Last Updated: May 3, 2013

Greek Islands Sailing Adventure (Athens to Mykonos) - GVAM

8 days: Greece

What's Included

7 nights aboard our 15m (50-ft.) sailing yacht. Fully licensed skipper. Snorkelling equipment

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

Small Ship Cruising & Sailing: **Great trips that float.**

Explore the frozen beauty of Antarctica and the Arctic aboard an expedition ship, or sail the sun-kissed islands of Thailand, the Galapagos, Greece and Croatia from our small, exclusive yachts.

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 Athens

Arrive at any time to this capital city. Please try to arrive at the meeting point before 5pm for an important group meeting where you can meet the Chief Experience Officer (CEO) skipper and the other group members.

Athens is the capital of Greece, the founding city of the Olympic games, and a city of culture, science and commerce. From the colourful markets, to the ancient monuments, to the hustle and bustle of Plateia Syntagmatos (Constitution Square), Athens is rich with history and an important influence on the development of Western civilization. Named after the goddess of wisdom Athena, Athens encircles eight hills within its borders. The most prominent of these, the Acropolis, stands as the ultimate architectural and artistic expression of the ancient Athenian spirit. Athens is a growing city, engulfing its neighbouring suburbs all the way to Piraeus, the city's port and your gateway to the Greek Isles.

Days 2-6 Northern Cyclades - Athens to Mykonos

Possible Island stops include: Syros, Kea, Kythnos, Mykonos, Hydra, Aegina.

CYCLADES ISLANDS

Located in the central and southern part of the Aegean Sea, there are 39 islands in the Cyclades of which 24 are inhabited. On these small islands where the past meets the present, one can find both peace and tranquility and colourful nightlife. The white heat of July and August is often relieved by the meltemi, a strong northerly wind that sweeps across the eastern coast of mainland Greece and the Cyclades. Narrow paths full of flowers, whitewashed houses, blue windows and white churches under the dazzling sun and complimented by golden beaches: this is one of those magical places where the reality outstrips the postcards.

SYROS

The city of Ermoupolis is the capital of Syros and all of the Cyclades. The major port town is bustling as it is the financial center for the islands. Syros offers great architecture, notably the Plateia Miaouli, which is a plesant town square to explore. Experience authentic Greek culture, great eating, and a handful of small but pleasant beaches. Enjoy options of going on short hikes, visiting local markets and going SCUBA diving.

HYDRA

A stylish island where the rocky hillsides are lined with elegant white and pastel stone mansions that overlook a beautiful natural harbour. Starting in the 1950s, artists, writers, and filmmakers poured in, drawn by island’s beauty. Hydra also offers a reprieve from the whizzing motorcycles that characterize most of the other Greek Islands, with no motorized transport except for a few municipal vehicles. Opt to travel by local taxi (donkey ride) through the winding streets. There are several great tavernas to eat at, some offering an experience where you dine in a local's home.

AEGINA

Once a principal maritime power and a major trade partner with Egypt and Phoenicia, Aegina is a humble island most known now for its pistachio production. On the west coast, the harbour of Aegina Town is lined with colourful little boats, bobbing placidly on turquoise water. Around the island, a few crumbling neoclassical buildings can still be seen.

KEA

The most northern island of the Cyclades, Kea has escaped the major ferry routes keeping it's charms away from most tourists. The lovely island is scattered with olive groves and orchards. Opt to visit the Stone Lion and stop by a family silversmith, your CEO can arrange a visit. End the day at a local taverna, where the food won't disappoint.

KYTHNOS

Kythnos welcomes you to a picturesque bay. There are old iron mining ruins that are of interest to travellers, but the highlight has to be the local hot springs. Graced by kings and emperors throughout the years, sunset or sunrise are great times to experience the tranquility of the area, taking you back in time.

Please note: While it is our intention to adhere to the route described above, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. On Day 1 of your tour you will be advised of any amendments.

Day 7 Mykonos

Legendary both in ancient and modern times, Mykonos is one of the best-known Greek islands, and provides ample entertainment for history and party buffs alike. Just a short boat ride away from the main port lies Delos, legendary birthplace of Apollo and home of the Gods. As the most sacred island in the Aegean for ancient Greeks, Delos gave name to the Cyclades – that is, the islands encircling (kyklos) Delos. Mykonos town, as typical a whitewashed Greek island town can be, has long been famous for its nightlife, with bars and clubs filled with the beautiful of Europe rocking till dawn every night. And during the days, a short bus and boat ride takes you to some of the best—and craziest—beaches in all of Europe.

Day 8 Mykonos

Departure day. Tour ends the morning of Day 8, if you would like to spend more time in Mykonos we recommend booking more time on the island.

What's Included

7 nights aboard our 15m (50-ft.) sailing yacht. Fully licensed skipper. Snorkelling equipment

Highlights

Relax on white-sand beaches and swim in brilliant turquoise water, try your hand at sailing (or just relax on the deck), wander through whitewashed villages, taste traditional Greek food and wine

Dossier Disclaimer

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

Itinerary Disclaimer

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

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

Important Notes

1. Please note that while it is our intention to adhere to the route described in the itinerary, there is a certain amount of flexibility built into the program and on occasion it may be necessary, or desirable to make alterations. On Day 1 of your tour you will be advised of any amendments. This itinerary may need to change due to inclement weather conditions and this decision will be made solely at your skipper's discretion, based on the safety of the group and yacht.

2. A NOTE REGARDING SMALL SPACES ON SAILBOATS: Please note that the rooming for these boats is done on a first-come, first-serve basis and no particular cabins nor berths can be guaranteed. Our skippers will pair up travel partners or if you are travelling single with someone of the same sex individuals. Please be aware that as this is a real sailboat and not a cruise vessel that the space on board is tight. You will be sharing a small room with one of your fellow passengers or travel partner and sharing the three bathrooms onboard. The sleeping quarters on sailboats are generally kept to a minimum size in order to maximize public space and performance. Some people are not comfortable with the type of close quarter arrangements typically found on sailboats, however if a real sailing experience on a real sailboat is what you are after, then this experience should more than make up for cramped quarters. Please note that the skipper will also be sharing the ship's quarters and amenities with you.

3. Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

Group Leader Description

A G Adventures skipper will be with the group throughout your journey. The aim of the skipper is to take the hassle out of your travels and to help you have the best trip possible, as well as taking complete charge of the sailing, your safety on board and the safety of the vessel. As this is a real sailing adventure, our skipper might also request your help on board and will be more than happy to impart some of their vast sailing knowledge during the course of the journey. Our skippers are all fully licensed with many years of experience sailing in the area. 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 you can expect your skipper to have a broad general knowledge of the Greek Islands you will visit.

Group Size Notes

Max 8.

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 Included

Basic items onboard will be covered by a food kitty of about EUR50 per person.

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.

On our Greek sailing trips, your G Adventures skipper will offer to make a food kitty for small items, such as ice, water, coffee, tea, milk, snacks, drinks, and so on. The average amount suggested for the kitty is around EUR 30 per person, per week.

Meal Budget

Allow EUR140-245 for meals not included.

Transport

15m (50-ft.) sailing yacht.

About our Transportation

Our 50ft sailing boats are equipped with state of the art technology offering all travellers onboard a safe and enjoyable experience. Space is optimized – sleeping quarters are snug, meaning that more of the boat is open from everyone to enjoy. Cabins are allotted by the skipper based on the gender and traveller make-up of the group.

Accommodation

5 twin/double occupancy cabins, 3 shared bathrooms, 2 showers.

My Own Room

Not available on our Greek Sailing Adventures.

About Accommodation

A NOTE REGARDING SMALL SPACES ON SAILBOATS: Please note that the rooming for these boats is assigned upon arrival and neither particular cabins nor berths can be guaranteed. You will be sharing a bunk with your travel partner or one of your fellow passengers of the same sex and sharing the bathrooms onboard. Please be aware that as this is a real sailboat and not a cruise vessel and the space on board is tight. The sleeping quarters on sailboats are generally kept to a minimum size in order to maximize public space and performance. Some people are not comfortable with the type of close quarter arrangements typically found on sailboats, however if a real sailing experience on a real sailboat is what you are after, then this experience should more than make up for cramped quarters. Opportunities to sleep in open air on main deck are often available. Please note that the skipper may also be sharing the ship's quarters and amenities with you.

Joining Instructions

Arriving in Athens:
OKIO Musi/cafe
ZEA MARINA
Freatida 185 04 – Piraeus
http://www.medmarinas.com/MarinaDisplay.asp?ITMID=15

The cafe is located in Zea Marina next to Pier "I". There will be a reserved table inside with a G Adventures sign, where our skipper will meet you at 17:00 on Day 1 of your tour.

From the airport by Bus & Taxi - Take the X96 Bus from Athens Eleftherios Venizelos airport. The ticket costs 5.00 Euro and is valid for 24 hours on all public transport means. Get off at the central Piraeus stop, "Karaiskaki Square". From there, take a taxi to the Okio cafe at Zea Maria (approximately 10 Euro).

From the airport by Taxi - Give the driver the address of Okio Musi/Cafe in Zea Marina. Cost is approximately 50 Euros.

PLEASE NOTE THAT YOU ARE REQUIRED TO BE AT THE RELEVANT JOINING POINT AT 17:00 ON DAY 1.

Your Skipper will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip.

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 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

Joining Instructions Athens:

OKIO Musi/cafe
ZEA MARINA
Freatida 185 04 – Piraeus
http://www.medmarinas.com/LH2Uploads/ItemsContent/14/plan_zea_b.jpg

The cafe is located down on Zea Marina next to Pier "B" (between the Port police and the Marina Office). There will be a reserved table inside with a G Adventures sign, where our skipper will meet you at 17:00 on Day 1 of your tour.

From the airport by Bus & Taxi - Take the X96 Bus from Athens Eleftherios Venizelos airport. The ticket costs 5.00 Euro and is valid for 24 hours on all public transport means. Get off at the central Piraeus stop, "Karaiskaki Square". From there, take a taxi to the Okio cafe at Zea Maria (approximately 10 Euro).

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PLEASE NOTE THAT YOU ARE REQUIRED TO BE AT THE RELEVANT JOINING POINT AT 17:00 ON DAY 1.

Your Skipper will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip.

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

CONTACT NUMBERS
Vincent Donnelly (Global Sailing Manager) +30 695 613 3942
Dave Hunter (Head Skipper) +30 694 414 2267

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

Finishing Point Instructions

In regard to booking onward travel for the last day of your Greek Islands Sailing Adventure, a flight time of 2pm or later is ideal as this will add further flexibility to your itinerary, however earlier flight times can be accommodated if necessary. If you have a very early flight time on the last day, please advise your skipper at the welcome meeting on Day 1.

What to Take

There is limited space on the yachts. We recommend the use of a duffel bag or backpack. A good size daypack is also essential. PLEASE NOTE: No hard suitcases are permitted.

Checklist

Suggested Items:
•Light fleece top
•Light windproof/waterproof jacket
•Small towel and swimwear
•Towel for personal use (only one towel will be provided for the whole trip)
•Sun hat
•Personal clothing for mild to hot weather (See also "What to Take" and "Local Dress" sections of this dossier)
•Sturdy walking shoes (for shore excursions)

•Sport shoes with light colored soles/sport sandals (while on board)
•Flashlight
•Sport sandals
•Sunblock
•Sunglasses
•Toiletries (biodegradable)
•Watch or alarm clock
•Water bottle
•Pocketknife
•Money belt
•First-aid kit (should contain lip salve, Aspirin, bandaids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, insect repellent, extra prescription drugs you may be taking)

Optional Items:
•Camera and film
•Reading/writing material
•Binoculars
•Cover for backpacks
•Biking gloves (if you wish to participate in sailing)

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 required

Laundry

Laundry facilities can be found in some harbors, ask your skipper for the best places.

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.

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.

Detailed Trip Notes

Welcome on board!! We are happy that you decided to be a guest on board our sailing yachts for your holidays. To make sure it's a real one of a kind experience, your skipper wants to give you some information about the things you'll meet on the yacht and on the trip.

No worries, we won't make you spend your precious time on too much information, simply take it as a possibility to start your adventure at home.

Brief History of Yachting
Known since the old Egyptian Empires yachts were dedicated only to the pleasure of it's passengers in the exclusivity of independence. Long time before tourism discovered the pleasure of big steamboat cruises around 100 years ago, the wealthy parts of societies enjoyed yachting in different ways: cruising the Nile, sailing the Greek Islands or enjoying huge parties on board of Caligula's yachts in a lake south of Rome.

Fortunately technology developed allowing us the opportunity to sail the oceans in smaller yachts. Yachts of today are constructed under the rules of hydrodynamics, defining the shape of the hull, the needs of stability and comfort.

When only twenty years ago, running water and a stove were a pure luxury on board a yacht, you'll find almost everything you need on your yachts today: electricity -though it's only 12V offshore and only sometimes 220V when we're moored, refrigerators, showers, hot water, music and much more.

But never forget: a yacht always is 'on the budget'…budgeting room and weight for mobility and stocks for ongoing comfort.

Each yacht comes with the safety gear and instrumentation required by law to assure you a safe and successful holiday.

Here are some technical terms for you to learn to help you orient yourself:
Boat
Hull: the 'body' of the boat
Keel: stabilising part of the hull under the waterline to prevent capsizing
Deck: upper level of the boat
Cockpit: area in the back where we are operating the boat
Bow: Forward area of the boat
Stern Backward area of the boat
Helm: steering facility
Helmsman: Person at the helm, not necessarily the skipper
Starboard: right side of the boat looking forward from aft
Port (side): left side of the boat looking forward from aft
Rigg: all fixed equipment standing up above the deck
Mast: vertical massive pole to fix the sails
Boom: horizontal massive pole going backward from the mast
Mainsail: sail at the rear of the mast
Foresail/Genua/
Headsail: sail in front of the mast
Fender: sort of 'bumper' to avoid damage of the hull when moored
Winch: sort of drum to operate loaded lines or anchor chain
Beaufort: intl. scale for strength of winds, starting with 0 up to 12

Operations
Manoeuvre: changing the course of the boat or doing several operations
Tacking: turning the bow through the wind
Gibing: turning the stern through the wind
Round up: turning the boat exactly into the wind to stop moving
Fetch sth.: pulling tight a line

Ease sth.: detaching a line

Lines
There are only LINES on a boat, no ropes etc.
Most important ones:
Furling lines: to set and take away the sails
Sheets: to adjust the sails during sailing
Mooring lines: connecting the yacht to the peer
Ground lines: fixing the bow when moored ‘stern too’ (the peer)

Knots
Figure-eight knot: belongs to the end of certain lines to avoid going by the run
Half hitch: easiest knot to fix a line somewhere, not very strong one
Clove hitch: famous knot to fix various lines like mooring-, fender- etc.
Reef knot: used to connect two lines of same size to each other
More ambitious but often used:
Bowline: creating a strong and everlasting loop to a line

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

In Greece you can exchange your foreign currency and /or traveler checks in banks and money exchange "kiosko" in all cities, remember that the banks are open from 8:00am until 2pm and won´t reopen later, also be aware of national holidays. The only currency accepted in Greece is the EURO.

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!

Departure Tax

Usually included in international air ticket

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 Tour Leader 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 tour leader for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures Tour Leader 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

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

Athens:
National Historical Museum - € 7
Museum of Greek Folk Art - € 2
Archaeological Sites of Athens - € 12 (combo ticket including Acropolis Site and Museum, Ancient Agora, Theatre of Dionysos,

Kerameikos, Olympieion, Roman Agora)

Islands (general):
Scooters daily rate - from €10
Bicycles daily rate -from €3-5
Cars daily rate - from €25
Ruins - entrance fees from €4
Wine-tasting - from €12

Mykonos:
Delos Tour (inc. return boat ride) - €35
Archeological museum - €3
Sunbed hire on Psarou/Platy Gialos beaches - €5-10

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.

No particular health issues in Greece, just that in some more remote islands bottled water is more recommended to drink. Just keep in mind that some heat waves are possible from June to October all over the country. People who are sensitive to seasickness should come prepared.

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

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

Greece is a relatively safe country if you take the same precaution you would back home in any major and/or touristy cities, use comon sense and do not hesitate to ask your skipper about specific areas to avoid. Also it is recommended to carry with you only the money and documentation you need for the day. Always keep an eye on your belongings, while having a drink, at the internet cafe, waiting at the bus station...

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)

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.

Recommendation

Why not add our 12-day Classic Greece trip, EGCG, before or after your Sailing Adventure?