Last Updated: November 21, 2012

Golden Ring of Russia - ARGR

8 days: Russia

What's Included

Moscow's Kremlin and Armoury, The Golden Ring, Peterhof Palace, St Petersburg Walking tour

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 Arrive Moscow

Group members from all over the world will be arriving to Moscow on day one. There are no activities planned apart from the first Group Meeting in the evening - please check the hotel notice board upon arrival for a Welcome Note from your group leader. At 6 pm you will meet your group leader and fellow travel companions in the hotel lobby. The leader will outline the trip itinerary and answer all questions.

Before the group meeting you are free to explore the 860 year old capital of Russia - discover the quiet streets and noisy markets of Moscow, the green parks and beautiful metro system. You may find yourself in VDNkH park, the host of the famous USSR Exhibition in soviet times. There are still lots of pavilions built in grand empire style of Stalin's Russia. Or maybe one of the hundreds of Moscow's Museums will attract you - The Second World War museum, Tretyakov Gallery or Pushkin Fine Arts museum to name the few.

Day 2 Moscow

On day two we take a guided tour to the Kremlin grounds and Armoury Museum.

Built in the middle of the 12th century, Moscow Kremlin is one of the most famous symbols of Russia. For centuries it was a residence of the Tsars, and today is the official residence of the President of Russian Federation.
The second part of the tour will visit the Armoury Chamber - a huge treasure house which hosts thousands of items presented to the Russian Tsars and Emperors by Royals from all over the world and Ambassadors - gold goblets, famous Faberge eggs, 18th century embroidery and Royal carriages adorn the chamber.

In the afternoon there is time to continue exploring the busy capital of Russia.

Days 3 Suzdal

The Golden Ring is one of the oldest routes to be found in Russia, dotted with ancient towns each representing a different historic spirit of the Russian people.

On the morning of day three, a private transfer will take us to Suzdal - a small town and former capital of European Russia in the 11th century. Staying in Suzdal is a travel in time, back to the old days of Russia with quiet streets, a slow pace of life, white Kremlin walls and highly decorated wooden houses.

Day 4 Rostov (1B, 1D)

On day four we travel from Suzdal to Rostov via Yuriev Polski. Golden Ring towns - buzzing and busy two centuries ago - now resemble open air museums, where life is slow and old traditions are kept. A guided tour of the War of 1812 Museum allows for a better understanding of the rich history of Russia. Overnight will be spent in a traditional Russian guesthouse on the shore of Nero Lake.

Day 5 Yaroslavl (1B)

On day five we continue to the last city on the Golden Ring route - Yaroslavl - an ancient Russian town, located at the confluence of the Volga and Kotorosl rivers.

In the evening of day five we board an overnight train to Saint Petersburg.

Days 6-7 St Petersburg (1B)

The train arrives into St Petersburg early on the morning of day six. We will take a Walking Tour with a local guide, exploring both the main streets and hidden courtyards of the city. Filled with canals and opulent baroque architecture, St Petersburg is often referred to as the Venice of the North.

In the morning of day seven we will travel on public transport to one of the most beautiful suburbs of St Petersburg - Pushkin - once the Tsars' Royal Estate. A guided tour of Peterhof Palace and gardens will ignite a different Russia - a reminder of the mighty and wealthy empire once ruled by absolute monarchs. Listed as a UNESCO World Heritage Site, the palace is often referred to the "Russian Versailles".

In the afternoon we will return to Saint-Petersburg for a final night dinner, and there is the option to take a night tour of St Petersburg's beautiful rivers and canals.

Day 8 Depart St Petersburg (1B)

You can depart St Petersburg any time on day 8

What's Included

Moscow's Kremlin and Armoury, The Golden Ring, Peterhof Palace, St Petersburg Walking tour

Highlights

Admiring St Basil's Cathedral and Red Square, gawking at the Kremlin Armoury treasures, visiting Golden Ring churches and monasteries, relaxing at Lake Nero, exploring St Petersburg's back streets and ornate buildings

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

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

Important Notes

1. You will require a Letter of Invitation for Russia for this trip in order to get your Russian visa. You must complete the visa information form which will be automatically sent to you via email upon time of booking. Please, note that name in your application should be exactly the same as on your passport. If you have middle name - it should be reflected in the application.
2. Visiting the embassy remember, that Russia is a bureaucratic country. Bring with you a lot of patience and a huge sense of humour, then your experience will be greatly enhanced.
3. On arrival in Russia you will receive a double immigration card, you must fill out both parts and one is taken away upon entry, the other must remain with your passport at all times and you must have it on leaving Russia to hand to the relevant authorities.
4. Booking Theatre tickets in advance: To avoid disappointment we recommend that you book any theatre performances that you wish to attend in Moscow or St Petersburg in advance. Please consider carefully which performances you are going to want attend and make sure that the dates correspond to your trip. Here are some useful internet sites to check for what will be on (ballet, opera, exhibitions, etc) in Moscow and St Petersburg when you are there. In particular we recommend you see what's playing at the Bolshoi and Mariinsky, as it may be difficult to get tickets when you are there especially during White Nights in St Petersburg. The most useful sites to check in English are www.mariinsky.ru, www.bolshoi.ru and www.ticketsofrussia.com.

5. Due to the restrictions on changing money in Russia, only notes/bills printed after 1996 and in good condition are accepted for exchange. You might get much lesser rate if notes are not new or look "worn".

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. 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

4 Breakfasts, 1 dinner

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 group leader 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 USD160-250 for meals not included

Transport

Private bus, public bus, train, metro

About our Transportation

Overnight train Yaroslavl to St Petersubrg on day 5 is a standard 2nd Class Kupe Soft sleeper: 4 berth compartments that have lockable doors. There is enough space for standard sized bag/backpack under bottom bunks and overhead locker up top. Bed lined is provided on all trains. Each carriage has two toilets and one hot water boiler. There are two train attendants in each carriage - they take care of passengers and clean the facilities. Train has a dining car.

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.

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.

Single Supplements

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Accommodation

Hotels (5 nts), guesthouse (1 nt), sleeper train (1 nt)

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, with the following exceptions:
Night 5, Sleeper train

About Accommodation

Hotels (6 nts), Sleeper train (1 nt)

Joining Hotel

Izmailovo - Gamma Hotel
71 Izmailovskoe Schosse
Moscow 105613
Russia
Metro Station: Partizanskaya

[redacted] - [redacted]-[redacted]
71 [redacted] [redacted]
[redacted] 105613
[redacted]
[redacted]: [redacted]

Tel: +7-475 - 737-7000

http://www.izmailovo.ru/en/

Joining Instructions

Hotel - Gamma ([redacted]-[redacted]) - is situated near metro station Partizanskaya ([redacted]) on the dark blue line. Hotel is just five minutes walk from the metro station. It is in 5 metro stops from the Red Square and the Kremlin. Please, note that the station has changed its name in 2006 and can appear on some maps as Izmailovsky Park ([redacted] [redacted]). Izmailovo hotel was constructed to accommodate tourists during Moscow Olympics 1980, it consists of 4 big buildings. Make sure you going to the wing Gamma.

There are two international airports in Moscow: Sheremetievo terminals 1, 2 and C ([redacted]) and Domodedovo ([redacted]). Airport Vnukovo ([redacted]) services mostly domestic flights.

TRANSFER: If you pre-booked arrival transfer, meet your driver in the airport arrivals area (exit luggage claim area). The driver will be holding a sign with your name.

PUBLIC TRANSPORT: From Sheremetievo airport there are public buses and express buses, going to several metro stations. To metro Rechnoi Vokzal ([redacted] [redacted]) you can get by bus #851 and Sheremetievo Express Bus ([redacted]). To metro Planernaya ([redacted]) you can take bus #817. Please, remember that Moscow's traffic is very busy, and buses can be overcrowded at times. In general it takes about 30 - 50 minutes from the airport to the metro. Another option is to use Minibus service ([redacted]) - shared taxis. They connect airport with both metro stations - Rechnoi Vokzal and Planernaya. You should look for the station name on the list of stops that each minibus has. All buses and minbuses have standard fee: 20 - 40 RUB (2-3 USD) depending on the route.
From Domodoedovo Airport you can get to metro station Domodedovskaya ([redacted]) by taking public bus #405 or Domodedovo Express Bus (fare is about 25 - 50 RUB). There are also minivans ([redacted]) going to Domodedovskaya (keep in mind that they usually don't have enough space for luggage). Domodedovo airport is also connected to Paveletskaya metro station ([redacted]) on dark green line. Journey lasts for about 40 min and cost approximately 120 RUB (4 USD). You can buy ticket from the booth at the airport exit.

TAXIS: Taxis in Russia don't use meter. Price is agreed by bargaining, and drivers usually don't speak English. We strongly

recommend to avoid taxis both - in town (metro system is thousands times cheaper and stress-less) and on the way from the airport. Don't follow any strangers who tell you that their car is outside - you'll get the ride, but the price might come up to about 150 USD. Best option is to go to one of the official taxi desks located on the airport ground floor. Average cost of the taxi would be about 60 - 75 USD (1800 - 2100 RUB)

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 leader (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 met your driver within 30 minutes of clearing customs and immigration you can contact our local representative in Moscow - Maria: +7 (495) 795 09 27 - call during office hours, +7 910 431 03 78 (off hours).

If it's impossible to make the contact with our representative, 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 you are experiencing complications with your Moscow AIRPORT TRANSFER that was booked through G Adventures please call: +7-916-197-52-03 (Maria)

EMERGENCY CONTACT NUMBERS
G Adventures Local Representative (Russia)
During office hours (Weekdays, 9-6pm Local Time): +7 (495) 795 09 27
After hours Emergency number: +7 916 197 52 03 (Maria)

G Adventures East Asia Manager: Ann Zhenyi
Emergency contact number : +86 135 5216 9357 (Beijing, China)

G Adventures Local Office (Beijing)
During office hours, Mon-Fri 9am-5pm Local Time
From outside Beijing: +86 (0)10 8775 1865
From within Beijing: 8775 1865

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

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0844 272 0000
Calls from Germany: 01805 70 90 30 00
Calls from Australia: 1 300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

You will be on the move a good deal, so pack as lightly as possible. It is in your own interest as you are expected to carry your own luggage, though distances are never great. Most travellers carry their luggage in a backpack, which is the most suitable. It is important that your bag can be locked. On overnight train, there is luggage space under bottom beds and above the door, but it is limited, and can not fit massive bags in.

Checklist

Travel documents: passport, visa, travel insurance, air tickets, voucher and their photocopies.
Health requirements arranged.
Money: cash/credit card, money pouch
First aid kit
Day pack to carry your personal needs during the day
Alarm clock and torch/flashlight
Lightweight travel towel
Msquito repellent
Inner sheet/sleeping sheet for train journeys - sheets are provided on the train but you may want to bring your own
Comfortable clothes for the train - tracksuits and open toe shower shoes are the best combination
Raincoat or umbrella
Some warmer clothes if the air conditioning on the train is turned up high

Laundry

Laundry facilities are offered by some of our hotels for a charge or ask your Tour Leader 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

Visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. We keep the following information up to date as much as possible, but rules do change. It is important that you check for yourself with the embassy. Your travel agent can assist.

Russia: All nationalities require a visa to visit Russia.

You will need a visa support letter to enable you to obtain your Russian visa.
You can obtain this letter through our visa support agent in Russia by completing our on line visa application. The visa support link will be sent to you or your travel agent, by email, at the time you confirm your booking. You must read the instructions carefully and fill out all the details. Name on the application should be the same as in your passport - if an application is missing second name, or spelling is different from passport, - embassy has a right to deny you visa.

We recommend to put arrival date a day or two before your actual arrival date to Russia, and the same for departure date - a day or two after your actual departure date from the country.

Your visa support letter will be emailed to you or your travel agent directly within 10 working days upon submission of your online application. Please, note - if you submitted online application more than 60 days prior to the trip departure, Support Letter will be sent to you about later than in 10 days (in general, about 60 days prior to the trip departure).

Once you have received your visa support letter you can apply for your Visa by going to your closest Russian embassy or by using a visa service recommended by your travel agent. Do not obtain your visa until 6 weeks prior to your trip departing in the unlikely event that your departure is cancelled. Take this letter to the embassy along with your passport, three passport photos, the completed visa application form (please see below for helpful hints to completing your application), a copy of your trip voucher and proof of onward travel from Russia and they will issue the visa. It can take up to 15 working days for the embassy to issue your visa.

Company, that provides us Letters of Invitation is based in Russia. If you haven't gotten LOI within 10 days after submitting application, please, check your SPAM folder - emails from addresses with .ru server address are often redirected to SPAM.

Helpful Hints for completing your application.
*Please wait until you receive your visa support letter before completing your application as information must match in order for you to receive your visa from the embassy.
* The visa support letter states hotels that may not be the exact hotels that you will be staying at during your trip. It is critical however, that when you complete your Russian visa application that you copy the hotels that are on your visa support letter rather than those

that are on your G Adventures voucher or dossier.

*Answers to questions on Visa Application:
1. The type/purpose of visa: Tourism
2. Company or organisation in Russia to be visited: Palladium
3. Name of Russian Travel Agency: Palladium
4. Reference number of Russian tour agency: 0155 (This is in the top right hand corner of your visa support letter)
5. Route of Journey: Copy the dates and cities that appear below your name on the left hand side of your visa support letter

Destination Guide

For practical information on weather, typical costs, visa information, special events and much more, our Destination Travel Guide is the place to visit! This handy guide will tell you everything you need to know about everywhere we go! Head to http://www.gadventures.com/travel-guide for detailed information on the countries and cities we visit.

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

Russia: US$1 = 30 Roubles.

There are plenty of money exchange offices, banks and ATM's in all cities in European part of Russia. You will be able to exchange all major currencies. Please, be aware that exchange rate on the billboards in small currency exchange offices is for sums 1,000+ USD. You have to inquire with the teller about the exchange rate for amounts 1 - 1,000 USD. Many banks take a commission (20 - 50 RUB - equivalent of 1 - 2 USD) when exchange cash.

The easiest and quickest way is to change USD cash but you must be aware of the security risk of carrying large sums of money. In any case some money should be taken as cash in case of emergencies. We recommend that you don't use money changers on the street.

Major credit cards are accepted in the larger shops and restaurants but only in the bigger cities. Some banks in Moscow and St Petersburg will allow cash advances against a credit card but cash withdrawals are subject to a 3% to 4% service charge.

Please, note that if for security reasons you carry your money as travellers cheques, you might experience troubles exchanging them: there can be very long delays when changing travellers cheques, and not all banks in Russia accept them.

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

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 $2-3 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of 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 $20-25 USD per person, per week can be used.

Optional Activities

We suggest you bring along USD120 for additional sightseeing.

St Isaacs Cathedral (St Petersburg) - USD10
The Hermitage (St Petersubrg) - USD15
Night Canal tour (St Petersburg) - USD15
Mariinsky Theatre (St Petersburg) - various USD25 - USD250
Peterhof (St Petersburg) - USD17
River Cruise (Moscow) - USD13
Pushkin Fine Art Museum (Moscow) - USD8
Tretyakov Gallery (Moscow) - USD8
St Basils Cathedral (Moscow) - USD6
Bolshoi Theatre (Moscow) - various USD50 - USD250

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.

There are no specific health requirements for this trip. However, you should consult your doctor for up-to-date medical travel information about 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 we are in remote areas and away from medical facilities for some time during this trip, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc.

Safety and Security

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

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

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

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

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

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

Medical Form

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

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

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

Travel Insurance

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

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

When packing be aware that dress standards are conservative throughout the area. Loose, lightweight, long clothing is both respectful and practical. As a general guideline shoulders and knees should be covered at all times - shorts, singlets and tank tops are not suitable.

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 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.

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.