

Mont Blanc Explorer - EFME

8 days: France

What's Included

Four escorted mountain walks.

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, 2012 - December 31st, 2012

Trip Style

Active: Designed for outdoor adventurers.

Hungry to walk, hike, trek, bike, raft and kayak your way across the world's greatest destinations? You don't have to be a decathlete to take an Active trip, just someone with a healthy love for getting active and the outdoors.

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

3: Trips may include activities like hiking, biking, rafting or kayaking. No sweat, right?

Itinerary



Day 1 Chamonix

Today is an arrival day so there are no planned activities and you may arrive at any time throughout the day (please note that check-in at the hotel is usually around 2-3pm). Look out for a message from your Tour Leader at the hotel reception detailing the time and location for an important meeting in the evening, during which you will meet your Tour Leader and fellow group members, as well as complete some admin and learn more about the trip. After the meeting, you may choose to join your leader and travel companions for an optional dinner in a local restaurant. If you arrive late, no worries, your Tour Leader will leave you a message detailing where they can be contacted and when to meet the following morning.

Please note that the Hotel Chamonix is affiliated with the nearby Hotel Crete Blanche and that in some cases the group could be divided between the two hotels in Chamonix. These two lovely hotels in the centre of Chamonix have everything we need to enjoy the area and get a good rest before and after our hikes. The interior of the hotels are all in wood, giving them a very typical Alpine atmosphere.

The Mont Blanc mountain range is one of the most spectacular regions in the Alps. Marked trails straddle three countries (France, Italy and Switzerland) and cross over mountain passes allowing hikers to enjoy the magnificent scenery on the Tour du Mont Blanc loop. The majesty of Mont Blanc with the summer flora of wildflowers, shrubbery and trees has inspired generations of alpine visitors, and this region has been attracting mountaineers and hikers from around the world for over two hundred years. Late spring to summer is the best time for hiking in this area.

The town of Chamonix is an authentic French mountain town located at the foot of Mont Blanc. It lies in one of the most picturesque valleys of the French Alps, with innumerable alpine peaks towering around you, pine forests, alpine valleys to explore, and beautiful glaciers spilling from the high massif. The town is home to 10,000 inhabitants, swelling to 100,000 during peak season.

This evening is our first opportunity to try some Alpine specialities in a typical restaurant. It will be hard to choose from such delights as cheese fondue, tartiflette or raclette perhaps accompanied by some famous "Vin de Savoie" wine.

Overnight in Chamonix.

Day 2 Chamonix day walk

Approximate walking time: 6hrs

Today we will head out in the Chamonix valley for our first hike. We will hike up the steep-sided Chamonix valley for views across to the peaks and glaciers.

Start your trek in Montroc, ascend Aguillette des Posettes before descending via Charamailon to Le Tour/Montroc (option of descent partway via cablecar for sore limbs!)

The ascents and descents on this day are quite long but the ground is relatively easy. We gain height gently in switchbacks, on a narrow trail across mountain turf and rock. There are superb views across to Mont Blanc, and relatively easy ground underfoot make this an easier day than the elevation gain may at first suggest.

Overnight in Chamonix.

Height gain: 800m (2600ft)

Descent: 750m (2460ft)

Day 3 Chamonix

Taking a break from our walking, we'll spend today exploring the Chamonix region with various optional activities to suit everyone's interests. Why not take a recommended cable car ride up the famous Aiguille du Midi and across the glaciers to Punta Helbronner in Italy. Or if you want some excitement, you can opt to join a canyoning or rafting trip, or go parapenting - these activities are available and bookable locally and your CEO will have suggestions for where to do this.

For a more relaxing day, you can choose to stay at resort level and enjoy some local hikes in the area or perhaps visit the local leisure centre. One good hike in the area starts in Les Praz by the pretty medieval church. Walk through shady woods and along the tumbling glacial waters of the River Arve to Argentiere, where we can enjoy a stop at one of the cafes before catching the local bus back to Chamonix. (Height gain approx 300m).

Don't miss the chance to try some of the local speciality food that this region is famous for in one of the town's many excellent bars and restaurants!

Overnight in Chamonix.

Day 4 Courmayeur, Val Veny

Approximate walking time: 5hrs

We travel by bus this morning, through the Mont Blanc Tunnel, crossing the Italian border to the town of Courmayeur. Here we will drop off our bags and head out for a day hike in Val Veny, with spectacular views up the valley to the Col de la Seigne and the Miage glacier.

Courmayeur lies at the foot of Mont Blanc, close to the French border in the Aosta Valley. It is a characteristic Italian village of cobbled streets, stylish shops and excellent cafés and bistros, all set within an attractive medieval centre. This evening we will have the opportunity to try out some of the best Aosta region specialities in one of Courmayeur's atmospheric restaurants. Among others don't miss "Seupette de Cogne" made of bread, fontina (local cheese), butter and stock, civet or stews. Just ask your Tour Leader for some of the best recommendations.

Overnight in Courmayeur.

Our hotel in Courmayeur is cosy and atmospheric, a traditional Aosta Valley structure with ample recreational space including an outdoor terrace and garden for soaking up some of the mountain sunshine in the summer months.

Day 5 Courmayeur (B)

This morning, wander the cobbled streets of Courmayeur with its wide selection of local cheeses and other gourmet Alpine specialities. Take the chance to purchase a light lunch or snack to take along on your optional excursions today.

Enjoy a free day in the Courmayeur region to take advantage of some optional activities of your choice such as taking a bus to La Palud, followed by a magnificent cable car ride to Pointe Helbronner and back. Your Tour Leader will let you know more about other options such as mountain biking, hiking, a day visit to the town of Aosta or for a bit of indulgent relaxation at the wonderful Pré St Didier Spa.

Overnight in Courmayeur.

Day 6 Courmayeur, Planpincieux (B)

Another walking day today as we stretch our legs with a fabulous route, setting off up the settp winding path to Rifugio Bertona and then on around the flank of the hillside to where a magnificent panoramic view of Mont Blanc awaits.

We start in Courmayeur, where we will have time to shop for picnic supplies. Then walk to the village of Villair and from here up a zig-zag path (steeply at times), first through shady trees and then more open rocky country to Rifugio Bertone situated high above the Courmayeur Valley, where we will have time for a refreshing cold drink. The path then contours delightfully around the flank of the Mont de la Saxe for a picnic lunch at an elevation of 2000m, with magnificent views onto the south face of Mont Blanc. The spring flowers on this route are absolutely superb. We descend to the Planpincieux valley and our local bus back to Courmayeur.

Overnight in Courmayeur.

Approximate walking time: 5hrs

Height gain: 850m (2800m)

Day 7 Chamonix, La Flégère (B)

Approximate walking time: 6hrs

We catch a morning bus from Courmayeur back through the Mont Blanc Tunnel to Chamonix. From here we'll set off on our last day's walking, taking the cable car to the alpine slopes high above the Chamonix valley for magnificent views of the Grandes Jorasses, the Dru and the Mer de Glace glacier

This evening why not try out a local Chamonix brewery for a farewell hearty dinner and a pint of of lager made from glacial fed water!

Day 8 Departure day

Depart Chamonix at any time.

What's Included

Four escorted mountain walks.

Highlights

Marvelling at Mont Blanc massif from France and Italy, hiking along stunning Alpine trails, spending your evenings relaxing in quaint Alpine villages.

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

Please note that, while the hikes on this trip are all day hikes and you need carry no more than a small daypack, this is still an alpine environment. The walks involve ascents and descents of up to 900m (3000ft) sometimes over rough and steep ground. Good fitness and a familiarity with mountain hiking will help you get the most out of this trip.

Please note as well that you will require good well-broken-in walking boots and waterproofs. You will need to be prepared for unpredictable mountain weather.

Please note that Hotel Chamonix is affiliated with the nearby Hotel Crete Blanche and that in some cases the group could be divided between the two hotels.

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.

Group Size Notes

Max 12, Avg 10

Your Fellow Travellers

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

Meals Included

3 Breakfasts

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 EUR240-315 for meals not included

Transport

Train, bus, mini-van

About our Transportation

On this trip, we will be travelling between walks and hotels by public bus and train. There are some optional cable car rides in the area as well.

Local Flights

If required all local flights are included in the cost of your tours unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Single Travellers

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

Accommodation

Hotels (7 nts)

My Own Room

Not available on this trip

About Accommodation

It is important to note that accommodation in Europe tend to be quite different to other areas of the world you may have travelled in. Buildings and rooms are generally old and may not have been renovated or maintained to the highest standard. Downtown hotels in Europe were not build to be hotels but rich owners houses, which have been changed into hotels. Therefore unusual room sizes are common as large rooms have been partitioned in the past, resulting in rather "thin" walls. Reception areas, rooms and bathrooms tend to be very small as they were often added into an existing room, and may have a hand nozzle rather than a conventional shower head.

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

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

Please note that Hotel Chamonix is affiliated with the nearby Hotel Crete Blanche and that in some cases the group could be divided between the two hotels in Chamonix. These two lovely hotels in the centre of Chamonix have everything we need to enjoy the area and get a good rest before and after our hikes. The interior of the hotels are all in wood, giving them a very typical Alpine atmosphere. Our hotel in Courmayeur is similarly cosy and atmospheric, a traditional Aosta Valley structure with wooden features, ample recreational space including an outdoor terrace and garden for soaking up some of the mountain sunshine in the summer months.

Joining Hotel

Hôtel Le Chamonix
58, Place de l'église
Chamonix
(+33) 04-50531107
(+33) 04-50536478
www.hotel-le-chamonix.com
hotel-le-chamonix@wanadoo.fr

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*The following location will be used as the start point hotel for the Sept 1st 2012 departure:

Chalet Chantel
391 Route des Pecles
Chamonix 74400
Tel + 33 4 50 53 06 696

Joining Instructions

Chamonix is most easily accessible from Geneva Airport, to which you can find international flights from virtually any major world city.

AIRPORT TRANSFERS

We recommend that you use the following company for all your travel enquiries.

www.chamonix-valley-transfers.com
0033633634241

Scheduled (Saver) Transfer - Every Seat €25 (Peak Times Only - 08.00am - 20.00pm)

Transfers Depart Approx 90 - 120 minutes Daily

Shared (Flexi Saver) Transfer - Every Seat €30 (Peak Times Only - 08.00am - 20.00pm)

€40 (04.00 - 08.00am & 20.00 - 23.00pm)

Transfers Depart Approx 45 - 60 minutes Daily

(Please note that if your flight is delayed, especially if you are arriving early or late, it is better to book a flexi saver service as this will allow you to move your transfer to a later time.)

Private Transfer - One Way €160 (Available 24 Hours)

VIP Transfer - One Way €220 (Available 24 Hours)

NOTE: Please make sure you have the following TRAVEL DETAILS before booking.

- Flight number
- Flight Arrival Time
- Flight Departure Time
- Passenger's Name
- Number of Passengers
- Email
- Valid Mobile Telephone Number ((00+) contactable whilst in Europe)
- Drop off and/or Pick Up Address

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 group leader. 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 G Adventures during a situation of dire need, it is best to first call our local office.

G Adventures Local Office

Emergency Cell Phone: +44 7817 262559

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 Australia: 1 300 796 618

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

Finishing Point Hotel

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58, Place de l'église

Chamonix

(+33) 04-50531107

(+33) 04-50536478

www.hotel-le-chamonix.com

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What to Take

You will be on the move a lot, so our advice is to pack as lightly as possible. We highly recommend using a backpack or light sports bag, whichever you find easiest to carry, plus a small daypack. Luggage space on public transport is limited. You must be prepared to carry your own bags and be comfortable carrying them between transport and hotels (max. 15-20 mins walking), hopping on and off trains and public buses and up and down stairs.

Checklist

Suggested Items:

- Light fleece top
- Light windproof/waterproof jacket
- Small towel and swimwear
- Sun hat

- Personal clothing suitable for hiking - we recommend both short and long sleeved hiking tops in synthetic material (not cotton)
- Hiking boots/sturdy walking shoes
- Sport sandals
- Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Watch or alarm clock
- Water bottle
- Money belt
- First-aid kit (should contain lip salve, Aspirin, bandaids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, insect repellent, extra prescription drugs you may be taking)

Optional Items:

- Trekking poles
- Pocketknife
- Camera and film
- Reading/writing material
- Binoculars
- Cover for backpacks
- small towel and swimwear (you will need swimwear if you wish to make an excursion to the spa facilities)

Documents:

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- EUR/USD 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 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

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.

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

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work in Western Europe. Check with your bank before departure. You should be aware when making purchases or withdrawing cash 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, travellers' cheques and cards is best. 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 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

Aiguille du Midi transglacial train, cable car and ice cave visit excursion - 66 EUR

Bus Courmayeur-La Palud - 4 EUR (rtn)

Bus Courmayeur-Aosta 6 EUR (rtn)

Cable car from La Palud to Pointe Helbronner - 50 EUR (rtn)

Cable car from Pointe Helbronner to Pic du Midi - 30 EUR (rtn)

Spa Centre in Pré St Didier - 35-48 EUR

Chamonix:

Mountain bike rental - 39 EUR p/p half day; 59 EUR p/p full day

Parapenting - 90-235 EUR p/p depending on the length of flight & departure points

Rafting - 28 EUR p/p (45 min); 31 EUR (1.5 hrs); 104 EUR (full day with lunch)

Hydrospeed - 34-45 EUR p/p (for approx 1 hour)

Canyoning - 57 EUR p/p (half day); 92 EUR p/p (full day)

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 group leader they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Please note your Adventure travels to high altitude. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician.

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)

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

Looking for something more challenging? Try our "Trekking Mont Blanc" tour, EFMB.