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Sorry! There are no remaining departures for "Explore Cape Town" (TDACTC), [but here are some similar trips](#).



**Last Updated:** April 1, 2013

## Explore Cape Town - TDACTC

4 days: Cape Town to Cape Town

### What's Included

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Numerous optional activities are available at additional cost

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

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

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

### Itinerary

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### **Day 1 Cape Town**

Arrive at any time. Your G local rep will go over the details of your stay and arrange your choice of optional activities. Enjoy the rest of the day at leisure.

Please note your local rep will be happy to book optional activities for you.

Cape Town's name originated from the term 'Cape of Good Hope' when Bartholomew Diaz and other seafarers looked forward to the sight of Table Mountain, like an inn that promised hospitality and prosperity. The city is steeped in a rich history and is a cultural melting pot with its diverse and vibrant character being derived from Khoisan and other African tribes from the North, and Indonesian, French, Dutch, British and German settlers. Cape Town is the third most populous city in South Africa, with over 3 million inhabitants, and is the provincial capital of the Western Cape. It is also the legislative capital of South Africa, where the National Parliament and many government offices are located.

For shopping, dining and entertainment the V&A Waterfront is a hotspot for foreigners and locals alike. Still a working harbour, the Waterfront is an example of creative architecture and restoration and has become South Africa's most visited tourist attraction. The Waterfront offers over 250 shops from designer boutiques to craft stalls, a host of restaurants and coffee shops and plenty of other activities.

### **Day 2-3 Cape Town (2B)**

Cape Town has a lot to offer. Please find a list of some optional activities (at additional cost) you could choose from just to give you some ideas, there is obviously a lot more you can do in vibrant Cape Town:

#### **Cape Point & Boulders Beach Explorer**

Depart the hotel and flank the Atlantic Ocean en route to Hout Bay. Once a fishing community, now one of the most popular residential areas, the harbour still has a charm of days gone by. We continue over the famous Chapman's peak, with a 200 meter

drop on one side, making our way south until we reach Cape Point and the Cape of Good Hope; the meeting place of the two mighty oceans, the Atlantic and the Indian. Continue on past Simonstown, en route to see the famous Jackass penguin colony at Boulders beach. Our last stop of the day is at Kirstenbosch Botanical Gardens, home of some 3500 species of Southern African fauna and flora.

(It is possible to go up Table Mountain by Cable car if you choose - this is at additional cost to you at approx: R145.00 per person - weather permitting)

#### Full day Cultural Tour and Robben Island (weather dependent)

Today we will visit the townships - a tour that offers you insight and interaction with different cultures, communities and individuals. We start with a tour of the Bo-Kaap Cobblestone streets, colourful houses, mystical mosques, spiritual shrines and beautiful views in the Malay quarter, whose distinctive traditions and culture have contributed to Cape Town's development. At district six we explore the site that was once home to thousands of people of various cultures, but is now a desolate wasteland because of forced removals in 1966. We also visit Langa, the oldest formal township in Cape Town. After a visit to Khayelitsha, we will transfer to the waterfront to catch the ferry to Robben Island. People lived on Robben Island many thousands of years ago, when the sea channel between the Island and the Cape mainland was not covered with water. Since the Dutch settled in the Cape in the mid 1600's, Robben Island has been used primarily as a prison holding political prisoners and anti-apartheid activists; the most famous being Nelson Mandela. Robben Island is surrounded by the shark infested and ice-cold currents of the Atlantic, which deterred all prisoners from making a swim to the mainland. Today, Robben Island is used to tell the story about victory over Apartheid and human rights abuses.

#### Full day Hermanus and Whale Route (Seasonal) – operating Wed/Fri/Sun – July to November only

Enjoy a full day along South Africa's stunning "whale" coast: We depart early along the scenic coastal Clarens drive with spectacular views of False Bay. Along the way, we stop at Harold Porter National Botanical Garden with its spectacular bird and plant life, then continue on to Hermanus where whale watching is enjoyed from the craggy cliffs that line Hermanus's shoreline. You will have some free time to explore this beautiful coastal town, prior to returning to Cape Town.

#### Full day Winelands – Paarl, Franschhoek and Stellenbosch

This morning we drive north to Paarl to visit Nelson's Creek cellar for wine & cheese tasting followed by a drive past Drakenstein Prison, where Nelson Mandela was released in 1990. Continue on to Franschhoek to enjoy wine tasting at the vineyards followed by a visit to a village nestled amongst the mountains, then stop at the Huguenot Memorial. We continue over the Helshoogte mountain pass into Stellenbosch for a city tour and free time before our final stop at the famous Spier Estate for wine tasting.

#### Full day Private Game Reserve Safari

Depart early for the drive to Aquila Private Game Reserve (reserve is subject to change, based on availability) where you will receive a full breakfast followed by a 2-3 hour 4X4 game drive with an experienced game ranger. Wildlife observation can include Elephant, Buffalo, Rhino, Giraffes, Crocodiles, Blue Wildebeasts, Zebras, Ostriches and a variety of Buck species. Lunch is included before return to Cape Town later in the afternoon.

#### Township Volunteer Experience

Full day interaction experience in the Red Hill rural area Township.

Many schools in this area face a shortage of classrooms and facilities, and as a result must limit the number of children they can accommodate. During our time here, we can help in various projects that are ongoing at the time, which can include; fixing fences and windows, rebuilding and painting classrooms, or there are also opportunities to assist teachers with reading programs, one-on-one tutoring and special classes for children who need extra help with their studies, conduct arts and crafts, music and dance activities, co-ordinate and coach sports events, and help distribute meals.

(not available when school is not in session - for example, over weekends, holidays, etc).

#### Full day Cape Point including Biking and hiking

This is a full Cape Peninsula tour including the fishing village at Hout Bay, drive over Chapman's Peak towards the Cape of Good Hope Nature Reserve. In the Reserve, we take our mountain bikes along paths to enjoy the breathtaking views and clean sea air. We also can enjoy a short cliff top hike from Cape Point to the Cape of Good Hope. Later in the afternoon we enjoy an included picnic lunch before setting off to Boulders beach to visit the rare colony of Jackass penguins.

#### Full Day Spier Wine Estate

Today we visit the World renowned Spier Wine Estate for wine tasting and included lunch at one of the trendiest eateries in the Eastern cape: Moyo Restaurant. Enjoy an informal wine tasting at Spiers Welcome Centre, an exploration of the close relationship and balance between wine and cheese. Focusing on the vintages of the Spier Classic Range, a Wine Educator will pair regional South African cheeses with three Spier Wines. Also included is a visit the Cheetah Outreach Centre and Eagle Encounter, two activities that endeavor to raise awareness and funds for wildlife conservation. You also will have free time to walk the numerous

trails and paths around the beautiful Estate

#### Full day Footsteps to Freedom and Township Tour

Listen to stories of Dutch and British rule at the Cape, slavery and apartheid, freedom and democracy on your morning walking tour of the historic heart of Cape Town.

Get interactive with township residents in the afternoon while visiting homes, taverns, kindergarten and various memorials.

Operating daily, except for Sundays.

#### Day 4 Cape Town (1B)

Depart at any time.

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## What's Included

Numerous optional activities are available at additional cost

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## Highlights

Taking in as much of Cosmopolitan Cape Town as you wish.

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## 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.

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## Important Notes

1. SOUTH Africa is to enforce new rules requiring proof of Yellow Fever vaccination for all travelers - even in airport transit - who have been in Zambia or other countries where the disease is endemic. The stricter guidelines, effective 01 Oct 2011, will see pax without an international Yellow Fever certificate refused entry.

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## Group Leader Description

The tour that you have selected is an independent tour and is unescorted. You will receive information about your tour upon arrival and will have a local G Adventures Rep (Day 1 only) to assist you with settling in and helping you in booking optional activities in and around Cape Town.

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## Meals Included

3 Breakfasts.

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## Meals

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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 inexpensive.

## Meal Budget

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Allow USD100-200 for meals not included.

## About our Transportation

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Optional Tours/activities: Many of the optional tours will be by private van, car or taxi, while others may be shared with other travellers depending on availability, nature of the activity and destination. For transfers, you may have a local non English-speaking driver only, for optional tours, you will be accompanied by an English speaking local guide.

## Accommodation

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Comfortable hotel (3 nts)

## About Accommodation

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A variety of accommodation standards are available for Independent tours, see your dossier for the accommodation class specific to your tour. Please remember that hotel/lodge/resort standards can be different from what you are used to in your home country, which is part of the appeal of adventure travel . Portorage is not included, but can be arranged directly at most hotels.

## Joining Hotel

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Address:  
Cape Town Hollow  
88 Queen Victoria Street, Gardens  
Cape Town, Western Cape  
South Africa  
+27 (021) 423-1260

In cases where there is no availability in this hotel, we will use a city hotel of similar standard.

## Joining Instructions

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There is no airport transfer included in this package.

If you have booked and arranged an airport transfer with G Adventures, please note the following:

Upon arrival to the Cape Town Airport, you will be met by our local representative carrying a G Adventures sign. Look for him/her in the main corridor just outside of the secured luggage retrieval area.

The G Adventures Experience officer will meet you at your hotel in Cape Town to make sure you are settled in and to help you with optional activities and make and confirm the arrangements for you.

## Arrival Complications

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Emergency Contact

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Should you need to contact us during a situation of dire need, it is best to first call 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 (Cape Town, South Africa)

After Hours Emergency number:

From outside South Africa: +27 82 5757 434

From within South Africa: 082 5757 434

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0844 272 0000

Calls from Germany: 01805 70 90 30 00

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What to Take

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Your baggage should be clearly labelled and 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 windy, cool evenings. A set of smart casual clothes is also advisable.

## Checklist

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Suggested Items:

- Small towel and swimwear
- 3 shirts/t-shirts
- Sun hat
- 1 pair of shorts
- 1 pair of long trousers
- Sturdy walking shoes
- Sun block
- Sunglasses
- Watch or alarm clock
- Money belt
- 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)

Documents:

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

Optional Items:

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

## Laundry

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Laundry facilities are offered by your hotel for a charge.

## Visas

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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

## Detailed Trip Notes

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### REGIONAL INFORMATION

#### Climate

Southern Africa is renowned for its excellent outdoor living climate. The winter months are from May to September and are characterized by cold nights and pleasant days. Summer is from October to April and starts off with increasing dry heat and dust. Rains generally only start from mid to late December and last until March; this period is hot and humid. Large parts of Namibia are desert environment, so you will have to come prepared with appropriate clothing for the winter season (nights only).

Electricity 220-240V, 50Hz. Electric plug types come in two sizes and are standard throughout the countries. The two and three round pin standard plugs are acceptable in most parts of these countries.

#### Language

There are multiple official languages in Namibia and South Africa, although English is widely spoken. There are also numerous dialects spoken throughout different parts of these lands.

### SOUTH AFRICA

Full country name: Republic of South Africa Area: 1,221,037km<sup>2</sup> (447,443mi<sup>2</sup>)

Population: 47,432,000 (July 2005 estimate), 44,819,278 (Census 2001)

Capital cities: Cape Town (Legislative), Pretoria (Administrative) and Bloemfontein (Judicial)

People: Zulu, Afrikaners, Xhosa, Basotho (South Sotho), English South Africans, Bapedi (North Sotho), Indian/Asian, Venda, Tswana, Tsonga, Swazi, Ndebele, others

Language: Afrikaans, English, Zulu, Xhosa, Swati, Ndebele, Southern Sotho, Northern Sotho, Tsonga, Tswana, Venda

Religion: Zion Christian 11%, Pentecostal/Charismatic 8%, Catholic 7%, Methodist 7%, Dutch Reformed 7%, Anglican 4%, other Christian 36%, Islam 2%, none 15%

Government: Parliamentary democracy

Major industries: mining (world's largest producer of platinum, gold, chromium), automobile assembly, metal working, machinery, textiles, iron and steel, chemicals, fertilizer, food stuff, commercial ship repair.

Major trading partners: U.S., UK, Japan, Germany, Netherlands, China, France, Saudi Arabia, Iran (2004).

Currency: Rand (ZAR), consisting of 100 cents

### HISTORY

Recommended reading: Long Walk to Freedom (Nelson Mandela), A History of South Africa (Leonard Thompson), Cry the Beloved Country (Alan Paton), No Future Without Forgiveness (Desmond Tutu)

### CAPE TOWN

Cape Town's name originated from the term 'Cape of Good Hope' when Bartholomew Diaz and other seafarers looked forward to the sight of Table Mountain, like an inn that promised hospitality and prosperity.

Cape Town is steeped in a rich history and is a cultural melting pot with its diverse and vibrant character being derived from Khoisan and other African tribes from the North, and Indonesian, French, Dutch, British and German settlers.

The oldest existing building in South Africa, the Castle was built in 1666 to protect the new settlement at the Cape. Still operational as a military base, today its five imposing stone walls also house a museum with artifacts dating back to the 17th century and troops dressed in historic uniform parade on its cobbled grounds.

Nearby, across the Grand Parade, stand the Drill Hall and Cape Town's Italian Renaissance-style City Hall, completed in 1905. The Slave Lodge, the second oldest building in Cape Town, has served many purposes in its nearly three centuries. Originally built as accommodation for the slaves of the Dutch East India Company, it was also Cape Town's first post office, a library and the Supreme Court. Today it is home to the SA Cultural History Museum and its displays of ceramics, toys, silver and textiles from Cape Town's past, as well as artifacts from ancient Egypt, Greece and Rome.

The historic Company Gardens, established by Jan van Riebeeck in 1652 as a vegetable garden from which to supply fresh produce to passing ships, today offers city dwellers and office workers a peaceful refuge from the bustle of the city's commercial centre. A cobbled avenue, lined with oak trees, leads to the South African Museum, the South African National Gallery, the Bertram House

Museum and the Jewish Museum, which is housed in the oldest synagogue in South Africa.

Just beyond, South Africa's Parliament buildings stand in imposing array around the cobbles of Stal Plein ("plein" meaning "square"). Numerous other buildings of historic interest, such as Koopman de Wet House in Strand Street, Heritage Square in Bree Street, and many along the upper reaches of Long Street, are dotted throughout the city centre.

Situated on the lower slopes of Signal Hill, the Bo-Kaap (literally "upper Cape") is home to many descendants of the Malay slaves brought to the Cape during the 17th century. Most of the families, which inhabit its colourful rows of houses, are devout Muslims, and the call to prayer can be heard in the narrow, cobbled streets throughout the day. The Bo-Kaap Museum portrays aspects of Cape Muslim culture.

## ROBBEN ISLAND

After Alcatraz in the United States, Robben Island (Island of Seals) is possibly the best-known prison island in the world.

Having served over the centuries as a penal settlement, leper colony and lunatic asylum, its notoriety has, more recently, centered around the fact that President Nelson Mandela and many of his colleagues were imprisoned here during the apartheid era. Regular trips are made to the island, a world heritage site, by a ferry, which departs from the V&A Waterfront.

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## 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.

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## Money Exchange

Travelers' cheques are not recommended in Africa. They are difficult if not impossible to exchange in many places. Where they are accepted, you often need the receipt of the purchase of the cheques, and the process of changing cheques where possible is extremely time consuming. Please do not expect to rely on traveller's cheques for access to cash in Africa.

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 a 4-digit PIN). The Visa/Plus system cards are the most widely accepted debit cards; it is harder to find machines for MasterCard/Cirrus cards. While there are many ATMs in the major centres, there are no guarantees that your credit or debit cards will actually work in Africa. Check with your bank.

Credit cards can be used in major cities and towns ONLY but please do not rely on them as a method of payment because they are generally not widely accepted. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Credit cards, especially Visa cards, ARE INDEED USEFUL, HOWEVER, for taking cash advanced in ATMs

Please note that in many areas there may be occasional power-outages, where there will be no electricity for hours at a time. In addition, ATMs outside of larger centers often run out of cash or can be out of order unexpectedly. These factors could affect your ability to access money from ATMs. As such, please do not rely on credit or debit cards as your only source of money.

A combination of foreign currency and debit/credit cards for cash advances is best, with traveller's cheques being a distant third option. 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](http://www.xe.com).

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## 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!

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## Departure Tax

USD40, may be included in the international air ticket

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## Tipping

Tipping is optional and related to good service received. This is just a guideline that guests can use:

PORTERS: R7.00 per bag ;

WAITERS (Restaurants): 10% of the total bill as a general guideline;

CHAMBER MAIDS: R10.00 per day as a guideline;  
BARMEN/LADIES: 10% of the total bill as a general guideline;  
GAME RANGERS: R50.00 per activity  
Tour guides: R50.00 per activity

## Optional Activities

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Optional activity prices are subject to change and can fluctuate in relation to the high/low season and the number of people on a specific excursion. Not all excursions listed here may be available, due to season, or weather conditions. As generally not a lot of time is spent in start/end cities, you may want to arrange to arrive early, or stay longer after the trip in order to allow sufficient time to participate in optional activities there.

All prices are per person, are in US dollar amounts, are subject to availability and are only an indication due to currency fluctuations. The optional activities in South Africa need to be paid in Rand.

South Africa

Cape Town

Home Dinner- \$50 p/p (Incl. Transfer&Guide)

Table Mountain Cableway- one way ticket- \$12 p/p

Table Mountain Cableway- return ticket- \$23 p/p

Township tour \$77

Robben Island (Tour times are: 9:00, 11:00, 13:00 and 15:00) \$30 p/p (3 hrs)

For bookings: +27 21 413 4263/4 (Credit card details required). In peak season it is recommendable to book 3 days in advance.

Boulders Beach (where the Jackass Penguins can be seen)

Entrance- \$5 p/p

Cape of Good Hope (Cape Point)

Entrance- \$10 p/p

Shark viewing and cage diving (including transport): \$175 p/p

Two Oceans Aquarium

Adults- \$13 p/p

Children (14-17 yrs)- \$8 p/p

Table mountain hike to Platteklip (3 hrs) \$60

City sightseeing bus tour (hop on hop off bus) One day pass- \$20 p/p

Winetasting Stellenbosch (8hrs, min3 pax)

\$85

Lambert's Bay Area

Visit to the Bird Island \$5

## Health

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

Yellow Fever Certificate Note:

It is compulsory to show a valid Yellow Fever Certificate if you are travelling to South Africa from a Yellow Fever endemic country. Entry into South Africa when travelling from the following countries (but not limited to) will require a Yellow Fever Certificate: Uganda, Kenya, Tanzania, Malawi, Zambia and Zimbabwe. This rule is also applicable to airport transit. If other countries not endemic to

Yellow Fever have been visited (such as Botswana and Namibia), after visiting an endemic country such as Zambia, then a Yellow Fever certificate will still be required on entry into South Africa.

According to guidelines effective from October 2011, entry into Zambia, from South Africa also requires a yellow fever certificate although South Africa is a not endemic to Yellow Fever.

A valid Yellow Fever Certificate is also needed for entry into the following countries when coming from a Yellow Fever endemic country:

Uganda, Kenya, Tanzania (including Zanzibar), Malawi and Zambia.

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

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

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

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

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

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

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## Trip Specific Safety

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GENERAL: Look after your personal items. Do not leave your valuables visible in a car or hotel room. Lock your hotel room door when you enter and when you leave. Do not carry large amount of cash on you. Avoid displaying flashy jewellery and carry your camera in its pack on your shoulder rather than around your neck. Keep your passport, airline tickets, money, important documents locked up in your room/safe - do not carry it with you.

## Medical Form

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Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work

hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

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

The medical questionnaire can be found online at:

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

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## 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.

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## 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.

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## Planeterra-The G Adventures Foundation

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

### Planeterra Dollar-A-Day Program

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

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

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## Feedback

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

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## Newsletter

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

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

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## Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some

travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at [wateringhole.gadventures.com](http://wateringhole.gadventures.com).