps the most photographed site in Japan - The Floating Torii Gate. Designated as one of Japan's '3 Most Beautiful Views', the shrine itself dates back to the 6th century and is designed in a pier like structure. Mere 'commoners' were not allowed to set foot on this holy place.

You will have time to explore the island and its many shrines and temples, sample local goodies like maple leaf shaped cakes, and have the option to hike up to the peak of the island, Mt. Misen, to see spectacular views of the surrounding islands.

#### **Day 8-10 Kyoto**

We continue on to Kyoto, the former Imperial Capital and home of the country's most treasured remnants of Japanese imperial life. As the Imperial capital, Kyoto is an essential part of any visit to Japan. Kyoto has some of the most magnificent temples in Japan which date back centuries. There are said to be 2,000 temples, shrines, palaces, museums and traditional gardens in Kyoto. Use your time to wander past huge wooden structures and multi-storied pagodas, all linked with famous walkways. Marvel at the huge temples of the Hongan-ji sect or the beautiful Golden Pavilion. Take time out to enjoy the Zen gardens of Ryoan-ji and the Silver Pavilion, take a leisurely stroll down the lovely Philosopher's path to Nanzen-ji, or just walk around Gion and perhaps catch a glimpse of a Geisha going from teahouse to teahouse. Discover, for a full day, the Zen gardens, huge wooden temples, pagodas and shrines.

#### **Day 11-12 Mt. Fuji - Kawaguchiko (2B,1D)**

On day 11, you leave Kyoto and travel to Kawaguchiko arriving mid afternoon. Take the rest of the afternoon to visit the Onsen Spa before dinner. (included)

The itinerary varies for the next day, as it depends on the climbing season:

From July 1 - August 27 - Groups will spend 1 night in Kawaguchiko and 1 night on Mt Fuji in simple guesthouse accommodation.

From May 1-Jun 30/Aug 28-Nov 1 - Groups will spend 2 nights in Kawaguchiko and drive to Station 5 and hike down the mountain. (not up!)

From Nov 2 - April 30 - It is not possible to climb Mt. Fuji as buses do not run up the mountain. Trips will spend 2 days in

Kawaguchiko and do activities around the 5 lake region.

Please note that climbing season is subject to weather conditions. If you are scheduled to climb Mt. Fuji in early July or late August please note that this is subject to change.

When it is possible to climb, we begin our walk up to the summit and overnight at station 8.

It is said that a wise man climbs Mt. Fuji once; only a fool climbs it twice! At 3,776m, Fuji-San is by far the highest mountain in Japan, but what makes it unique and so beautiful, is its perfect volcanic cone shape.

From July 1st to August 27 we can trek to the top of the summit. During the off season we can do an alternate day trek in the 5 Lakes region where the views of Mt. Fuji leave you breathless. It is not that the climb to the top of Fuji is difficult - every year pilgrims, families and school groups all make the ascent. The B grading of this trek is because the rapid ascent to altitude can affect some people, and the pre-dawn start means that we encounter some rough patches with only torchlight to guide us. It is also inexorably upwards. There are several routes to the summit, each a well-designated path. The mountain is divided into 10 stations and like most people we begin our ascent at one of the 5th stations. Fujinomiya, at an altitude of 2,380m, is our preferred 5th station start point, and the 1,396m to the summit takes 5-6 hours in total. We choose to break the climb by stopping overnight at the 8th station. Accommodation on the mountain is a basic dormitory style hut with few facilities.

Please note: The summit of Mt. Fuji is at a high altitude, it is recommended that oxygen should be carried by all passengers. As it can be cold at the summit as you are there before sunrise, we recommend that you wear warm layers and bring a waterproof/windproof jacket, fleece and thermals.

### **Day 13 Kawaguchiko - Tokyo**

During the climbing season, wake up early morning and climb to the top for sunrise. Climb down and pick up your bags. Drive back to Kawaguchiko and travel by train to Tokyo.

Otherwise, we climb down from Station 5 of Mt. Fuji and then return to city life in dazzling Tokyo.

Today you can take in some more sights, visit more museums and gardens, do some shopping, and otherwise have some free time exploring Tokyo until we meet in the evening for our last night dinner.

### **Day 14 Tokyo**

There are no planned activities today and you are free to depart at any time.

## **What's Included**

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14 day Japan Rail Pass, Hida Folk Village, Kenroku-en garden and Kanazawa Castle, Kinkaku-ji Temple, Nijo Castle, Daisen-in Zen Temple, Excursion to Miyajima Island, Mt Fuji climb (during climbing season only)

## **Highlights**

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Experiencing the past at Takayama's folk village and Kyoto's historic centre, exploring Kanazawa Castle, losing yourself in the picturesque Kenroku-en Garden and the 'Ninja' Temple, marvelling at iconic Mt Fuji and Miyajima's floating Torii Gate.

## **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.

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## Important Notes

MT. FUJI CLIMBING SEASON is as follows.

From July 1 - August 27 - Groups will spend 1 night in Kawaguchiko and 1 night on Mt Fuji in simple guesthouse accommodation and climb to the top.

From May 1-Jun 30/Aug 28-Nov 1 - Groups will spend 2 nights in Kawaguchiko and drive to Station 5 and hike down the mountain (not up!)

From Nov 2 - April 30 - It is not possible to climb Mt Fuji as buses do not run up the mountain. Trips will spend 2 days in Kawaguchiko and do walks around the 5 lake region.

Please note that only foreigners traveling as a tourist are able to use a Japan Rail Pass. If you are a Japanese citizen/resident or traveling on a student/business visa please advise us at time of booking as you will not be able to take advantage of the Rail pass.

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## Group Leader Description

All G Adventures group trips are accompanied by one of our Chief Experience Officer (CEO). 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 traveling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends.

While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

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## Group Size Notes

Max 15, Avg 10

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## Meals Included

2 Breakfasts, 1 Dinner

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## Meals

Eating is a big part of traveling. G Adventures knows that worldwide, local cuisines define the cultures. We think sampling regional delicacies are intrinsic to truly experiencing the country. We want you to be able to try foods according to your individual tastes, comforts, and budgets.

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. At times, meals will be taken together as a group. Other times, your CEO will point you in the direction of several delicious options, and you will have free time to pick and choose at will. Often in Japan it is fun to get some snacks and beverages with the salarymen in the evenings at small restaurants, and other times it is fun to sit with a few friends at a sushi train.

Your CEO will always strive to cater for all dietary requirements/preferences, but please keep in mind that Vegetarianism/Veganism is very uncommon in Japan so this may mean a more limited selection for you.

Please refer to the Meals Included and Budget Information for information regarding included meals on your trip. Japan's kitchen is at your fingertips!

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## Meal Budget

Allow USD420-600 for meals not included.

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## Transport

Bullet train, tram, taxi, ferry, public bus, walking.

## About our Transportation

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On our tours in Japan we use public transport, making use of Japan's world famous transport system. From the super fast Shinkansen Bullet Train to Kyoto's extensive local bus network, we ride with the locals.

## Local Flights

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There are no internal flights on this trip itinerary.

## 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 (9 nts), traditional inns and onsen spas (4 nts).

## My Own Room

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Not available on this tour.

## About Accommodation

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A mix of Western style hotels (9 nights) and Japanese traditional inns (4 nights).

Japan is one of the most populous countries in the world and space is at a premium. Therefore, hotels rooms are small! Additionally, most Japanese hotels do not have designating non smoking rooms. Therefore, we ask hotels to deoderise rooms before check in.

## Joining Hotel

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Shinagawa Prince Hotel  
10-30, Takanawa 4-chome  
Minato-ku, Tokyo 108-8611 Japan  
Phone: 81-3-3440-1111  
Fax: 81-3-3441-7092  
Website: <http://www.princehotels.com/en/shinagawa/>

## Joining Instructions

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### Airport Limousine bus

There are frequent limousine buses between Narita Airport and Shinagawa Prince Hotel. Price is 3,000yen, and takes approx. 90min.  
<http://www.limousinebus.co.jp/en/>

OR

### Narita Express train

A direct airport train runs frequently from Narita Airport station to Shinagawa station. Price is 2,910yen, and takes approx. 75min.  
<http://www.jreast.co.jp/e/nex/>

On arrival at the station you need to use the Takanawa Exit, the Shinagawa Prince Hotel is directly across the street.

If the Narita Express train is scheduled to finish at Tokyo station then you need to get off the Narita Express train and change over to one of the JR Rail trains. The easiest train line to use in Tokyo is the Yamanote Circle Line which is bright green in color. Once on the Yamanote line platform you need to get on the platform side marked for Shinagawa, Shibuya and Shinjuku stations. The trains run every 2 minutes so you will never be waiting long. Once you reach Shinagawa station use the Takanawa Exit to get to the hotel.

At first glance you will think that the Tokyo train stations are completely chaotic and always filled with people. So take your time and read the signs as they are written in English and if you get lost just ask any of the train station staff who are always happy to help you find your way.

\*Please note: in the airport you can receive a free wifi card that will work for 14 days while in Japan. Just present your passport at the kiosk in the airport.

## 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 leader, please refer to our emergency contact details.

## Emergency Contact

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

### EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Japan)

During office hours, Mon-Fri 9:30-18:00 Local Time

From outside Japan: +81 3 5796 5421

From within Japan: 03 5796 5421

After office hours emergency number

Mr. Jack Kumada - Senior Sales Manager:

From outside Japan: +81 90 5495 5226

From within Japan: 090 5495 5226

Mr. Kota Yoshii - Sales Manager:

From outside Japan: +81 80-1176-3323

From within Japan: 080-1176-3323

Mr. Tomohiro Fukuda - General Manager

From outside Japan: +81 90-4733-0721

From within Japan: 090-4733-0721

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

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We suggest that you pack as lightly as possible as you are expected to carry your own luggage. Our trips in Japan use public transport and most transport has limited luggage storage space.

You will also be walking with your luggage in busy public train stations to catch connecting trains, so it is highly recommended that you travel light and have easy to handle luggage and capable of walking up and down the stairs with your luggage without any assistance. A large bag will be an inconvenience to you and will slow you down!

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. You will also need a day-pack/rucksack to carry daily essentials like water, cameras, passport, i-pods etc.

## Checklist

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Small backpack or luggage on wheels is best for this trip as there is a lot of walking involved.

Passport (with photocopies)

Travel insurance (with photocopies)

Airline tickets (with photocopies)

Cash and debit card (see personal spending money)

G Adventures vouchers, pre-departure information and dossier

Day pack for daily personal items

Sun hat, Sun block, Sun glasses

Insect Repellent

Toiletries (soap and shampoo are provided in all accommodation)

Sport sandals or other easy to slip on/off shoes (for temple visits)

Money belt

Long trousers (and shorts in April - November)

Shirts/T-shirts

Warm clothes for Nov-March

Camera

Reading/writing material

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).

Mt. Fuji climb (if applicable):

Fleece

Waterproof jacket and trousers

Sturdy shoes

Thermals

Warm hat and gloves

## Laundry

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Laundry facilities are offered by some of our hotels but this is very expensive. Your leader can show you self service coin laundries in larger cities. 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

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Please note that visas are the responsibility of the individual traveler.

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 your travel agent as rules do change. It is important that you check for yourself.

For most travelers there will probably be a Japanese embassy or consulate in your home country.

JAPAN: Most nationalities receive A 90-DAY PERMIT ON ARRIVAL

## Detailed Trip Notes

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Travel in Japan is easy, clean, fast and efficient, however please be aware that English is still not widely spoken, however a lot of patience, a sense of humour and a respect for the local culture goes a long way in any Asian country and will greatly enrich your experience.

## 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.

## Money Exchange

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As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com). As of April 2011 the exchange rate for JAPAN was 1 USD = 80 (Japanese Yen).

Every Post Office and 7-11 Convenience store has an ATM machine that accepts Visa, Mastercard and Debit Cards. At times, Maestro/Master Card/Cirrus have been problematic at these machines, so please bring a back-up card.

Credit Cards should not be relied upon for purchases as they are not widely accepted, except in some restaurants and department stores. Money can be exchanged at Post Offices and some banks and hotels in major cities, however it can be a very slow process.

## Emergency Fund

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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

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Departure Tax is included in all International and Domestic tickets.

## Tipping

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Tipping is not practiced in Japan. Leaving money at restaurants, in taxis etc will simply cause confusion!

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is highly appreciated. The amount is entirely a personal preference, however as a guideline \$5 USD per person, per day can be used.

## Optional Activities

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We suggest you bring along USD50 for additional sightseeing.

## Health

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You should consult your doctor for up-to-date medical information pertaining to the country you are travelling to well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as a full supply of any personal medical requirements. In Asia, you will not find the same drugs as you get at home. Please be aware that sometimes we are in remote areas and away from medical facilities. Also note that for legal reasons our Leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. 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 the 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/)

## **Trip Specific Safety**

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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**

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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.

## **Planeterra-The G Adventures Foundation**

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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)

### Local Dress

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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, mosques or other holy sites.

### Feedback

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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.

### Newsletter

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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.

### Travel Forum - The Watering Hole

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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).

### Special Comments

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14 day Japan Rail Pass now included in the price of the trip.