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Last Updated: April 17, 2013

Eastern Europe Past & Present - EDEED

12 days: Berlin to Budapest

What's Included

Welcome gift - Visit the Jewish Museum Berlin - In Weimer visit Bauhaus museum, Goethe National museum and Goethe Haus - Train excursion to Wartburg Castle - Dresden orientation walk including a local market and Frauenkirche Church - Tour Prague's old town including the Jewish quarter, clock tower, Charles Bridge and Wenceslas Square - Visit the Communist Museum - Visit the Eggenberg Brewery to see how beer is made and enjoy a tasting - Evening ghost walk in Cesky Krumlov - Visit the Vienna State Opera House for a performance (when available) - Visit the historic Hotel Sacher for lunch and sample the Sacher Torte - Budapest city walk including a visit to the thermal bathhouse

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

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

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

Itinerary



Day 1 Berlin

Arrive at any time. As your fellow travellers are arriving throughout the day, there are no planned activities until your Group Meeting this evening, so check-in to the hotel (check-in time is approx 3pm) and enjoy the city. Check the notice boards or ask at reception for the exact time and location of the group meeting, which usually starts between 6 and 7pm. After the meeting, you may like to head out for a meal at a local restaurant with your group and leader.

Day 2 Berlin (1B)

Visit the Jewish Museum Berlin, which covers two millennia of German Jewish history. Option to take a walking or river tour, or visit museums.

The very name Berlin conjures images of the famous Berlin Wall. Two sections of the wall still remain on display- the East Side Gallery, where artists have decorated the remaining section of the wall, and the Berlin Wall Memorial (Gedenkstätte Berliner Mauer). Down the street from the Berlin Wall is the Haus am Checkpoint Charlie, a museum that documents the history of the wall, and interestingly, many of the different ways people tried to escape. Learn about all of the creative ways used to cross over to the other side. After, you can head over to the Brandenburg Gate, another spot of great historical significance. Here, hundreds of thousands of people were finally able to cross from the East side to the West after the fall of the wall. It has traditionally, and continues to be, a political rallying point for different groups and concerns.

If you are still craving museums, Berlin has plenty! Visit the Pergamon Museum, home to one of the world's greatest collections of ancient architecture and art. Also give the Egyptian Museum (Agyptisches Museum) a try as it houses many old Egyptian artifacts and the Jewish Museum tells the story of the relationship between the Germans and the Jews throughout the last few centuries. Art lovers will enjoy the Deutsche Guggenheim Berlin Museum with plenty of modern art that is sure to spark interest and curiosity. The Berggruen Collection at the Die Sammlung Berggruen is also a must-see. Here, see an extensive art collection of Picasso, as well as paintings by Klee, Cezanne and Van Gogh.

For those interested in Berlin's government, past and present, visit the Reichstag, home to the German parliament. Here, you can go up to the glass dome for a view of Berlin, or learn about the fascinating history of the building. For more history from this grim period, visit the Topographie des Terrors, a row of old cellars where prisoners were tortured. See the hundreds of pictures from the era and read the newspaper clippings to get a better understanding of what went on in the cellars and throughout Nazi Germany.

Finally, for an amazing view of Berlin, visit the famous Berlin Television Tower with a viewing room and cafe located 203 meters above ground, providing sweeping views of the city.

Day 3-4 Weimar (2B)

Take a high speed train to Weimar where we visit the Bauhaus museum, Goethe National museum and Goethe Haus. On Day 4, take an excursion by train to historic Wartburg Castle. Option to visit Buchenwald concentration camp, Liszt Haus and Schloss museum.

Weimar is perfect for those interested in German culture and history, spotted with numerous museums and points of interest.

Day 3 estimated travel time:

High speed train 2.5hrs

Days 5 Dresden (1B)

Catch the train to Dresden where we take an orientation walk including a visit to a local market and Frauenkirche Church. Option to visit the Opera house or take a paddle wheel steamer on the river.

Dresden is a stunning and historic city filled with churches, palaces, and stately buildings - which is amazing considering that on the night of 13 February 1945, the Allied forces bombed the city to bits.

Estimated Travel time:

1hr train

Days 6-7 Prague (2B)

Today we head to the capital of the Czech Republic by train. Enjoy a Guided tour of the old town including the Jewish quarter, astronomical clock, Charles bridge and Wenceslas square. We also visit the Communist Museum. Option to visit the Convent of St George and museums.

Prague is regarded by many as the unspoiled jewel in Europe's historic crown. We visit all the major sights of the Old Town and we have time to simply soak up the atmosphere of a unique community where every street, ghetto, inn or theatre tells a story. Just a stone's throw away is Charles Bridge, by day thronged with vendors and street musicians. At night, the bridge is less crowded, and it's much easier to appreciate the scenery as well as the ever-so-slightly sinister quality of the statues looming overhead. Cross the bridge and you'll find yourself in Mala Strana, a far less crowded district that offers the perfect atmosphere for some introspective wandering. If you can handle the stairs, climbing the hundreds of steps to the famous Prague Castle (known as Hradcany), you'll be rewarded with a glorious view of the city. Like Charles Bridge, the castle is best enjoyed at night, when there is dramatic lighting and few visitors. If you're in the area and want to experience traditional Czech pubs, which are guaranteed to be loud, lively, and packed with locals on any night of the week, this is the place to find restaurants serving traditional Czech cuisine such as fried pork cutlets, goulash, and dumplings.

The Prague Ghetto, which includes the Jewish Cemetery and Synagogues is one of the famous areas of Europe where the Jews of the city lived and thrived before WWII and definitely worth a visit.

Prague certainly has no shortage of breathtaking views and the next hill over from the castle, Petrin Hill, offers a less obstructed panorama-style view. If you're not in the mood for hiking uphill, you can always take a cable car all the way to the top. An alternative is an evening watching the sunset from the heights of the Letna Beer Garden, where you can sample Czech beer, world-famous for its superb quality and low cost, on a warm summer evening.

Day 6 estimated travel time:

Train 2.5 hrs

Day 8 Cesky Krumlov (1B)

Travel by private vehicle to the charming town of Cesky Krumlov. Here we visit the 400 year old Eggenberg Brewery, taste the local brew and learn what life was like for ordinary people and the nobility of yesteryear. This evening, embark on a guided ghost story walk through the old town. Option to visit the Castle.

The Old Town of Cesky Krumlov is a unique spiritual location and its ancient houses and historical figures are legendary. on our ghost walk we hear the stories that have been passed down through many generations.

The city of Krumlov, first referred to in 1253 as "Crhumbenowe", had a mixed population of Czechs and Germans until 1938. Its name comes from an old German term: "krumben ouwe" (crooked shaped meadow), which later evolved to Krumlov. In the 15th century Cesky (Czech) was added.

The inclusion of Ceský Krumlov on UNESCO's List of Natural and Cultural Heritage was undoubtedly a turning point in the modern history of the town. The act of including the town itself sent a clear signal to the rest of the cultural world that South Bohemia has something unique to offer.

Estimated travel time:

Private transport 3hrs

Day 9-10 Vienna (2B, 1L)

We drive across the border into Austria, where we visit the state opera house for a guided tour or performance (if available). We also visit the historic Hotel Sacher for lunch and a taste of the world famous Sacher Torte. Its a cultural experience as well as a delicious cake. In your leisure time, option to visit various museums, historic houses and the palace. Depending on the season, visit one of the many outdoor film and opera festivals in the Rathausplatz or Praterpark.

We have time to explore at your leisure. Wander the elegant streets a little more, take in some of Europe's most distinguished art galleries, pay a visit to the stunning Lippizaner horses of the renowned Vienna Riding School, experience a joyful mass with the Vienna Boys Choir, or just settle yourself on a café terrace, order up a slice of mouthwatering Viennese cake and watch the world go by over coffee.

Day 9 estimated travel time:

Private transport 3hrs

Day 11 Budapest (1B)

Catch a train to our last stop: Budapest. Embark on a city walk followed by an opportunity to "take the waters" with the locals on a visit to the thermal bathhouse. Play chess on floating chessboards, relax in the whirlpools and explore the wonderful mosaic domes of the historic thermal steam rooms to understand this popular local tradition.

Situated on a beautiful stretch of the Danube, Budapest consists of two parts: Buda and Pest. Buda is the older and more historical part of the city, with old narrow winding streets and medieval buildings. Here you can find Buda's most ancient sights: the Royal Palace, St. Matthias Church, Fisherman's Bastion and Castle Hill with its old town. You might like to have dinner in a local restaurant on Váci Utca, which is the bustling main street of Budapest.

Estimated travel time:

Train 3hrs

Day 12 Budapest (1B)

You are free to depart at anytime today.

What's Included

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Highlights

Being moved by the opera house in Vienna, Pulling back the now-fallen Iron Curtain and exploring the history of Central Europe, Wandering the cobbled lanes of medieval Ceský Krumlov and Prague, Retracing the rise and fall of communism, Discovering hidden courtyards in Budapest.

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.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. Discovery Adventures is operated in conjunction with G Adventures, the world leader in sustainable adventure travel. An award winning company with over 800 employees and 17 operational offices worldwide, G Adventures has 20 years experience in creating culturally interactive travel experiences. G Adventures advocates a triple bottom line business philosophy where equal attention is given to the environmental, social and economic impact of tourism to achieve long-term environmentally responsible growth whilst protecting destinations & cultural heritage for future generations.

2. YOUR CEO: It is important to note that in Europe, all guiding is based around local guides all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places. Your CEO will be able to help you find a local guided tour in each location if you would like one.

3. LUGGAGE

In Europe it is very rare to find elevators in train stations, hotels or other public places. We use public transport on this trip, which means you will need to carry your luggage from platform to platform, in and out of trains and buses etc. and also possibly up several flights of stairs. You will also need to be able to stow your luggage safely on trains and buses. It is therefore essential that you pack light and bring luggage which is compact and lightweight, and which you can easily transport. The carrying of your luggage remains your responsibility at all times.

Group Leader Description

All Discovery Adventures group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

It is important to note that in Europe, all guiding is based around local guides all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places.

Group Size Notes

Max 16, Avg 12

Meals Included

11 Breakfasts, 1 Lunch.

Meals

Travelling with Discovery Adventures you experience the vast array of wonderful foods and flavors that are available in the world. Some meals are included in the trip price in more remote regions or as a highlight where we can share a local specialty or cultural experience. In many places where there is a choice of eating options, we like to give you the maximum flexibility in deciding where, what and with whom to eat. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each others company, but there is no obligation to do this. Your CEO will be able to suggest favorite restaurants during your trip. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Meal Budget

Allow EUR335-440 for meals not included

Transport

Train, bus, private van, local bus, walking.

Local Flights

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

Solo Travellers

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

Accommodation

Comfort Hotels/pensions (11 nts)

My Own Room

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

About Accommodation

The accommodation level for most Discovery Adventure tours are comfortable, in mid-range hotels, motels, lodges, guest houses, etc. You'll often enjoy air-conditioned rooms, complete with en suite bathrooms and some amenities. Accommodation and amenities can vary by Country and region and please remember that standards can be different from what you are used to in your home country, which is part of the appeal of adventure travel. Some trips may include camping, permanent tented camps or more rustic lodges, depending on the remoteness of where you are visiting. Please see your trip details for more information, specific to your tour. Porterage is not included, but can be arranged directly at most hotels.

It is important to note that accommodations in Europe tend to be quite different to other areas of the world you may have travelled in. Buildings and rooms are generally old and may not have been renovated or maintained to the highest standard. Downtown hotels in Europe were not build to be hotels but rich owners houses, which have been changed into hotels. Therefore unusual room sizes are common as large rooms have been partitioned in the past, resulting in rather "thin" walls. Reception areas, rooms and bathrooms tend to be very small as they were often added into an existing room, and may have a hand nozzle rather than a conventional shower head.

Joining Hotel

Hotel Amano
Auguststraße 43, Ecke Rosenthaler Straße
10119 Berlin
Tel: +49 30 80 94 15 22 21

Joining Instructions

From Berlin airport Shoenefeld:

A metered Taxi will cost approximately 40EUR

A public train can be taken for 3.10EUR to Alexanderplatz, which is a 15 minute walk from our hotels in this area. A taxi from Alexanderplatz station would cost about 6EUR.

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.

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 Operator (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 Office, London, UK

After hours emergency number: +44 7817 262559

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. We highly recommend using a backpack or light sports bag, whichever you find easiest to carry, plus a small daypack. Luggage space on public transport is limited. You must be prepared to carry your own bags and be comfortable carrying them between transport and hotels (max. 15-20 mins walking), hopping on and off trains and public buses and up and down stairs.

Checklist

Documents:

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

Suggested Items:

- Light fleece top
- Light windproof/waterproof jacket
- Small towel and swimwear
- Sun hat
- Personal clothing for mild to hot weather (See also "What to Take" and "Local Dress" sections of this dossier)
- 1 smart outfit for special evenings
- comfortable walking shoes

- Flashlight/torch
- Sport sandals
- Sunblock
- Sunglasses
- Toiletries
- Watch or alarm clock
- Money belt
- First-aid kit (should contain lip salve, Aspirin, bandaids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, insect repellent, extra prescription drugs you may be taking)

Optional Items:

- Camera
- Reading/writing material
- Binoculars
- Cover for backpacks

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas

Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your responsibility to have the correct travel documentation. While we provide the following information in good faith, it is vital that you check yourself and understand that you are fully responsible for your own visa requirements.

All visitors to the EU (European Union) and EEC (European Economic Community) countries require a valid passport (with a minimum 6 months validity). USA, Canada, Australia and New Zealand passport holders do not need a visa to visit the Schengen area (see below), however they may not stay longer than three months in any 6-month period.

For other nationalities, travelling in Europe has been simplified with the introduction of the Schengen visa. As a visitor to the Schengen area (Austria, Germany, Netherlands, Belgium, Greece, Norway, Denmark, Iceland, Portugal, Finland, Italy, Spain, France, Luxembourg, Sweden, Czech Republic, Hungary, Estonia, Latvia, Lithuania, Malta, Poland, Slovakia, Slovenia and Switzerland) you will enjoy the many advantages of this unified visa system. Generally speaking with a Schengen visa, you may enter one Schengen country and travel freely throughout the Schengen region during the validity of your visa. There are limited border controls at Schengen borders, if any at all.

Please note that the UK and Ireland are NOT part of the Schengen agreement.

A Schengen visa is applied for at the Embassy or Consulate of the Schengen country in which you will be spending the most nights on your trip to the Schengen space. If you are only visiting one country on your trip then you apply for your visa at the Consulate of this Schengen country.

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

Credit cards and debit cards are very useful for cash advances but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs). Both Cirrus and Plus system cards are the most widely accepted debit cards. Visa cards are the most widely accepted credit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work - Check with your bank. You should be aware when purchasing products or services on a credit card, that a fee usually applies.

Do not rely on credit or debit cards as your only source of money. A combination of Euros, traveller's cheques and cards is best.

Avoid relying on traveller's cheques alone as these are less and less readily cashed as clients use them very little.

Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

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

Emergency Fund

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

Tipping

Although not compulsory, tipping is expected and is an expression of satisfaction with the people who have assisted you throughout 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 will be several occasions during this trip where there is the opportunity to tip the local guides that we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides range from 3-5 USD/EUR 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 your trip, if you felt that 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/EUR per person, per week can be used.

Optional Activities

Berlin

- Pergamon Museum - €12
- Schloss Charlottenburg - €10
- TV Tower - €10
- Bike tour - €20
- Walking tour - €15
- River Sightseeing Tour - €16
- Berliner Dom - €5
- Reichstag - free
- German History Museum - €5
- Natural History Museum - €6
- Berlin Zoo - €12

Weimar

- Buchenwald concentration camp (free)
- Liszt Haus EUR 3.00
- Schlossmuseum EUR 5.00

Dresden

- Paddle wheel steamer on the Elbe EUR 12.00
- Zwinger fortress, Albertinum EUR 5.00
- Opera house EUR 6.00

Prague

- Castle tour 250 - 350 CZK depending on length of tour
- Convent of St George CZK 100
- Wallenstein Gardens (free)
- Kafka museum CZK 120
- Vysehrad fortress and graveyard (free)
- Mucha Museum CZK 160
- Charles bridge museum CZK 150

Cesky Krumlov

- River rafting from 350.- CZK for 2 people
- Castle visit from CZK 45.- to CZK 350.- depending on which areas you visit
- Egon Schiele Art Centre CZK 120

Castle Gardens (free)

Vienna

Hofburg apartments EUR 7.50

Imperial vault EUR 5.00

Belvedere palace EUR 7.50

Museumsquarter & Leopold museum EUR 9.00

Secession building EUR 6.00

Schonbrunn palace (EUR 10.50

Albertina EUR 9.00

Please note that optional activities can be booked locally through your CEO - prices are subject to change at any time.

Health

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

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

Safety and Security

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

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

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

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

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

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

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.

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

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

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for Planeterra's

[monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.