Last Updated:

-

day:

What's Included

English speaking local guide and assistants for the Everest Base Camp trek, Porters included on the trek, Trekking to Everest Base Camp

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 Kathmandu

You may arrive at the joining-point hotel at any time on Day 1 as no group activities are planned for today except for a group meeting in the early evening followed by an optional dinner. It is important that you arrive in time for this meeting as we will cover important aspects of the trek. Please check the entrance of the hotel for a notice from your CEO detailing the location of the meeting.

Day 2-4 Pakding/Namche Bazaar

Upper Khumbu is a region of dazzling light and immense spaces; of highland valleys ringed by soaring snow covered peaks. According to the Sherpa Khumbu is a sanctuary for Buddhists in times of trouble and where there is still a hidden inner valley which will be revealed in a time of great need – perhaps this accounts for the magical feeling that permeates the region.

Mount Everest (8848m), known to the Nepalese as Sagarmatha and Qomolangma to the Tibetans was ‘discovered’ in 1852. Isolated and considered of little importance to either Sherpa or Tibetans, the mountain is home only to a minor deity. The newly confirmed “highest mountain in the world” received its English name in honor of Sir George Everest, the recently retired head of the Survey of India.

First summited by Tenzing Norgay and Sir Edmund Hillary in 1953, Everest has traditionally been the ultimate goal for mountaineers from all over the world. Today trekkers seek the challenge of reaching the mountaineer's base camp, an incredible achievement in itself.

Our accommodation comprises small, basic teahouses along the trail. These cozy remote teahouses are operated by the mountain Nepalese to cater for trekkers and offer simple yet filling and delicious meals to sustain our efforts. This is a challenging trip and involves difficult trekking at high altitudes but the whole experience is simply awe-inspiring!

Details of the trip are subject to change due to weather conditions or any other factors outside the control of G Adventures or its agents.

Days 2-4

The mountain flight into Lukla is spectacular and the landing an exciting beginning to the trek – one end of the runway is 60 meters higher than the other. Heading through pine and cedar woods along the Dudh Kosi to Phakding you will encounter your first yak caravans carrying trekking and equipment and supplies – including yours – towards base camp. These wonderful beasts creating mobile roadblocks, or virtual avalanches on downhill stretches, are a feature of all treks in the Everest region. It is also possible to see musk deer, Himalayan tahr and, if you sit quietly on the river banks, water rats.

Namche Bazaar is the administrative capital of the region, historically it was the staging point for trading expeditions to Tibet and its Saturday market remains an important event bringing traders from villages a week's walk away. An acclimatization day allows for an excursion to Thame and Khumjung, the green villlage. Intricately carved mani stones mark the path to this large valley with a picturesque gompa on the hillside overlooking the valley.

Day 2 - Pakding (2652m)3hr walk

Days 3-4 - Namche Bazaar (3440m)6hr walk - 9km

Day 5 Tengboche (3810 M)

Leaving Namche the route is unbelievably beautiful – the Dudh Kosi is far below and Thamserku, Kantega, Ama Dablam, Lhotse and Everest rise in front. Woods, rhododendron forests, mani walls, chorten and suspension bridges across the river make this a lovely walk. The morning view from Tengboche is justifiably considered one of the most magnificent in the world. Tengboche Gompa, the cultural and religious center of Khumbu. Founded in 1912, it has been destroyed and rebuilt twice as the result of earthquake and fire.

Day 5 - Tangboche (3810m) 6-7hr walk - 9km

Day 6-7 Dingboche

Stone steps lead down through rhododendrons, birches and conifers where, due to the hunting ban, almost tame pheasants are regularly seen. At the bottom lies the small village of Deboche and its nunnery. Rising above the tree line the trail enters alpine meadows of scrub juniper and, in summer, a profusion of wild flowers. From Dingboche, the only place in the region where barley is grown, the mountain views are outstanding. An acclimatization day here can be used to hike up the Imja Khola to Chhukung or Nagarzhang Peak a small summer settlement from where the views of Island Peak (6189), Lhotse, Ama Dablam and the fluted ice walls flanking the Amphu Lapcha pass are one of the highlights of the entire trek.

Days 6-7 - Dingboche (4410m) 6hr walk - 8km

Day 8-10 Lobuche/Everest Base Camp

On Day 8 we will walk through Alpine meadows and summer yak pasture that lead toward the end of the moraine of the Khumbu Glacier where there is a steep, tough climb. There are stone monuments to six Sherpa who died in avalanche as well as monuments to other climbers. From Lobuche the view is straight towards Nuptse and sunset is truly magnificent. Altitude makes the climb onto the Changri Glacier tough. We will reach Gorakshep, near a small, usually frozen lake, by lunchtime on day 9. After lunch trek to Everest Base Camp, the route to base camp follows the Khumbu Glacier with its intriguing 15-meter-high seraces of ice, a feature unique to Himalayan glaciers and come back to Gorakshep for overnight.

Early on morning 10 we make a side trip up Kala Pattar for sunrise, which provides the best views of Everest. The descent back to Pheriche is not difficult, but the altitude can make the many uphill sections below Gorakshep seem long but the scenery will be appreciated.

Day 8 - Lobuche (4900m)5hr walk - 7km

Day 9 – Gorak Shep (5184m)3hr walk - 6km and hike to Everest Base Camp (5300m) 4 hrs overnight Gorak Shap

Day 10 - Pheriche (4270m) Early morning trek to Kala Patter (1.5hr walk) for Sunrise then 5km - Pheriche .

Day 11-13 Tengpoche/Mongo/Lukla

Descend the Imja Khola past Pangboche, the highest permanent settlement. Its gompa, the oldest in Khumbu, is built over the hermitage of Khumbu's saint Lama Sanga Dorje. The juniper trees on either side are said to have sprung from hair cut from his head and a rock-like projection is a piece of mountainside he pulled out for protection one day. Continue down through Namche Bazaar and Phakding to Lukla.

Day 11 - Kyangjuma (3840m)4hr walk

Day 12 - Monjo (2835m)5hr walk

Day 13 - Lukla (2860m)3hr walk

Day 14 Kathmandu

Today we take the short flight back to Kathmandu where the rest of the day is free for shopping, sightseeing or relaxing in one of the many rooftop cafés.

Day 15 Kathmandu

You may depart at any time today.

What's Included

English speaking local guide and assistants for the Everest Base Camp trek, Porters included on the trek, Trekking to Everest Base Camp

Highlights

Trekking to the Everest Base Camp, conquering high passes and glaciers, witnessing Sherpa villages and panoramic views, meeting locals during teahouse stays.

Dossier Disclaimer

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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.

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. Weather conditions in the Himalayas can change rapidly and our CEO may be forced to change the trip itinerary accordingly. Travellers need to be prepared for all weather conditions. For more information please read the "what to take" section of this trip notes. 2. While our itineraries are designed to allow for adequate acclimatisation you are likely to feel the effects of altitude sickness and oxygen deprivation whilst on this trek. Please be aware that your CEO may deem it unsafe for you to continue trekking at any time, and arrange for you to descend to a lower attitude.

Group Leader Description

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

Group Size Notes

Max 15, Avg 10

Meals Included

No meals are included.

Meals

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

Meal Budget

Allow USD420-550 for meals not included.

Transport

Plane, bus, walking.

Local Flights

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

Solo Travellers

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

Accommodation

Hotels/guesthouses (2 nts), teahouse lodges (12 nts).

My Own Room

Not available on this tour.

About Accommodation

A Tea House is the combination of guest house, restaurant, and social hang out. Private rooms are available in most Tea Houses, except for high altitudes ones where it will be just dormitories. The lodges are fairly basic. The rooms are spare with twin beds and very little additional furniture. Blankets are generally provided. Most bathrooms are shared and toilets can be either squat type or the western version. Most of the Tea Houses have running water facility. Many of them have hot water available for bathing at additional cost. Solar heaters depend on day'w weather. But we discourage our groups from using water heated by wood, as lack of firewood in most villages is a big environmental concern in Nepal. It is advisable to carry wet wipes as an alternative

There is a large dining room-cum-lounge, warmed by the bukhara stove (an iron cylinder, fitted with a chimney duct, in which a log fire is lighted). There is normally no electric lighting in the rooms unless the village has hydroelectric power. The dining room usually has solar lighting. Most teahouses now also have electricity for charging small appliances - mobile phones and cameras - and there may be a small charge for this.

During a Tea House trek you will usually have breakfast and dinner in the Tea House, lunch will be eaten at one of the trail side restaurants. Every Tea House serves the traditional Nepali meal Dal Bhat (rice and lentils), as well as a variety of different food items, such as rice, vegetables, noodles, potatoes and soup. Some have Nepali versions of western food such as pizza, pasta and French fries. Soft drinks, snacks and beer are available in most of the Tea Houses and trail side restaurants. And of course Nepali milk tea is served everywhere.

All tea houses have boiled water for trekkers. We discourage the purchase of bottled water while on the trail. The plastic bottles are difficult to dispose off and have become an environmental problem.

Joining Hotel

Fuji Hotel & Guesthouse
G.P.O. Box 6209
Thamel
Kathmandu
Nepal
977-1-4250435, 4250436

The following location will be used for the October 25th departure:

Hotel Vajra
Bijeswari, Swayambhu
Kathmandu, Nepal
Tel: 00 977 1 4271545

Joining Instructions

When arriving into Tribhuvan Intl Airport in Kathmandu you will notice how small the city really is. It is on 7km from the downtown area and the only way to get there is by taxi. You can arrange a prepaid taxi from the counter outside of the baggage hall run by the Airport Queue Taxi Service Management Committee for about 500 NPR (approx 6-8 USD)). Please be aware of people wanting to help you with your bags as they will ask for money once you get to your taxi. If you have paid for an arrival transfer when you booked your trip our driver will be waiting for you with a G Adventures Sign with your name on it. Please check carefully once you exit the baggage hall as there seem to be hundreds of people waiting outside in the arrival area. Please also be wary of people acting on our behalf by assisting you and then asking for ridiculous tips. They are unauthorised people hovering around and inside the airport and do not have any relation to G Adventures. If you have do not find transfer booked through us please call our emergency contact for airport transfers Mr. Rajju +977 9802014444

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 trip CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your CEO, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

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

AIRPORT TRANSFER
If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications at Tribhuvan Internartional Airport please call our local G Adventures Transfer providers directly at:
Mr. Rajju Maskey
From outside of Nepal: +977 98 0201 4444
From within Kathmandu: 98 0201 4444
From within Nepal, but outside Kathmandu: 098 0201 4444

EMERGENCY CONTACT NUMBERS
G Adventures South Asia Manager, Rishab (Delhi, India)
Emergency number:

From outside of India: +91 99 7179 5447
From within Delhi: 99 7179 5447
From within India, but outside Delhi: 099 7179 5447

G Adventures Office Bangkok, Thailand
During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

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

This is a very active trip, meaning you will be on the move most of the time, so pack as lightly as possible. We provide one porter for every two travellers; your trekking gear will be carried by the porter in a water-proof duffel that we will provide. The maximum the porters are allowed to carry is 10 Kg/22lbs per passenger. Some of your luggage can be left in Kathmandu (the hotel may charge a storage fee), but you will need to take all your trekking gear with you. Please note that as you will be sharing the duffel with a fellow trekker from the group during the trek, a lightweight cotton or plastic bag is recommended to keep your gear separate.

Important to note:
- Please read the 'Checklist' section of this trip notes for additional details of what you need to bring for the trek on this trip.
- You will need to bring a comfortable medium sized day pack to carry the things that you will need during the day. This should have a waist strap or (better) a padded waist belt.
- The weather is subject to change in high altitude so layered clothing is recommended throughout the year.

Checklist

Pocket hand warmers (for winters)
Hand sanitizing lotion
Reading/writing material
Binoculars
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, Chlorine Dioxide (water purification tablet for water sterlisation). wet wipes for cleaning can be purchased at Kathmandu.
Protein bars, chocolate, dried fruits, candies and snack foods.
Travel documents: passport, visa, travel insurance, air tickets, voucher,passport photo (x 3)
Health requirements arranged
Money: cash/credit card
Money pouch
Swiss army knife
Whistle to attract attention in the event of an emergency.
Spare Boot Laces
Sleeping Bag/Sleep sheet - Four season bag is recommended for high altitude
trekking in summers and -20 degrees sleeping bag in winters. Sleeping Bags can be rented in Kathmandu at reasonable rate.
Light weight Towel
Toiletries
Day pack to carry your personal needs during the day
Alarm clock and torch/flashlight - headlamp style is ideal
Insect repellent, sunscreen and lip balm
Ear plugs & eye mask can assist light sleepers
Refillable water bottle - Min 1 Litre Aluminium or Nalgene polypropylene are best
Nepali phrase book
Hat - Beanie with ear flaps or balaclava for nights, peaked 'French Legionnnaires' style that will keep neck protected. Sunglasses

Gloves - wool or fleeced and gore tex
Scarf
Sarong a multitude of uses
Bag Liners to waterproof your bags
Sewing Kit
Wind and waterproof Jacket & Pants
Comfortable and sturdy walking shoes (worn frequently prior to departure)
Socks: thick wool blend and thin cotton to be worn in combination - ensure boots fit such combination
Running shoes or sandals for evening
Wool jumper / sweater / fleece. Lightweight during summer, 1 heavyweight or 2 lightweights during winter months. Down jackets in winter. Down jackets can be hired in Kathmandu.
Fleece Jacket
T Shirts 2 or 3
Shirt - Long Sleeved
Pants - lightweight long trousers (jeans are unsuitable)
Thermals upper and lower
Extra warm clothing during winter (December to March) layered clothing - thermals.

Laundry

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

Visas

Please note it is your responsibility to arrange visas before you travel. Your travel agent can assist. Below are the visa requirements at the time of printing. NEPAL: All foreign nationals (except Indians) require a visa to enter Nepal. Visas are obtainable from embassies abroad or on arrival at Kathmandu's Tribhuvan airport. If getting the visa at the airport be prepared for long queues. You will also need to provide one passport photo and the following fees in US dollars cash only: single entry visa valid for 15 days - US $25: Single Entry Visa for 30 days - US $40 and multiple entry visa valid for 90 days - US $100

Detailed Trip Notes

Trekking has been long established in Nepal, providing stunning views in a natural landscape. Trekking can be difficult in parts, with a lot of uphill and downhill climbing, but within the capabilities of any healthy person with an established level of walking fitness. Often stubborness (endurance) helps. Walk at your OWN pace – slow and steady is the way to go – being fit or unfit is not the primary control here, it is how you deal with altitude. DO NOT RUSH! The only reward for trying to prove something by being first is nausea, vomiting and a splitting headache! GO SLOWLY – plod on at a steady pace, pause, standing to rest – don’t sit too often – it is harder to get going again. Don't care about whether others are ahead! The path is clear, your guides keep track of where you are. There is plenty of time so walk at YOUR pace regardless of how far behind you may think you are. Remember the sun is intense – wear sunscreen and sunglasses It is colder than you think, especially in the wind – if you take off layers whilst walking make sure to put them on again as soon as you stop or are in the shade – don’t wait to get cold.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com As of Feb 2012 the exchange rate for NEPAL was 1 USD = 78,76 NPR (Nepalese Rupees). There are many ATM machines that accept both Visa and Mastercard but these are limited to Kathmandu and Namche Bazaar. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

Emergency Fund

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

Departure Tax

All departure taxes should be included in your international flight ticket.

Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from $1-$2 USD per person per day depending on the quality and length of the service, for porters during the trekking portion of your trip, the recommended amount is 300-500Rs (4-7USD) per day; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline $20-30 USD per person, per week can be used.

Optional Activities

We suggest you bring along USD50 for additional sightseeing.

Health

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

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

Safety and Security

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

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

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

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

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

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

Trip Specific Safety

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have a safety deposit box which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Medical Form

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

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

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

Travel Insurance

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

Planeterra-The G Adventures Foundation

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

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

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

Local Dress

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

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and 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.