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Last Updated: October 2, 2013

Sierra Leone Uncovered - DSUN

10 days: Freetown to Freetown

What's Included

Rogbonko village visit and community walks; Entrance fees guided walks, and boat rides in Tiwai Island Wildlife Reserve; Tacaguma Chimpanzee Sanctuary entrances and visit.

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

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

Itinerary



Day 1 Freetown

Arrive at any time. Welcome meeting in the evening to meet the CEO and fellow travellers.

Day 2-3 Rogbonko (2B,1L,2D)

Head inland with a stop in Makemi. Meet the village chief, visit farms, learn about rural life on a cultural walk, take a dip in the river and try local cuisine while listening to some local music.

About 200 miles from Freetown and the tourist beaches of the peninsula, you'll find another Sierra Leone, virtually unchanged over the centuries. With no running water, electricity or telephones and little contact with the outside world, the region is made up of subsistence farmers, traditional healers, secret societies and ancient traditions.

Here, we sleep in a traditional house, eat local food and join in with the everyday life of the village. Built a little way from the village the retreat consists of two mud brick houses, each with two twin bedrooms, a living room and bathroom. Facing the houses is the 'barray' – an open-sided round house offering a shady place to eat, sit and chat.

The village lies in a forest bounded on three sides by rivers. Monkeys are frequent visitors and dwarf crocodiles can be found in the nearby swamps. The surrounding area comprises grasslands and boli (flood plain) lands, where rice production is the major activity.

The villagers are mostly farmers although there are other small-scale industries such as basket weaving, bag making, palm oil production and fishing. Cassava, peanuts, cashews, pineapples, maize and sorghum are also grown here.

In the surrounding forests and bush there are opportunities for walks and some may choose to explore the rivers in a dugout canoe. The Bunbuna Falls, Mamunta Mayosso Wildlife Sanctuary and Kangari Hills Forest Reserve are nearby. The former is the first site to be managed as wildlife sanctuary in Sierra Leone and holds 252 species bird species, while the latter is home to chimpanzees, monkeys, antelope, forest elephants and buffalo.

Day 4-5 Tiwai Island Wildlife Reserve (2B,1L,2D)

Cross the Moa River by boat to Tiwai Island and hike in the rainforest looking out for monkeys, chimps and birds. Visit a local village and take a relaxing boat ride.

Tiwai is a community conservation program, managed by the Tiwai Island Administrative Committee (TIAC). All funds raised go towards running the project as well as supporting the Community Development Fund, to help finance community initiated programs.

At the tip of Tiwai's northern edge lie two stretches of sandy beach. Access to the beach is seasonal, as in the rainy season, the sandy mounds are hidden underwater. Enjoy a swim in the fresh water and look for river otter tracks as they sometimes like to play on the sand.

Tiwai has one of the highest concentration and diversity of primates in the world with 11 species. Some of them are rare and endangered species like the colobus monkeys (black & white, red and olive) and the Diana monkey. There are also wild chimpanzees and the rare and endemic pygmy hippopotamus. Over 135 different bird species, including 8 types of hornbills and the white-breasted Guinea fowl, can be found on Tiwai, as well.

Webs of trails weave through the Tiwai forest, allowing visitors and researchers to explore up to 50 km of walking paths. If you move silently through the forest, you can glimpse some of the rarest & most colorful primates in the world.

Day 6-7 John Obey Beach (2B,2D)

Opt to volunteer in the community, relax on the beach, learn how to fish, or even take a day trip to Banana Island.

John Obey is a true paradise. White sand, forest, mountains, warm water, beautiful fauna and flora and almost deserted! Here, there is a sustainable tourism project called "TribeWanted". It is an eco-hotel that produces its own food, within a "green" building, run by the local community. It is a small eco-tourism community living on about 6 acres of beach and lagoon-front land, adjacent to the John Obey fishing village on the Freetown Peninsula. Their mission is to build a model sustainable community, providing an unforgettable West African experience for travellers, while helping to change the perception of the country.

There is an open beach kitchen at John Obey where travellers can get involved with food preparation or just hang-out with the team. There are heaps of activities for anyone looking for more than sunbathing- canoeing, fishing, sports, cooking, trekking, swimming, hammock-swinging & bonfire dancing.

The team will happily cater for vegetarians and other dietary requirements.

Day 8 River No. 2 (1B,1D)

Head up the beach to this idyllic locale. Hike in the hills above the beach, try some palm wine, or enjoy one last day in the sun.

River No. 2 is located in the peninsula region of western Sierra Leone, and is stunning! White sandy beaches, bright red hibiscus flowers, blue water, golden sunsets, jumping fish and a backdrop of rolling green hills. Order shrimp or fresh lobster from the beach and eat it while you watch the sunset. Go fishing for barracuda with our experienced guides, try some of the local food, buy beautiful cloth from the local tailors and buy fresh coconuts or mangoes from your front porch. Once you get here, you'll never want to go home!

The River No. 2 Resort is community-run and the proceeds from your stay support our village. Staying here helps support the community's health, welfare and future.

Enjoy some options for evening entertainment, as well. There's a beach bar for those who want to relax and sip a cold drink, with beachside drink delivery. Head out to the village disco. Locals come from miles away from to dance and enjoy the evening- join in! If you're in town during a football (soccer) match you can join the locals in watching a game. There is a small cinema for watching the games, and it's quite an experience to take part in. Enjoy football Sierra-Leone-style – packed shoulder to shoulder with loud cheering and heckling and foot-stomping.

For something a little more low-key, there is a small selection of board games. And if you have extra board games you'd like to donate, please bring them along! A bonfire can be arranged as well.

Day 9 Freetown (1B,1D)

Visit the Tacugama Chimpanzee Sanctuary in the morning before exploring Freetown in the afternoon.

Sierra Leone is currently home to around 5,500 chimpanzees, double previous estimates. This exciting news gives new hope for the

survival of the endangered western chimpanzee and also reveals that there are many threats to the remaining chimps. Over half are living outside of protected areas. Tacugama has been operating for 15 years and have continued to receive and rehabilitate orphaned chimpanzees from across the country.

Freetown is the capital and largest city in Sierra Leone and has an abundance of historically significant landmarks that link the legacy of West Africans with African-Americans, Liberated African slaves and West Indians. A famous landmark is the Cotton Tree, which is a treasured symbol of the city because it represents the christening of Freetown in March 1792. In downtown Freetown is the Connaught Hospital, the first hospital in West Africa modeled after Western medical practices. Nearby is "King's Gate", built in stone with a statement inscribed which reads "any slave who passes through this gate is declared a free man", and it was this gate liberated Africans passed through.

Slave steps carved out of stone are nearby the Navy Wharf. It was here that the Portuguese slave traders bought and sold many Africans and these steps are where their last footsteps on African soil were made. Freetown is home to Fourah Bay College, the oldest university in West Africa, founded in 1827. The university played a key role in Sierra Leone's colonial history. The college's first student, Samuel Ajayi Crowther, went on to become the first indigenous Bishop of West Africa. The Big Market on Wallace Johnson Street is the showcase for local artisans' work and the place to bargain for souvenirs.

The Freetown Peninsula is ringed by long stretches of white sand. Lumley Beach, on the western side of the peninsula, is popular for local parties and festivals.

Day 10 Freetown (1B)

Depart at any time.

What's Included

Rogbonko village visit and community walks; Entrance fees guided walks, and boat rides in Tiwai Island Wildlife Reserve; Tacugama Chimpanzee Sanctuary entrances and visit.

Highlights

Experiencing life in a local village, tasting the local cuisine, trekking through the rainforest looking for resident monkeys, Being inspired as you speak to the resilient people of Sierra Leone, learning about life on the coast, exploring historic Freetown.

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

1. This tour goes to some very basic, undeveloped areas of Africa, which is the least developed continent. This means that standards of roads, food, hygiene, and customer service will be far from what you are used to. Accommodation is rustic and basic in many places.

2. This itinerary spends 4 nights camping. Below details are given about our "bush camping", but in general, these nights are among the most basic camping nights that you will find on any G Adventures tour—no running water, no toilets, and no formal showers—but we do offer a bag/hose shower with curtains.

4. Pollution: we do not give away to local people any kind of plastic; gifts are offered to chiefs and teachers; no photos are permitted of police stations, borders crossings, and airports.

Group Leader Description

All G Adventures group trips are accompanied by a Chief Experience Officer (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, be your conduit to the local culture and experiences of this tour, recommend some local eating venues, help the group with translation when visiting local communities, and introduce you to our local friends. In West Africa, we actually use the term "guide" more than Chief Experience Officer (CEO), as it comes from the equivalent word in French, which is used regularly there.

In addition to managing the tour itself, you can expect your CEO 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, but compared to many places, the quality of local guides in this region is low. (Remember very few tourists actually visit these areas. Your leader will speak English, but often English is the 3rd, 4th, or 5th language of our guides. As such, please be patient - English speakers in the French speaking countries is rare.

We also have drivers, all of whom are an integral part of the team, and add their own contributions to the success of the trip. Often these members of our crew will have limited English language skills.

Group Size Notes

Max 10, avg 8.

Meals Included

9 breakfasts, 2 lunches, 8 dinners.

Meals

When an evening meal is not included, your hotel will have a restaurant or you will be advised of a good local restaurant.

All camp meals you have during your trip will be prepared from fresh local produce. Shopping for food will be done before the trip departs, fresh vegetables and fruit will be bought along the route from local shops and markets. Breakfasts will generally be light, and if time allows a warm breakfast may be prepared. Many lunches will be provided en-route and will usually be cold meals such as sandwiches or salads. All evening meals will be hot and will consist of a variety of continental and local dishes, with good quality wine served. Meals will be prepared by the cook, and you are welcome to help, though this is not compulsory. Hygiene is extremely important, and we use disinfectants, bleach, and cleaning products for washing the dishes and for sanitation purposes.

Breakfast in the hotels are usually continental : coffee or tea, and toast, and fruits.

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

Please note all bottled drinking water and other drinks will be at your own expense.

Often, in rural areas, especially during days 4 to 8, bottled drinking water is not always available. As such, your CEO will plan for the group to buy water before embarking on the bush camping section of the tour. In addition, small notes and coins for change is very sparse in the regions we travel. As such, often the only way possible for each individual person to buy their own drinks is to pool money together, from which drinks and common items may be purchased.

Meal Budget

Allow USD90-110 for meals not included.

Transport

Boat, ferry, 4x4 vehicles, minibus.

About our Transportation

We use a minibus for this tour, normally Toyota Hiace, or for large groups Toyota Coaster.

With a small group of up to 3 travellers, we may use Toyota Land Cruiser. The 4WD is not compulsory in our itinerary, apart in rainy season when in the convoy we use also at least one 4WD (just in case)

With sliding windows, bench seats, and an aisle on one side, these vans that we use are common in the region and comfortable.

Road conditions can run the full range of conditions from relatively new in the cities to old, deteriorating, very poor, and even almost non-existent. During dry seasons, the roads can become very dusty.

This style of travel is by no means luxurious, but the seats are comfortable and having our own private vehicles allow us the flexibility of making stops when needed, visit far out of the way destinations, and take with us our camping gear to be self-sufficient in the less-developed areas.

Please note for your own safety it is mandatory to wear your seat belt at all times when in a vehicle.

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

Hotels (3 nts), simple huts (4 nts), basic tented camp (2 nts).

My Own Room

Please note that if you have booked the "My Own Room/Tent" option for this tour, you will receive your own single room for all nights in hotels and your own tent for all the nights at campsites.

About Accommodation

West Africa is one of the poorest areas of the world, and as such, basic infrastructure such as sealed roads, reliable electricity, constant access to tap water that you will find in other areas of Africa and the world are less common in West Africa.

The hotels and accommodation venues that we use on this trip are unfortunately no exception. Most hotels advertise hot water, but if the electricity is working at the time we are there to heat and pump the water is another question. All hotels and accommodation that we use are simple and basic, but clean and safe.

The nature of the destination means that there is very little choice of accommodation venues. There is little to no local and foreign tourism or travel demand to justify the existence of the hotels that you, as a foreign traveller has come to expect in less developed countries. Choices are thus limited in many of our destinations, so we try to choose the best or most appropriate accommodation in each area.

Joining Instructions

On arrival in Freetown, an arrival transfer is not included. Please make your way to the joining hotel.

A taxi just outside of the airport terminal costs approximately US\$ 20 to the Joining Hotel. DO NOT GIVE YOUR PASSPORT TO ANYBODY APART FROM THE POLICE if asked. Take care of your luggage personally and ignore all the people ready to help you (apart from official representative of airport officials).

If you have a pre-booked transfer, please look for the driver, who will be holding a sign with the G Adventures logo on it. For security purposes, your name will not be on the G Adventures sign. As well, please do not tell the driver your name straight away, but rather ask the driver first to tell you who they are meant to pick up. This will ensure that you go with the right driver. Note that the driver may have limited English skills.

Please note that day 1 is an arrival day and no activities have been planned, though a brief departure meeting will be held in the hotel reception area in evening of day 1, or on the morning of day 2. Here you will meet other tour participants and receive information about general and specific aspects of the trip. Upon arrival to the hotel, look for a notice from your CEO with information regarding this group meeting. If you arrive late and miss the meeting, he will leave you a message detailing what time and where you should meet the next morning.

The tour departs Freetown in the morning of day 2.

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 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

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.

EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (Lome, Togo)

During office hours, Mon-Fri, 8:30am-12:30pm, 2:30pm-6:00pm, Local Time, Saturday: 8:30am-12:00pm, Local Time

From outside of Lome: +228 2221 6823

From within Lome: 02221 6823

After hours emergency telephone

From outside Lome: +228 9074 0561

From within Lome: 09074 0561

G Adventures Local Office (Nairobi, Kenya)

Emergency number:

From outside Kenya: +254 727 208 832

From within Kenya: 0727 208 832

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

You will be on the move a lot, so our advice is to pack as lightly as possible. Your baggage should be clearly labeled and restricted to one soft compact suitcase, or sports bag, maximum 15kg, plus a daypack. Luggage limits on airlines are strictly enforced and space on vehicles is limited. Porters are not often available, so be prepared to carry your own bags. It is important to pack clothes for warm days and cool evenings.

Checklist

Suggested Items:

- 5 shirts/t-shirts
- Sun hat
- 2 pair of shorts
- 2 pairs of long trousers
- Long sleeve shirt/thin jacket
- Thin rain jacket/rain poncho/Small umbrella
- Sturdy walking shoes
- Sun block
- Sunglasses
- Watch or alarm clock
- Flashlight (with extra batteries and bulbs)
- Money belt
- Small travel towel
- Small pillow for camping nights
- Personal female hygiene products (as they are difficult to purchase locally)
- First-aid kit (should contain lip salve, Aspirin, band aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, dehydration powder, insect repellent, extra prescription drugs you may be taking)

Optional Items:

Camera and film, reading/writing material, binoculars, cover for backpacks

Documents:

- G Adventures vouchers, pre-departure information and Trip Details
- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- USD cash
- Credit card (see personal spending money - note cards are rarely accepted)
- Any entry visas or vaccination certificates required
- Yellow Fever Certificate

Laundry

In addition to the hotel in Freetown, laundry can be done in during our time village visit, as well as in John Obey Beach. Best to bring clothes that can be hand washed on the go.

Visas

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent. IT'S YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.

It is recommend to arrange visas prior to your departing your home destination.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for

drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The Cedi (GHC), is the currency of Ghana.

Cash is the best method of money in Ghana. Travellers cheques are accepted only at some banks and forex bureaus in Accra, and often give a lower rate. Credit and Debit cards are not very useful while on tour, though in Accra there are ATMs where you may be able to access funds from your cards. But it is not guaranteed that the machines will accept your card, that they will actually work, or have money.

Again, cash is the best method of money in West Africa.

Visa is the most widely accepted of the card types.

Please bring cash money, in foreign currencies (USD is best), to change for GHC locally at the start of the tour.

Large denominations are better, as they receive better rates. If you have USD, new bills from the year 2000 or more recent are best, as older bills may not be accepted.

Foreign currencies are rarely accepted outside of the capital cities, and as such, you will need GHC for your tour. And, your tour visits primarily rural areas. As such, it is advisable to change your foreign currency to GHC in Accra, and as soon as possible upon arrival.

At the airport in Accra upon arrival, you can change Euro, Pounds, or USD into GHC if the money exchange office is open at the time when you arrive, and if they have money on hand at the time. You may have to pay a commission on changing money at the airport or at banks.

When changing money, please ask for small notes, as small denominations are important, as local vendors rarely have change.

Emergency Fund

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

Tipping

Tipping is appreciated with small service providers such as restaurant and bar waiters, hotel staff, and reception.

Even though this might not be customary to you, nor such common practice in your home country, it is generally expected and of great significance to the people who will be assisting you during your travels.

Depending on your preference and/or that of the group, you may choose to tip individually, organize the tipping with your traveling companions, or your CEO will offer to collect the tip money at the beginning of your tour - and tip as a group with your participation as the tour progresses. A recommendation for tipping small service providers is about \$2 USD per day, depending on the quality of the service (this does not include your G Adventures CEO).

Feel free to ask your CEO for the breakdown / distribution of the tips. Note that if you have been really disappointed by a particular service, please inform your CEO right away, and the tip will be adjusted accordingly.

Also at the end of your trip if you felt your G Adventures CEO did an outstanding job, tipping is also expected and appreciated. The precise amount is entirely a personal preference, however \$15-20 USD per person per week can be used as a general guideline.

Optional Activities

All prices are listed in USD amounts, per person, and are examples of the entrance fees charged - this does not include hiring transport to/from the destination. And the majority of the activities should be paid in local currency.

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.

We recommend protection against typhoid, tetanus, infectious hepatitis and polio. Malaria does exist in these countries and it is recommended to consult a travel clinic for Malaria prevention. For details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician. You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit, hand sanitizers / antibacterial wipes as well as any personal medical requirements.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

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

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

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

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

Medical Form

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

Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

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

world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra-The G Adventures Foundation

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

Planeterra Dollar-A-Day Program

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

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

Feedback

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

Newsletter

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Travel Forum - The Watering Hole

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