Last Updated: October 23, 2013



France to Italy Adventure - EFIA

13 days: France - Italy

What's Included

Burgundy wine tasting (Beaune). Palais des Papes and Pont St Benezet visit (Avignon). Beach time on the French Riviera. Monaco day trip. Cinque Terre park fee, unlimited train ticket and guided hike. Pisa visit (half day). Piazzale Michelangelo evening visit (Florence). Rome orientation walk.

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

Trip Style

Classic: The trips we've build our reputation on.

Designed for maximum variety, these trips are geared towards travellers searching for a healthy mix of active exploration, uncommon landscapes, amazing wildlife and local cultures.

Service Level

Standard:

- · Great value, reasonable prices, quality experiences
- · Comfortable and varied tourist-class accommodations chosen for location and character
- · Mix of public and private transport for the best overall experience
- All the top highlights included, plus plenty of time to explore on your own

Physical Grading

2: There'll be some light walking and hiking. Suitable for most fitness levels. Nothing too challenging.

Itinerary



Day 1 Paris

Arrive in Paris at any time. There are no planned activities, so check into the hotel (check-in time is approx 3pm) and enjoy the city. In the evening, meet your fellow group members to go over the details of your trip. Check the notice board or ask reception for the exact time and location of this group meeting. After the meeting head out for a meal in a nearby local restaurant (optional).

Please make every effort to arrive on time for this important meeting. If you are delayed please leave a message with the hotel or contact one of the emergency contact numbers in your trip dossier. The leader will then leave you a message at the front desk, letting you know where and when to meet up.

The City of Lights is unlike any other place on earth. Known for its glorious monuments, museums and markets, from the Eiffel Tower to the Louvre, Montmartre to the Marais, Paris has something for everyone. Discover for yourself Paris' "Je ne sais quoi."

Days 2-3 Beaune

Today, our destination is the charming town of Beaune, known for its Pinot Noirs and local markets. In the afternoon we take a short walk into the historic centre, and enjoy a winetasting as an introduction to the region's famous vintage.

In the evening we can enjoy an optional dinner together here in the heart of one of France's most distinguished culinary and wine-producing regions, Burgundy.

On your free day you have time for a day trip to nearby Dijon, famous not only for its mustard, but for world-class museums and handsome architecture. Or maybe explore the famous Beaune Hospice, founded in 1442 by Nicolas Rolin, chancellor of the Duke of Burgundy; the Hospice is a charity organisation providing hospitals and other services for the needy.

The more active may want to explore the countryside around the Cote d'Or vineyards by bike or on foot. Bike hire is readily available in Beaune and your CEO can help you arrange this.

Estimated Travel Time: 3.5 hours

Days 4-5 Avignon

Today we take the train south from Burgundy to the heart of Provence and the spectacular walled medieval town of Avignon. You will have plenty of time to explore the beautiful town of Avignon with its impressive medieval fortress, papal palace, Pont St Bezenet and top-notch museums, as well as many pretty tree-lined squares bustling with cafés and restaurants offering mouth-watering Provençal cuisine.

Avignon is famous as the town to which the Popes fled when leaving the corruption of Rome in the 14th Century. The palace they built, 'Le Palais des Papes,' is the world's largest Gothic edifice. The walls surrounding the town were erected by the Popes in the 14th Century to keep the plague and invaders out during the turbulent middle ages, when Avignon belonged to the papacy and not the French crown.

We visit this magnificent relic on Day 5, and also include the Pont St Benezet - the ancient bridge over the River Rhone which features in the nursery rhyme "Sur le Pont d'Avignon"

Please note, on some departures the trip will visit Avignon and include the Palais des Papes and the Pont St Benezet as scheduled, but will actually stay overnight in the nearby historic cities of Nimes or Arles.

Estimated Travel Time: 5 hours

Days 6-7 Nice/Monaco

We keep moving south-eastwards to the glistening Mediterranean coast and the Cote d'Azure's cosmopolitan capital, Nice. Soak up the sun-seeking atmosphere under the palm trees of the seafront promenade, tick off some must-see museums, explore the ancient Roman city of Cemenelum, wander the narrow winding streets of the romantic old town, and while away the evening in some of France's best bars and trendy restaurants.

We will take a day trip to the famous and tiny principality of Monaco, the world's second smallest country, contained within a mere 1.95 sq/km. Soak up the atmosphere of royalty and chic glamour as you stroll its manicured streets and are whisked up its network of lifts and escalators, passing palaces, lush gardens and of course the famous Monte Carlo casino, en route.

Estimated Travel Time: Avignon to Nice: 3.5 hours Estimated travel time Nice to Monaco: 1 hour each way

Days 8-9 Cinque Terre

Today we head along the coast by train and across the border into Italy and the region of Liguria. Spend two nights by the stunning Cinque Terre National Park, where five little villages are built into the rocks between the beach and the hills. Hike, swim, indulge in the local delicacies like Focaccia and fresh seafood, and watch amazing Mediterranean sunsets. Follow centuries-old footpaths and mule tracks that lead through olive groves, vineyards and orchards.

On Day 9 we walk the Cinque Terre coastal path from Riomaggiore to Monterosso (approximately 5-6 hours of hiking, stopping in the villages along the way), giving you the best taste of the villages and countryside, terraced hills and vineyards sloping down to the sea.

Estimated Travel Time: 6-7 hours

Days 10-11 Florence

Today we head east by train, away from the coast, first to Pisa, where we stop for a visit to the Field of Miracles to see the famous leaning tower (entrance fee not included), and then on to the heart of Tuscany, Florence.

Florence (Firenze in Italian), was founded in the 1st Century B.C., and personifies all that is beautiful in Italian civilization. It is the capital of the region of Tuscany, with a population of approximately half a million people. The fathers of Italian painting, Cimabue and Giotto lived here, along with innumerable other prominent artists. It is the birthplace of the Italian language (thanks to Dante Alighieri) and of Europe's richest cultural period, The Italian Renaissance. Florence's cultural and historical impact attracts thousands of international travellers each year, and cannot be underestimated.

In the summer, life in Florence can be found in the streets and squares. Outdoor cinemas, music, dance and theatre enliven most squares every evening. Get to know Florence on your own: visit the marvellous multicoloured Duomo, the Uffizi Gallery, the medieval Ponte Vecchio or the Medici Chapels. Take a break at Piazza della Signoria with a gelato or a coffee before hitting the vivacious Piazza San Lorenzo to bargain for discounted woollen and leather goods. The options are truly endless.

We take an evening walk (weather permitting) up to Piazzale Michelangelo for that most famous and photographed vista of sunset over the city.

Estimated travel time to Pisa: 1.5 hours

Estimated travel time Pisa to Florence: 1.5 hours

Day 12 Rome

Today we board a train south to the bustling Italian capital, Rome.

Unquestionably Rome exudes history; from its Catacombs that entombed early Christians, to the Colosseum where gladiators battled to the death and on up to Palatine Hill, the traditional site of Rome's founding. Located near the centre of the Italian peninsula on the Tiber River, it is both the capital of the Latium region and the country as a whole. Nicknamed the Eternal City, it is also home to the pope, whose residence, Vatican City, is a sovereign state within the city of Rome.

The city is enthralling, with perhaps more to see than any other place in the world. Eating in Italy is deeply embedded in the country's culture, and dining in Rome consists of many courses, and can sometimes seem to last forever! In addition to the many and legendary cultural attractions, the city offers a vibrant nightlife - a fitting final destination on our journey through the best of France and Italy.

Estimated Travel Time: 2.5 hours

Day 13 Depart Rome

You are free to depart at any time on Day 13.

What's Included

Burgundy wine tasting (Beaune). Palais des Papes and Pont St Benezet visit (Avignon). Beach time on the French Riviera. Monaco day trip. Cinque Terre park fee, unlimited train ticket and guided hike. Pisa visit (half day). Piazzale Michelangelo evening visit (Florence). Rome orientation walk.

Highlights

Wandering through charming medieval cities and glorious countryside, tasting fine wines and eating local delicacies, soaking up the classic European culture, exploring the European capitals of Paris and Rome

Dossier Disclaimer

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 the operator. 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.

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. 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.
- 2. 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.
- 3. Please note, on some departures the trip will visit Avignon and include the Palais des Papes and the Pont St Benezet as scheduled, but will actually stay overnight in the nearby historic cities of Nimes or Arles.
- 4. Please note that if you wish to visit popular museums such as the Vatican Museums (Sistine Chapel) and Villa Borghese in Rome, and the Uffizi or Accademia Galleries in Florence, to avoid waiting in line for a long time (especially in high season May-September when it could be a question of hours!), it is advisable to reserve tickets in advance. Tickets can be reserved online at various websites including www.florenceart.it or www.virtualuffizi.com for Florence and www.tickitaly.com for all. Please make your Florence reservations for Day 11 of your tour, when you will have a free day to enjoy Florence. Most Museums are closed on Mondays. There may be the possibility of arranging tickets on arrival, with the help of your CEO, but availability cannot be guaranteed at such short notice.
- 5. FLOODING: Two of the Cinque Terre towns (Vernazza and Monterosso) suffered extensive damage during the floods of early November 2011. Three towns Riomaggiore, Manarola and Corniglia were unaffected.

In terms of the hiking routes, the coastal path between the towns is not all open at the moment. During the storms some damage was done to the paths and work to restore them is ongoing, so while Riomaggiore-Manarola, Monterosso-Levanto, the higher level path Manarola-Corniglia via Volastra and Riomaggiore-Portovenere are all open, the sections Corniglia-Vernazza-Monterosso are not at time of writing. However, restoration work is under way and the National Park is committed to opening the routes as quickly as it can safely be done. Regardless of whether the entire coastal path will be open, there are many alternative paths available and there will be plenty of hiking opportunities.

The Cinque Terre villages are very keen to encourage people to visit the area and support the local economy and the environment (which we do with every Cinque Terre National Park pass we buy for this tour). While some effects of the flood will remain and some path diversions may be in place, the area remains beautiful, welcoming and rewarding to visit; and we strongly wish to support the local community and environment, now more than ever.

Group Leader Description

This G Adventures group trip is 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.

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. If you wish to take a guided city tour in any location our CEO will do their best to help you arrange this and pay locally.

Group Size Notes

Max 15, Avg 10

Your Fellow Travellers

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and are likely to be of a variety of ages too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best

trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part.

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. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Meal Budget

Allow EUR430-565 for meals not included

Transport

Local bus, train, walking

About our Transportation

Intercity transport on this trip will be by local bus and train. The bus and train systems in France and Italy are generally very good, often with seat reservations and toilet facilities. inevitably travelling by public transport can involve delays and frustrations, though, and we ask you to keep this in mind. Unfold your map, pack in your phrase-book and mp3 player and get ready to enjoy the landscape and practice your French and Italian with the locals.

Between public transport and hotels you may be required to carry your luggage short distances (up to 20mins walk), in larger cities you may travel by metro or city bus, and occasionally the group will take taxis to and from hotels.

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.

Single 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 (12 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 on tour.

About Accommodation

It is important to note that accommodation 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.

On this trip you can expect to stay in small family-run hotels or pensions (with the exception of the start and finish hotels, which are often larger city hotels), which will vary a little in standard and facilities: some may not have elevators, air-conditioning or English-speaking staff, but most importantly all are locally-run, with some traditional character, and in excellent central locations to

give you maximum time for exploring the sights. You can expect to find clean, safe, simple accommodation in convenient locations.

Staff can occasionally demonstrate less than perfect customer service. As accommodation is in short supply, especially during the summer months, hotels can charge a premium and there is sometimes little motivation to improve facilities.

Joining Hotel

HOTEL OPERA SAINT GEORGES

7 rue Navarin 75009 Paris

Tel: 00.33 (0)1.48.78.51.73 Fax: 00.33 (0)1.45.26.08.90

Joining Instructions

The hotel is situated in the 9-ième quartier of Paris, close to the Gard du Nord, Montmartre and the city centre.

The nearest metro stations are SAINT-GEORGES on LINE 12 or PIGALLE on LINE 2.

From Saint-Georges, exit the metro station in Place Saint-Georges, walk along Notre Dame de Lorette and take the first right onto Rue Henri Monnier. The third street on the right is Rue de Navarin where you will find the hotel (#7). Approx. 5mins walking time.

From Pigalle, exit the metro station and cross Place Pigalle, turning left into Rue Frochot, continue onto Rue Henri Monnier and take the first left off this street onto Rue de Navarin, where you will find the hotel - approx. 5mins walking time.

From Paris Charles de Gaulle Airport, follow signs inside the terminal "Paris by train", and take the RER B line direct to Gare du Nord. Journey time - 30mins; Cost €8.40 EUR. From here it is a short taxi ride (6-10mins; €8-10) to the hotel, or you can take the metro from La Chapelle Station: LINE 2, 3 stops to Pigalle.

From Paris Orly Airport, take the ORLYVAL shuttle train to Antony (8mins), where you take the RER B line direct to Gare du Nord (45mins). Cost: €7.40 (ORLYVAL) + €6.10 (RER). As above from Gare du Nord to the hotel.

A taxi from either of the airports to the hotel will cost around €50.

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 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 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 UK office (manned UK 8am - 8pm)
+44 (0) 2072439878

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, from calls within North America only: 1 888 800 4100

Calls from within UK: 0844 272 0000

Calls from within Germany: 01805 70 90 30 00 Calls from within Australia: 1 300 796 618 Calls from within New Zealand: 0800 333 307

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

For absolute emergencies after office hours please contact +44 7817 262559

If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, and your call will be returned as soon as possible.

Finishing Point Instructions

TRAINS TO AIRPORT: The Leonardo Express is the name of the train that'll shuttle you from central Rome's Termini station to Fiumicino airport. A Leonardo Express train leaves every half hour in each direction.

The train covers 35 km in around 30 minutes. Cost: 14 Euros

Tickets for Leonardo Express are available at:

- rail ticket office (railway station atrium)
- newspaper seller-tobacconist's (railway station atrium)
- self-service tellers (railway station atrium)

NOTE:

You must always stamp tickets in the yellow machines on the platform before starting your journey.

TAXI: fixed rate to/from airports

The rate for designated Fiumicino taxi drivers is 60EUR, inclusive of luggage, for a maximum of four passengers.

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

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)
- Sturdy walking shoes
- Sunblock
- Sunglasses
- •Toiletries (biodegradable)
- •Watch or alarm clock
- •Water bottle
- 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)

Documents:

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

Laundry

Laundry facilities are offered by some of our hotels for a charge or ask your CEO where the closest laundromat is. 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

France and Italy are in the Eurozone and the unit of the currency is the Euro.

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 in Greece - 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

It is customary in Europe to leave a small tip for service providers, such as waiters, if you are pleased with the service (€1-2). Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons 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. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range

from €3-5 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 each trip if you felt your G Adventures CEO or skipper did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline €20-25 per person, per week can be used.

Optional Activities

Paris:

Louvre/Musée d'Orsay - 5€-8€

Eiffel Tower - 4€-€12

Bateaux Mouches and/or Seine Dinner Cruise on Bateaux Parisiens - €10, w/ dinner or lunch from €50

Montmartre & Sacré Coeur - €3

St Chapelle performance or visit - €7,5

Beaune:

Hotel Dieu des Hospices de Beaune - €6

Musée des Vins de Bourgogne + Musée des Beaux-Artes - €6

Bike Rental - €15 per day

Day trip to Dijon public transport - €13.40 rtn

Tour Philippe le Bon, Dijon - €3

Musee des Beaux-Artes, Dijon - free entry - audioguide - €4

Avignon:

Palais des Papes - €11

Combo Palais des Papes + Pont de Bénezet - €13

Tourist Train - €7

Guided Walking Tour - €10

The Van Gogh Road Guided Tour - €60

The Lavender Road Guided Tour (approx 15th June-15th August) - €55

Nice:

Musée Marmac - €4

Musée Matisse - €4

Ancient Cemenelum Museum & Site - €4

Skate hire - €7

Bike hire - €15

Guided walking tour - €12

Boat trips/water taxi - €25 lles de Lerin, €45 St-Tropez, €20 Monaco

Cinque Terre:

Sea Kayak Hire - €5

Scuba Diving - from €30

Mountain bike hire - Half day €4, Full day €6, 1 hour €1.50

Boat ride - €7- €22 depending on destination

Pesto making class - €10

Portofino - €10 (rtn train and bus fare)

Florence - €18 (rtn train fare)

Genoa - €12 (rtn train fare)

Pisa:

Leaning Tower climb - €15

Cathedral, Baptistry and Museum - €12

Florence:

Uffizi Gallery - €6.50 - €10

Duomo - Free

Cupola climb - €8

Accademia Gallery - €6.50 - €10

Walking Tour - €25

Tourist Bus (hop-on, hop-off - 2 routes) - €20 Palazzo Pitti - € 8.50 Medici Chapels - €6

Rome:

Colosseum & Roman Forum (combined ticket) - €12

Vatican Museums including Sistine Chapel - €18

St Peter's dome climb - €8

Capitoline Museum - €8

Time Elevator - €11 (€9.20 child)

Techno Town - €6

Catacombs of San Callisto - €5

Pantheon - free

Borghese Gallery - €13

Roma Pass - €23

All prices are per person (unless stated otherwise), and are subject to change as services are provided by third party operators.

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/

Trip Specific Safety

Always keep an eye on your belongings especially in major cities, bus and train terminals.

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.

Responsible Travel

Being a responsible tour operator is at the heart of what G Adventures is all about. From the start, G Adventures has been committed to offering low-impact tours that benefit traveler and host alike. While our sustainable tourism policies are constantly evolving, our commitment to socially conscious, grassroots style travel has never changed. We work with local communities, businesses and individuals to develop sustainable tourism opportunities that help local economies while minimizing negative environmental and cultural impacts.

We would like to give you a couple of tips to start you thinking about traveling sustainably.

- -Please bring rechargeable batteries, a battery charger (and plug adapter if necessary). Batteries are incredibly toxic and many places that we travel do not have proper disposal facilities. Rechargeables are best but if this is not possible we recommend that you bring any used batteries back home with you for proper disposal.
- -Please ask before taking pictures. Just as you would not like to have a stranger come up to you and take a picture of you while sitting on your front porch either do the locals of the places that we visit. As you can imagine pictures of their children are also not appreciated.

For more information about our commitment to responsible travel, please visit the Sustainable Tourism section of the G Adventures website: www.gadventures.com

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 Italy, shoulders and knees should be covered while visiting churches and cathedrals. Beachwear is only considered suitable for the beach. Ask your CEO for more specific advice.

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. Please visit http://www.gadventures.com/evaluations

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/newsletter_signup

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for <u>Planeterra's</u> 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 <u>The Watering Hole</u>, our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the <u>Departure Lounge</u> 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.

Keeping in Touch

If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on postal mail. Email cafes are becoming increasingly commonplace and cheap throughout the regions we visit, and have quickly become the preferred way for our CEOs and travellers to stay in touch. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact your local booking agent, or refer to our Emergency Contact. We recommend that family and friends don't try to contact you through phoning hotels en route, as our hotels are subject to change, and our hotel receptions often don't have English speaking staff.