Last Updated: September 12, 2013

Northern Spain by Bike - ESSB

8 days: Barcelona to Barcelona

What's Included

3 guided biking excursions, 21 Speed mountain-bike style bicycle with helmet

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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, 2013 - December 31st, 2013

Itinerary

Day 1 Arrive Barcelona

Arrive in Barcelona at any time. As your fellow travellers are arriving throughout the day, there are no planned activities. Check-in to the hotel (check-in time is approx. 3pm) and enjoy the city. In the evening meet your fellow group members at 7pm to go over the details of your trip. Check the notice boards or ask at reception for the exact location of this group meeting. After the meeting, you can head out for a meal at a local restaurant with the group (optional).

Please make every effort to arrive on time for this important group meeting. If you are delayed, please contact the hotel or the emergency contact numbers in your trip dossier. Your Chief Experience Officer (CEO) will then leave you a message at the front desk.

If you arrive early why not spend the afternoon at leisure exploring Spain's second largest city, known worldwide for its dynamic atmosphere and exciting style. Barcelona may be Spain's second largest city, but it's the capital when it comes to fashion, architecture, food and music. Renowned for its dynamic atmosphere and groundbreaking style, Barcelona is always fun and exciting. As the most cosmopolitan and economically active city in Spain it has always shown its will to be modern. Barcelona is always at the forefront of the latest international styles, whether it be in architecture, fashion or ways of thinking. There is plenty of history too: visit the old Gothic Quarter with its maze of dark streets, historic cathedral, medieval buildings, bars and cafes. Stroll the Rambla, a large tree-lined pedestrian boulevard perfect for people-watching and window shopping, ending at the harbour front facing the Mediterranean Sea.

Make sure to view Gaudi's most famous work, the Sagrada Familia cathedral, an inspiring yet bizarre testament to the artist's unique vision. Should you need some quiet time away from it all a visit to the imaginative Park Guell will cure all ills, as you stroll the tree lined paths and admire more of Gaudi's creative genius at play.

For nightlife, the highest concentration of young and beautiful locals dancing the night away – both in the bars and on the street –

can be found near the intersection of Santaló and Mariano Cubi streets. Here you can always find good music, good drinks and lots of fun. Another good nightlife spot for meeting the fashionable locals of Barcelona is on the Plaza Francesc Maciá.

Days 2-3 Olot

We begin our journey with a morning train to the medieval town of Ripoll where our bicycles await us. Today we take the Bici Carril, a former railway line that has been transformed into a bicycle route, and which leads all the way from the Pyrenees as far as the Mediterranean Sea. The trail, gently graded and easy to follow, takes us through varied rural scenery, dotted with small Catalunyan villages and sunflower fields. We pass over a hill approximately 7-8km, which requires a fairly good fitness level. Total biking distance to Olot is approximately 30km.

We leave Ripoll behind us and follow the Bici Carril through the lovely village of Sant Joan de les Abadesses on our way to the historic town of Olot where we spend the night. The following day we have time to explore this lovely village and choose from the many optional activities available in the area.

The historic town of Olot is located within one of the most important volcanic areas in Europe, the Natural Park of the Volcanic Area of the Garrotxa. This impressive volcanic landscape, combined with the plant species of the area, lends the region its unique natural beauty. The scenery here is varied and often spectacular: dense oak forests, valleys both narrow and wide, white cliffs striped with bands of deep green trees clinging to ledges.

If you feel energetic there are two nearby volcano trails, Santa Margarida and Croscat, both with stunning views and delightful scenery. People have lived here for thousands of years and used the land gently. See towns and stone farmhouses perfectly placed to catch the best sun while shielding themselves from the worst winds. Hillsides are terraced with intricate dry walls and tiny country churches serve a social as well as spiritual purpose. All are signs of a life of harmony that was all but lost when nearby cities offered promise of a better future. Only now people are slowly starting to return to their roots and the lifestyle of yesteryear in these intricate hills and valleys.

Today also marks our entry into the Catalan Pyrenees proper, where we will spend most of our trip. The Catalan Pyrenees consists of a mountainous strip nearly 250km long, stretching from the Val d'Aran to the Mediterranean. The range includes some of the highest peaks in Europe, including Mount Aneto (3404m) in the Maladeta Massif.

For an area renowned for its varied landscape, the peaks themselves are surprisingly similar, including the glacial cirques with their lakes and ponds. Visualize crystal clear mountain streams running through deeply carved valleys lined with pine forests. The region is made up of several sections, each making up its own natural region. These sections are based on a major river valley and possess their own distinct personality and history. The regions are the Val d'Aran, Ribagorça, Pallars, Alt Urgell, Cerdanya, Ripollès, Garrotxa and Empordà. Visitors to the Catalan Pyrenees can enjoy a wide range of attractions, magnificent scenery, villages steeped in character, facilities for all types of mountain sports and delicious culinary specialties. It is an area where time honoured traditions still hold true.

Estimated Travel Time by bus/train: 2 hours
Biking distance: 30km

Day 4 Girona

Biking distance: 55km

Start the morning on the Bici Carril, as we cycle along from Olot to Girona (55km). Most of the time there are gentle gradients as you wind your way through sunflower fields and tree lined canopies, crossing rivers and the occasional road until we reach our destination – Girona.

Girona (also spelt Gerona in Castilian Spanish and English), an ancient walled city situated atop a hill overlooking the Onyar River, is the most fought after town in all of Catalunya. Dating back to Roman times, Girona has been the scene of bloody battles in every century since. For nearly two hundred years Girona was controlled by Arabs, followed by over 600 years of Jewish control. Girona was besieged a total of 21 times, and in the nineteenth century it earned itself the nickname "Immortal" by surviving five attacks, the longest of which was a seven-month assault by the French in 1809. Not surprisingly, all this turmoil has bequeathed the city a hotchpotch of architectural styles, from Roman classicism to modern, yet the overall impression for the visitor is of a medieval city, its attraction heightened by its riverside setting.

Many bars and restaurants line Girona’s Calle la Força, in the centre of the old city. The areas that surround the Rambla, Libertan and Plaça del Vi, are two of the best areas to grab a bite to eat in the afternoon since they have ample outdoor seating. Another little enclave of restaurants with good menús del dia is over the river in Plaça de la Independencia.

Day 5 Girona

Take a rest from your biking and spend a well-earned free day in Girona walking along the Passeig Arquaeologic, located outside the city walls, for an astounding view of the cathedral's eleventh Century Charlemagne Tower. Don't miss the gorgeous Banys Arabs, or Arab baths, built in the late twelfth Century; during the 1992 Summer Olympics this area was used for sculling. Or, if you'd rather stay on the saddle, you can take the opportunity to cycle to the nearby lake Banyoles where you can swim, row or go fishing.

Day 6 Sant Feliu de Guíxols

Departing Girona on our bikes we cycle the rest of the Bici Carril 40km to the Mediterranean Sea at Sant Feliu de Guíxols. Most of our trail crosses meadows and pine and eucalyptus forests.

Sant Feliu de Guíxols is a typically Mediterranean town in the heart of the Costa Brava. The coastline surrounding Sant Feliu is full of contrasts, with stretches of cliffs interrupted by coves and bays with fine sand beaches. The town's beaches offer tons of opportunity to participate in a number of water sports.

The countryside surrounding Sant Feliu offers fantastic hiking and biking opportunities. The town is situated in the Aro valley and surrounded by the Gavarres hills, the Montclar Mountain and the Cadiretes massif, with typically Mediterranean woods of pine and oak, and countless paths passing through dense vegetation. The coastal paths reveal a landscape of cliffs, coves and bays, and beaches where summer homes from days past still remain as a reminder of the longstanding popularity of the region.

Sant Feliu de Guíxols is a town rich in culture, history and architectural heritage. An outstanding example is the architectural complex of the Monastery, built in 1723 by the Benedictine Order, which includes the Porta Ferradaj, the symbol of the town, and the towers of the Corn and Fum. Nowadays, the Monastery complex is the home of the Cultural Centre and the History Museum, which displays art from the town's past. The Cultural Centre organises numerous exhibitions and activities all year round.

Signs of the town's seafaring past are evident in the 18th century Old Fort and the Sea Rescue building, located at the old medieval harbour. But Sant Feliu also has other landscapes, such as the surroundings of the chapel of Sant Elm, built in 1723 over the remains of a defence tower, with impressive panoramic views. Besides the obvious attractions of its many wonderful beaches, the Costa Brava (meaning Wild Coast) is also an ideal base from which to explore the countless treasures of Catalunya.

Go for a swim or walk on the beach at the end of your active day, and make sure to enjoy some of the great local seafood for your evening meal.

Biking distance: 40km

Day 7 Sant Feliu de Guíxols, Barcelona

Enjoy this lovely town, relax on the beach or do some hiking. Optional Activities include quads, diving, sailing, kayaking, windsurfing and skydiving. If you are looking for some less strenuous activities, you may like to check out the local museum. Depart for Barcelona around 5pm for our last night on the town back in the city, with your newfound friends.

Estimated Travel Time: 2 hours

Day 8 Depart Barcelona

You are free to depart at any time today. Please note that check-out time from the hotel is normally mid-morning, but luggage storage facilities are usually available.

What's Included

3 guided biking excursions, 21 Speed mountain-bike style bicycle with helmet

Highlights

Cycling through glorious countryside, Learning about Catalan culture and customs, Savouring tapas and local wines.

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

- The total biking distance is 125km, done in 3 segments : 30km, 55km, 40km.
-Bikes provided for cycling are a a mix of 21 and 7 speed depending on availability, mountain-bike style with city tyres, luggage rack, front suspension with helmet included.
When making your booking, please inform our staff of your height - this will help us get the right size bike for you.

Bringing Your Own Bike

If you choose to bring your own bike, please be aware that you are responsible for the maintenance and support of the bike. It may be possible to hire some extra equipment as necessary for your cycle. Check with your airline about travelling with your bike, as some will charge you to take a bike on board. We would suggest that you pack your bike in a bike box or bag (usually available from your local bike shop). It's also advisable to make sure your bike has been serviced before you travel.

Group Leader Description

This G Adventures group trip is accompanied by one of our Chief Experience Officers (CEOs). 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.

Group Size Notes

Max 15, Avg 10

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 CEO 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 EUR250-350 for meals not included

Transport

Local bus, train, bicycle

About our Transportation

Transport between hotels on non-cycling days will be by public bus and local train. Between transport and hotels you may be required to carry your luggage short distances (up to 20mins walk), in larger cities you may travel by metro or city bus, and occasionally the group will take taxis to and from hotels.

Bikes for cycling days are: "Conor" 21-speed, mountain-bike style with city tyres, luggage rack, front suspension with helmet included. You will also have a local guide to accompany the group on cycling days.

Luggage will be transferred between night stops on cycling days by private van.

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.

Please Note: Aerolineas Argentinas allows 1 piece of luggage that weighs up to 15kg on internal flights. For every extra kilo the airline will charge $10 per kg at the time of check-in.

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

Hotels (7 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 on tour.

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.

Joining Hotel

Hotel Condestable
Ronda Universitat, 1
08007 Barcelona
Spain
Tel: (+34) 93 318 62 68

Joining Instructions

How to get the Hotel Condestable:
From the airport, the easiest route is to take the Aerobus direct bus line from outside the terminal building to Plaça Universitat (the second from last stop), cross the square to Ronda Universitat where you will find the hotel

From the airport, you can also take the train to Estació de Sants. From there either:
a)Take the red Cercanías suburban train for one stop to Plaça Catalunya, exit the underground station and walk 5mins along Ronda Universitat to the hotel.
or b) Take the metro (green line) to Espanya and change to the red line to Universitat (long walk between lines), or stay on the green line until Parallel and change to the purple line to Universitat. The hotel is directly opposite the exit from the metro station Universitat.

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 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 Hotel

Hotel Condestable
Ronda Universitat, 1
08007 Barcelona
Spain
Tel: (+34) 93 318 62 68

Finishing Point Instructions

As for Joining Point instructions in reverse

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.

On the cycling days if we are changing hotels a transfer will be arranged for your luggage so you only carry your daypack with you.

Checklist

Suggested Items:
•Light fleece top
•Light windproof/waterproof jacket
•Small towel and swimwear
•Sun hat
•Personal clothing appropriate for the weather (See also "What to Take" and "Local Dress" sections of this dossier). You may like to bring padded cycling shorts/leggings.
•Sturdy walking shoes/trainers which you can cycle in comfortably
•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)

Documents:
•Passport (with photocopies)
•Travel insurance (with photocopies)
•Airline tickets (with photocopies)
•EUR cash
•Credit or debit card (see personal spending money)
•G Adventures vouchers, pre-departure information and dossier
•Any entry visas or vaccination certificates required

Laundry

Laundry facilities are offered by some of our hotels for a charge or ask your CEO 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.

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

Spain 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 Spain - 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, check with your air travel agent.

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(unless stated otherwise), and are subject to change as services are provided by third party operators.

Barcelona:
Bus Turistic - €20
Parc Guell - Free
Sagrada Familia - €11 (additional €4 for guided tour)
City tour (various) - €39 + Montserrat Day Pass - €34
Bike tour - €24
Casa Mila, Pedrera - €8
Camp Nou Barcelona Football Club - €8.50 (museum only), €13 (museum & tour)
Picasso Museum - €9

Olot:
Hot Air Ballooning - €150
Horse back Riding - €30
Volcano Museum - €2

Girona:
Origins of cinema museum - €3
Archeological museum - €2
Horse back Riding - €15/hr
Walking Tour - €10

Sant Feliu de Guíxols:
Quads - €85
Skydiving - €150
Diving - €25
Tourist train - €4
Half day kayak tour - €40
Boat trip along Costa Brava - €13.50

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

Always keep an eye on your belongings especially in major cities, bus and train terminals

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)

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. 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/

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.