

## National Parks & Bright Lights - NUNP

15 days: United States

### What's Included

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Entrance fees to all National Parks and National Monuments with hiking and walking excursions. Guided city tours of San Francisco, Los Angeles, San Diego and Las Vegas. Visit a sustainable family farm, Entrance fee to Montezuma Castle. Discover Oak Creek Canyon. 2,5 hour guided Navajo Jeep Tour in Monument Valley, Sunset pizza at the rim in Grand Canyon.

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

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

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

### Service Level

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**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

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

### Itinerary

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### **Day 1 San Francisco**

Arrive at any time. Welcome Meeting in the evening.

### **Day 2 San Francisco/Yosemite NP**

Guided Tour of one of the greatest cities in the world: San Francisco! Discover some of the most iconic attractions such as bustling Fisherman's Wharf or the stately Golden Gate Bridge. In the afternoon drive to Yosemite National Park.

Estimated Travel Time: 3 hours

Approximate Distance: 225 km/140 miles

### **Day 3 Yosemite NP**

Take short hikes to majestic waterfalls, clear lakes, beautiful meadows or walk amongst giant sequoias in Yosemite National Park. With a keen eye, you may be lucky enough to spot black bears, deer or coyotes. Optional bike rentals in Yosemite Valley.

### **Day 4 Yosemite NP/Bakersfield**

Continue exploring Yosemite in the morning on foot before we drive to Bakersfield in the afternoon.

Estimated Travel Time: 4.5 hours

Approximate Distance: 330 km/204 miles

### **Day 5 Bakersfield/Las Vegas**

Visit one of the country's most rugged landscapes, the legendary Death Valley, the hottest and driest spot and home to the lowest point in North America. Explore the city of lights, Las Vegas with a guided tour along the famous "Vegas Strip". Optional VIP limo experience in Vegas and optional visit to numerous amazing shows.

Estimated Travel Time: 7 hours

Approximate Distance: 630 km/390 miles

### **Day 6 Las Vegas**

Full day to explore Las Vegas!

### **Day 7 Las Vegas/Zion NP/Bryce Canyon NP**

It's time for Utah's oldest National Park: Zion! Spend time exploring towering cliffs and massive canyon walls as you hike some of the most diverse and exciting trails. Arrive in Bryce Canyon just in time to witness one of the most spectacular sunsets in the Southwest.

Estimated Travel Time: 5 hours

Approximate Distance: 400 km/250 miles

### **Day 8 Bryce Canyon NP/Lake Powell**

In the morning experience stunning Bryce Canyon National Park on trails among the amphitheaters and multi-colored rock pinnacles called "hoodoos" before our journey takes us to one of the largest man made lakes in North America: Lake Powell! Optional cowboy steak dinner and sunset horseback riding.

Estimated Travel Time: 3 hours

Approximate Distance: 265 km/165 miles

### **Day 9 Lake Powell/Monument Valley**

Visit the Glen Canyon Dam or take an optional tour to Antelope Canyon, the second largest of its kind in North America. Be in awe as you reach the overlook after a short hike to the famous Horseshoe Bend, shaped by the emerald green Colorado River. Discover

one of the most majestic places on earth: Monument Valley! Magnificent colors, miles of mesas, buttes and pinnacles make Monument Valley a truly wondrous experience. Explore this magical and sacred place on an awesome jeep tour led by a Navajo guide.

Estimated Travel Time: 2.5 hours

Approximate Distance: 210 km/130 miles

#### **Day 10 Monument Valley/Grand Canyon NP (1D)**

Continue to one of the earth's greatest on-going geological spectacles: the Grand Canyon!

Considered among nature's most spectacular offerings, the Grand Canyon provides spectacular opportunities for you to explore.

Wander along a trail and feel the sunshine and wind on your face as you admire awe-inspiring views. Sit and watch the changing play of light and shadows. With numerous viewpoints, the Grand Canyon will never look the same! In the afternoon enjoy a bird's eye view of the Grand Canyon with an optional helicopter flight or watch the most spectacular IMAX Adventure of all, the Grand Canyon Movie. Pizza Dinner at the rim at Grand Canyon.

Estimated Travel Time: 3.5 hours

Approximate Distance: 290 km/180 miles

#### **Day 11 Grand Canyon NP/Phoenix**

In the morning cool off at Slide Rock State Park. Get out the camera for this next breathtaking experience as we take Arizona's famous scenic drive: Oak Creek Canyon! With fabulous rock formations, Red Rock State Park is the perfect opportunity to enjoy a picnic under an open sky before we reach Sedona, a fabulous destination rich in history, nature, geology and art. Gaze through the windows of the past and discover one of the best preserved cliff dwellings in North America, Montezuma Castle. In the evening enjoy a night out in historic downtown Phoenix. Inspired by America's famous Country music, experience a fun and rowdy atmosphere in a real Cowboy bar.

Estimated Travel Time: 5 hours

Approximate Distance: 360 km/225 miles

#### **Day 12 Phoenix/San Diego**

Visit the Imperial Sand Dunes, the largest mass of sand dunes in California. History, food and fun awaits us in beautiful historic Old Town in San Diego. When the sun sets experience the Gaslamp Quarter District with numerous pubs and nightclubs.

Estimated Travel Time: 6 hours

Approximate Distance: 600 km/375 miles

#### **Day 13 San Diego**

San Diego is a great city to experience where life is lived outdoors. Check out world-famous Coronado Island and Balboa Park on a guided city tour. Afterwards experience optional attractions like Sea World or the amazing San Diego Zoo. In the evening relax on Mission beach or take optional surf lessons and rent boogie boards.

#### **Day 14 San Diego/Los Angeles**

See the stars on the most famous sidewalk in Hollywood on a guided city tour. Drive through Beverly Hills and be fascinated by one of the world's most exclusive three-block district: Rodeo Drive! Discover for yourself why Santa Monica Pier and Venice Beach are one of the highlights of Los Angeles! Optional bike or Rollerblade rental.

Estimated Travel Time: 2 hours

Approximate Distance: 190 km/120 miles

#### **Day 15 Los Angeles**

Depart at any time.

## **What's Included**

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## **Highlights**

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Stargazing in Los Angeles, meeting the Navajo in stunning Monument Valley, marvelling at the Grand Canyon, hiking in the beautiful Bryce Canyon and Zion national parks, rolling the dice in Las Vegas.

## Dossier Disclaimer

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## Itinerary Disclaimer

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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

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1. In order to cover the vast distance in North America to be able to visit several different parks and cities along our trip, we will have a couple of long driving days.
2. All walks and hikes proposed by our CEO will be easy to moderate level. You may choose to participate or not, but exploring our national parks on foot is part of our way of travelling. It's a healthy way to discover North America's beauty and landscape.
3. Please note that some trips could be a combination of multiple G Adventure tours. You should expect some group members to join or leave the tour between tour segments.

## Group Leader Description

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This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). The CEO will be the group manager, leader and driver - this person is experienced in the routes travelled and will organize and lead the meal preparations and has experience in cooking a variety of local and international dishes for large groups.

As the group coordinator and manager, the aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. 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. They will also offer suggestions for things to do and to see, recommend great local eating venues and introduce you to our local friends.

We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

## Group Size Notes

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Max 13, avg 10.

## Your Fellow Travellers

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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.

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## Meals Included

1 dinner.

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## Meal Budget

Allow USD375-400 for meals not included.

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## Transport

Air conditioned private touring van

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## About our Transportation

We use 15-passenger vans for up to 13 people plus the CEO/Driver for all our of our trips in North America. For groups of 8 and more travellers, we also use a trailer to carry luggage and camping equipment.

These vans are durable vehicles that allow us to drive on most types of roads in North America.

Each van has a front passenger seat and 4 benches that will accommodate 3 people each. No standing is permitted in these vehicles, but there is air conditioning to cool things down on warm days and mandatory seat belts to us secure and safe.

This is not a physically demanding journey. However, travelling can be difficult, with long drives and limited space in the van. Please take note of the travel times and distances in the above itinerary. Despite some of the long days, most clients feel that the diversity of the North American landscape, culture and wildlife are all well worth the experience!

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## 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.

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## Accommodation

Centrally located hotels (14 nts)

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## My Own Room

If you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops.

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## About Accommodation

This trip uses 2-3 star hotels and motels in cities and near park entrances. Our chosen hotels vary in size, character, and amenities, but are of a good standard, and the rooms are double occupancy with a private bathroom.

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## Joining Hotel

Best Value Inn  
505 O'Farrell Street  
San Francisco, CA 94102  
Phone: +1 415-771-0525  
Fax: +1 415-771-8329

Touchstone Hotel  
480 Geary Street  
San Francisco  
California  
USA  
+1 415-771-1600

NUNP121215

## Joining Instructions

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The international airport in San Francisco is located 14 miles (22 km) from downtown San Francisco. When arriving at the International Airport in San Francisco, proceed to the Arrivals Hall. From here you have three transport options; public Taxi, door-to-door shuttle or the public Bay Area Rapid Transit (BART).

### Taxi

On the Arrivals/Baggage Claim Level continue to the designed taxi zones located at the roadway center islands right outside the Arrivals Hall. Uniformed taxi coordinators will help you with any questions you may have but it should be fairly easy to find a taxi. The approximate fare to downtown San Francisco is \$40 (depending on traffic) plus gratuity.

### Door-to-Door Shuttle also known as "Shared-ride Vans"

This is probably the most convenient way to get to your hotel and definitely cheaper than a taxi ride from the Airport. From the Arrivals Hall make your way up one floor (Level 3) to the Departures/Ticketing Level. Proceed to the Center Island Transportation Zone located outside. Again, there will be uniformed coordinators to help you just in case you have any questions. You will see quite a few shuttle companies but wait for the Vans that say either "Go Lorries Shuttle" or "Super Shuttle". The fare to your hotel is between \$15 and \$17 plus gratuity. This shuttle service is on a walk-up basis so it might take a few minutes until you see the right shuttle that will take you to the heart of San Francisco!

### BART (Bay Area Rapid Transit) public transportation

The cheapest and definitely the most adventurous way to get to your hotel is by BART. The fare to downtown San Francisco is \$8.10 (approximately 25 min). The BART station is located on the Departures/Ticketing Level of the International Terminal (Boarding Area G side). From any Terminal you can reach BART by taking the AirTrain to Garage G/Bart (no fare). Once at the station you need to get a ticket at the vending machine that accepts cash or credit card. Then you need to enter your ticket into the fare gate. The ticket will be returned to you since you will use the same ticket again when you exit BART at Civic Center/UN Plaza SF. From here you have approximately a ten minute walk. Enjoy the first glimpse of beautiful San Francisco!

Please note that day 1 is an arrival day and no activities have been planned, though a brief departure meeting will be held in the hotel on the evening of day 1. When you arrive at our joining hotel you will find the time and place of the meeting on a welcome note hung in the hotel lobby. If you are unable to find the note, please just ask the front desk staff.

At the meeting you will meet other tour participants and receive information about general and specific aspects of the trip. If you arrive late and miss the meeting, your CEO will leave you a message detailing what time and where you should meet the next morning.

## Emergency Contact

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

### AIRPORT TRANSFER

If you have purchased an arrival through G Adventures, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel

### EMERGENCY CONTACT NUMBERS

G Adventures Local Operator (San Francisco)

During Office Hours (Weekdays, 8:30am-5:30pm PST): +1 707-538-8395

After Hours: +1 707-495-9488

If you are unable for any reason to contact our local operator, 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

## What to Take

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You will be on the move a lot, so our advice is to pack as lightly as possible.

For days in the outdoors, we recommend the use of lightweight, breathable, moisture-wicking fabrics made of wool or synthetic fibers. Cotton is not recommended for days to spend hiking as it does not allow for heat or moisture to enter or escape, and it will not dry easily once wet.

We recommend the use of a well-labeled duffel bag, soft bag or backpack (whichever you find easiest to carry). Suitcases or heavy luggage are not recommended for the health of the CEO! A good size day-pack (20-35L) is also essential as you will have the chance to walk and hike in different national parks during these trips. This daypack will be used to carry your personal gear for the day, lunch and water bottle.

It is important to pack clothes for warm days and cool evenings, as well as a light jacket. A set of smart casual clothes is also advisable.

## Checklist

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### Travel

- Credit and/or debit card (see spending money)
- G Adventures vouchers, pre-departure information and trip details
- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- Any entry visas or vaccination certificates required
- Camera and memory cards
- Charger for phone/camera/music device
- Reading/writing material

### Equipment

- Insect repellent (for North West and East Coast only)
- Head lamp with batteries
- Hand sanitizers/ antibacterial wipes
- Rain Cover or plastic bags for daypacks
- Small towel (pack towels are good) and swim wear
- Sun hat
- Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Water bottle (at least 2L capacity)
- Pocketknife
- Watch or alarm clock
- First-aid kit (should contain lip salve, Aspirin, Band-Aids, anti-histamines, motion sickness remedy, after-bite salve and extra prescription drugs you may be taking).

### Clothing and Footwear

- 3 or 4 lightweight shirts or T-shirts
- Fleece/jacket
- Windproof/waterproof jacket (rain gear)
- 2 pair of shorts
- 1 pairs of long trousers
- 2 pair hiking pants/track pants
- Comfort clothing for the night
- 3 to 5 pair of walking/hiking socks (synthetic or wool)

- Under garments
- Warm thermals/long underwear (fall and spring season only)
- Warm wool hat and gloves (fall and spring season only)
- Good hiking shoes or boots
- Sport sandals (suitable for water if you are planning on rafting)
- Extra comfortable slip-on sandals or shoes for the evenings

Optional Items:

-Hiking poles, binoculars, Playing cards, games, frisbee, notebook, pens/pencils

## Laundry

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Laundry can be done at least once a week while on tour. Some hotels and most cities have laundromats where you can buy soap and wash your laundry in coin-operated machines. Your CEO will advise you along the trip where you will be able to do your laundry.

## Visas

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All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. 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.

## Destination Guide

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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

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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

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The United States currency is the US Dollar (USD).

Credit cards are accepted almost everywhere in the US and can be used to purchase small and large items. When purchasing products or services with a foreign credit card in the USA, you may be charged additional fees by your credit card company for foreign purchases.

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. Both Visa and Master 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 check with your bank before you travel. A visit to an ATM can be arranged on Day 1 and other days of the trip.

Do not rely on credit or debit cards as your only source of money. A combination of US Dollars as cash (preferably smaller bills, 5's, 10's and 20's), traveller's cheques and credit cards is best. Currency exchange is best obtained prior to travel or at the airport, currency exchange is very difficult to find in the USA and most banks do not accommodate.

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](http://www.xe.com)

## Emergency Fund

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Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Tipping

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It is customary in North America to tip service providers such as waiters, at approximately 18%, depending on the service. 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 times during the trip where there is opportunity to tip the local guides. Recommendations for tipping local guides would range from \$2-8 USD per activity 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 Chief Experience Officer did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline \$5 USD per person, per day can be used.

## Optional Activities

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

San Francisco:

Cable Car Ride US\$5

Bike Rental (full day) US\$32

Sunset Sail (1.5 hrs) US\$50

Yosemite:

Bicycle Rental (1 hr) US\$10

Las Vegas:

Limo Tour (1.5 hrs) US\$45

Bryce Canyon:

Rodeo US\$11

Horseback Riding (1.5 hrs) \$US65

Scenic Flight (30min) US\$208

Monument Valley:

Jeep Overnight Excursion (2.5h tour) & Dinner US\$65

Grand Canyon:

Helicopter Flight 25 min US\$210 ; 45min US\$250

IMAX Movie US\$14

San Diego:

Seaworld US\$73

Seaworld San Diego & Universal Studios Hollywood US\$125

Zoo US\$42

Boogie Board Rental (1/2 day) US\$10

Surf Board Rental & Lesson (1/2 day) US\$10

Los Angeles

Rollerblade Rental (2 hrs) US\$17

Bike Rental (2 hrs) US\$20

## Safety and Security

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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/](http://www.gadventures.com/travel-resources/safety/)

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## 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](http://www.gadventures.com/medical-form).

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## 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.

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## 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.

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## 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](http://www.gadventures.com)

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## 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](http://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)

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## 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>

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## 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](http://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.

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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](http://wateringhole.gadventures.com).

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## 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.