

Local Living Italy—Amalfi Coast - EIAL

8 days: Naples to Naples

What's Included

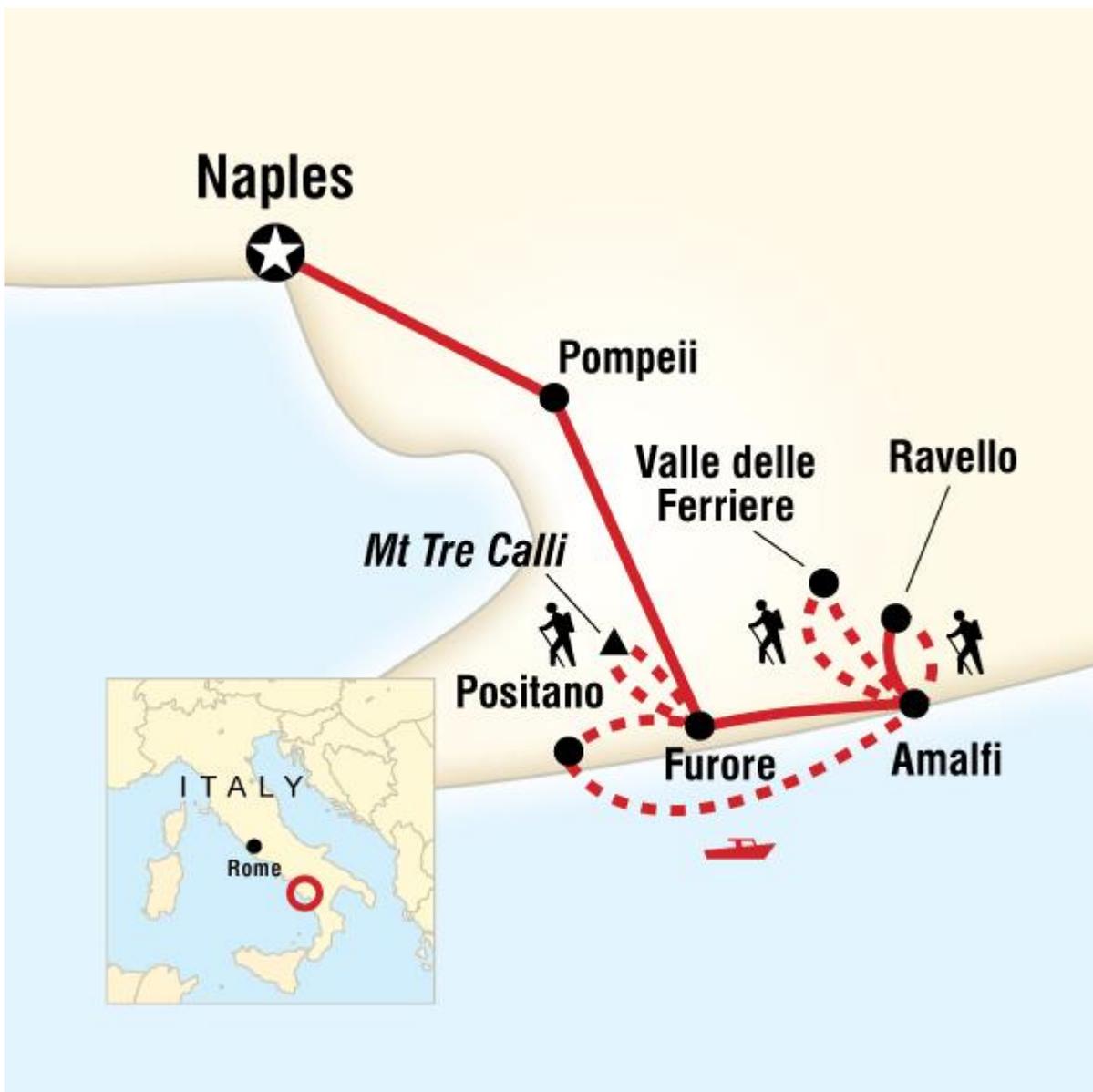
Guided tour of Pompeii. Four days of organized hikes and excursions from Furore. Visit to Amalfi and Ravello. Scenic ferry ride from Positano to Amalfi. Six home-cooked dinners using local organic produce. Three pre-dinner cooking demonstrations at the agriturismo. Orientation walk in Naples. Transport between destinations and included activities.

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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.

VALIDITY: Valid for all trips departing January 1st, 2014 - November 21st, 2015

Itinerary



Day 1 Naples

Welcome to Naples, home to the best pizza of the world. As your fellow travellers are arriving throughout the day, there are no planned activities until your group meeting at 6pm this evening, so check-in to the hotel (check-in time is approx 3pm) and enjoy the city.

Please make every effort to arrive in time for this important meeting. If you are delayed and will arrive late, please inform the hotel or us directly- contact numbers are provided in these notes. Your Chief Experience Officer (CEO) will then leave you a message at the front desk informing you of where and when to meet up.

Why not join your Chief Experience Officer (CEO) after the welcome meeting at an optional group dinner to eat the dish Naples is famous for—pizza! After dinner, your CEO will point out a few local points of interest to help orient you in Naples and get a better feel for the city.

Day 2 Pompeii/Furore (1B,1D)

Today we head off by private transport to our accommodation, an agriturismo just outside of Furore. En route we will visit the famed site of Pompeii, at the foot of Mount Vesuvius, near Naples. One of Italy's best-known sites, this unique visit is truly an amazing experience. After our guided tour with an expert local guide, there will be some free time to explore on your own before heading to our accommodation.

For the duration of our trip we stay at the same agriturismo. Located in a tiny village just outside of Furore, our accommodation was formerly a 16th century monastery - the friendly and hospitable staff are unsurpassed. The monastery is surrounded by colourful gardens, open terraces and endless staircases leading out to lemon tree groves and grape vines. Enjoy your meals in an open-air dining area that overlooks the crystalline waters of the Mediterranean Sea.

Tonight we will enjoy a real treat for our Local Living experience. Before dinner, our local hosts will show us how to make a delicious

specialty to traditional regional recipes, using local produce. Indeed, depending of course on the season, you may well be selecting and picking part of your own dinner from the vegetable patch and orchards before cooking it!

This activity will be available three nights before dinner and varying between 20 minutes and 1 hour, depending on what time you finish your days' activities and the seasonal availability of ingredients.

Estimated Travel Time: 1hr to Pompei and 1.5hrs Pompei to Furore

Day 3 Valle delle Ferriere/Furore (1B,1L,1D)

Walk through meadows to the lush verdant flora and beautiful waterfalls of the Valle delle Ferriere National Park. The bustle of the Amalfi Coast is only a few miles away as the crow flies, but away from the throng we have the chance to savour the quieter surroundings. We will take the "Valle dei Mulini" route, which will take about 4 hours (not including a lunch stop). It's a 300m height gain and the same in descent. The route goes up alongside the Rio Canneto, then there is a possible rest stop with picnic table by the river. From here you have the option to rest and enjoy the view, or to go on to the edge of the nature reserve for better views of the waterfalls. Then we will continue with steps downhill to Amalfi.

Please note that there are many steps on most of the walking trails in the region, including all of the pathways we use on this tour.

Approximate Hiking time: 4hrs

Day 4 Ravello/Amalfi/Furore (1B,1D)

We set off early to the lovely hilltop town of Ravello. The walk is steep, but delightful, located along a paved road with traffic and partially up stone steps.

Ravello is famous for the beauty of its situation, perched high above the azure Mediterranean with stunning views in all directions, and for its musical associations. The scenery here inspired many poets, artists and musicians, most prominent amongst them Wagner.

After free time for you to visit the Villa Rufolo and the cathedral, we walk down a quiet footpath to the tiny coastal village of Atrani. From here we follow back streets and improbably tiny alleyways to return to Amalfi and thence our agriturismo home.

Estimated Walking Time: 1.5 hours

Day 5 Mount Tre Calli (1B,1D)

Today's hike takes us to the mountain slopes of Mount Tre Calli. We begin from Bomerano and hike uphill through woodland and then open slopes with magnificent glimpses down to the sparkling Mediterranean sea. The first half of the walk varies between walking along a paved road, a dirt road and going up and down steps. The second—and most challenging—half is up on the side of the mountain, with steep uphill, big steps, and is mostly on rocks. Getting down the mountain can be very steep and sometimes slippery.

As with all of our hikes, today's hike is optional but you are rewarded with stunning views throughout.

Estimated Walking Time: 5 hours

Day 6 Furore (1B,1D)

Today is a free day for you to enjoy more sites of your choice along the Amalfi Coast. Perhaps a visit to the famous resort islands of Capri or Ischia, with their stunning scenery, entices you. There is a regular boat service from Amalfi to Capri and it is a very pleasant and popular day trip.

We also have details of more beautiful walks in the area if you would like to do another day's hiking. Amalfi's famous historic cathedral should not be missed, or simply hit the beach for some R&R. A day spa is located close to our Local Living home if you would like to pamper yourself on your free day.

Day 7 Positano/Furore (1B,1D)

Probably the most famous walk of the Amalfi region, the ancient trail climbs along ridges high above the coastal towns of Positano and Praiano, once the only road connecting these two villages. The path can be rough underfoot and a little exposed but well worth it for the spectacular scenery and the chance to be so close to nature and "the Gods".

The outstanding beauty of the Amalfi Coast can only be fully appreciated on foot. Follow ancient paths and trails linking isolated farms, villages, churches and monasteries. Most of the walking offers amazing views to the rugged coastline below with wonderful vistas from village to village.

Hike 1.4km uphill along a forest trail and stairs to the small town of Bomerano, perched in the hills high above the sparkling sea. From there, we walk approximately 8km to the village of Montepertuso and eventually to Positano along the sometimes narrow path with sensational views down to the sea far below. Walk past abandoned farmhouses and lemon groves, across high mountain pastures and through woodland, and finally down to hilltop villages and steeply down to the coast again. The last part of the path is on the main road and then down approximately 1300 stairs. This last part can also be done by public bus to save knees and ankles.

The walk finishes in Positano where you will have time, if you wish, to explore the bustling resort. We'll then take a scenic boat ride back to Amalfi before a bus back to the agriturismo.

Estimated Travel Time: 2 hours to return to Furore

Estimated Walking Time: 5-6 hours

Day 8 Naples (1B)

Depart the agriturismo at 8:30am, arriving to the Naples train station by 11am via a provided group transfer. If you opt to stay at the agriturismo in Furore until checkout time at 11am, we will gladly help you to arrange any onward transport at your own cost.

What's Included

Guided tour of Pompeii. Four days of organized hikes and excursions from Furore. Visit to Amalfi and Ravello. Scenic ferry ride from Positano to Amalfi. Six home-cooked dinners using local organic produce. Three pre-dinner cooking demonstrations at the agriturismo. Orientation walk in Naples. Transport between destinations and included activities.

Highlights

Live at an agriturismo on the Amalfi Coast for a week, hike beautiful trails including the famous "Walk of the Gods", learn about the fate of Pompeii from an expert local guide, explore chic resort towns and historic villages, savour delicious home-cooked Italian food made from local ingredients, take in spectacular views of the Amalfi Coast from the water on a scenic ferry ride between Positano and Amalfi

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.

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

Important Notes

Walking notes:

This is a walking trip, with hikes of up to 5-6 hours involving some ascents and descents of up to 600 metres (2000ft). Please be prepared in particular for some steep ascents and descents and lots of steps (both up and down) on the Walk of the Gods and other Amalfi Coast walks! Be prepared for narrow paths as well, some with steep drops to one side as well. Not suitable for people with

knee problems. Depending on your hiking experience, you might find that the routes used on this trip range from moderate to a bit more demanding in difficulty. All hikes are optional. At any time you do not wish to participate in any of the included hikes, your CEO can help you arrange optional, non-included day activities in the area at an additional cost.

The tour includes three walking days of around 5-6 hours, which will require a public bus ride to and from the start/finish points. Walks will include the "Walk of the Gods" from Bomerano to Positano.

We also walk part of the route to/from Ravello on Day 6, but you can opt out of part of this day's walking and go by bus if you prefer.

Please note that the walks may vary due to weather and/or path conditions. There are plenty of other walks in the region that can be recommended by your CEO and organized for free days.

Group Leader Description

This G Adventures group trip is accompanied by one of our CEOs (Chief Experience Officer). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. For our Pompei visit we also use an expert local guide.

Group Size Notes

Max 16, Avg 12.

Meals Included

7 breakfasts, 1 lunch, 6 dinners.

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. On this trip, you have included 7 continental breakfasts and 6 hearty farmhouse dinners, home-cooked by the family who run the Agriturismo using local and often organic ingredients.

Meal Budget

Allow EUR100-150 for meals not included.

Transport

Minibus, public ferry, walking.

About our Transportation

We will primarily be using private vans on this tour. The cliffs and mountains of the coastline make for some extremely windy and occasionally precipitous roads - pack some motion sickness medicine if you think you'll need it!

After the Walk of the Gods hike, we will travel by public ferry between Positano and Amalfi, a truly spectacular ride along the coastline. We will also be doing three different hikes on this tour to get from here to there, but you can always opt out of these. See the Important Notes section for more information.

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.

Solo Travellers

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

Accommodation

Hotel (1 nt), locally owned agriturismo/guesthouse (6 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

About Accommodation

Our centre-based accommodation is in a renovated 16th century former monastery traditional agriturismo, immersed in greenery based just outside the small village of Furore, high in the hills above the Amalfi Coast. It still has many historic features including a frescoed entrance hall, old gateway, original meat curing oven and period tiles. The rooms are comfortable and welcoming, all with ensuite bathroom and lovely rural views.

PLEASE NOTE: If you would like to share a room with your travelling companion, please make sure you book together, selecting twin or double room according to your preference. Available room types are always shown on each particular tour, and we cannot guarantee your room type will be able to be changed at a later date. If you are unable to book at the same time as your travelling companion, please contact us directly as soon as possible so that we can check availability and, if possible, assign you to the correct room type.

Joining Hotel

Hotel Correra 241
Via Correra 241
80135 Napoli
Tel. +39.081.195.62.842
Fax +39.081.214.28.20
Email: info@correra.it

Please note that the departure on September 27, 2014 will commence at the Hotel Rex:

Hotel Rex
Via Palepoli, 12, 80132, Naples, Italy
Phone: +39 081 764 9389

Joining Instructions

From Train Station

Take a taxi and ask for "conventional rate" to historical center which is 13 euro
or

'When you arrive in Napoli Centrale train station, exit towards the front of the station and follow the signs for METRO Linea 1. This Line 1 has recently opened up to Piazza Garibaldi which is the big Piazza you will see upon exiting the station with all the works in progress happening. Walk down to the Metro station which will be called 'Garibaldi' and then you will be able to see route maps. The stop you are looking to hop off at is called 'DANTE'. It is the third stop from Garibaldi.

Once you have exited the Dante stop, you will find yourself in a big piazza with a statue of Dante Alighieri in the middle that will be closed off with an archway and buildings to one side but open up on the other side where you will have a main road called 'Via Toledo'. If you came out on the piazza side, cross via Toledo leaving the piazza behind you and turn right, walking along the pavement (sidewalk). Via Correra is the second alley on your left as you walk along. The hotel Correra is about 30 metres along that street.

You should see the sign for Correra 241 as you enter the street. It is on your right hand side. The contrast between the entrance alley and the inside is a lot what Naples is all about. Welcome!

From Airport

By Taxi; Official rate to historical center is 23 EUR

or

Take the Public bus called Alibus (buy the tickets onboard cost 3.30EUR)

Get off in Piazza Garibaldi and then either take the taxi or the tube as above

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 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.

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

An included group transfer will take you back to Naples on the departure day. This transfer will depart the agriturismo at 8:30am and arrive into Naples train station by 11am. If you opt to go to Amalfi or else where your CEO can help arrange a taxi for you which would be at your own cost.

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 for hikes and daily excursions. 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 hiking boots or supportive shoes with good grip for the day hikes (very important if you want to do the hikes!)
- Walking poles (optional but useful on uneven terrain)
- Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Watch or alarm clock
- Water bottle or camelbak
- 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 required

Laundry

As our Agriturismo is in the countryside, there is no convenient self-service laundry. We recommend you bring biodegradable washing soap for any hand-washing you may need to do.

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

Italy is 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 Italy - 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!

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 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

All prices are per person, in Euro amounts.

Herculaneum - €11

Local buses on the Amalfi Coast (any single journey) - €2

Day pass on local buses (valid for routes in Amalfi Coast area for 24hrs) - €6

Capri:

Ferry/hydrofoil from Amalfi (rtn.) - €32

Local buses in Capri - €5

Villa Jovis (Tiberio House) - €2

Funicular to Monte Solaro (highest point of the island) - €6

Ravello:

Villa Cimbrone Gardens - €6

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

Like anywhere in the world, major cities have areas safer than others, use common sense, be aware of your surroundings and mind your personal belongings

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.

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 not acceptable in towns.

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 we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Newsletter

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

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Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.