Last Updated: May 29, 2014

Rajasthan Cycling - AHDA

15 days: Delhi to Delhi

What's Included

Cycling across Rajasthan. Safari in Ranthambore National Park. Cultural interaction and orientation walks at a Rajasthani Village. Tour of Amber Fort and Hawa Mahal. Entrance to Taj Mahal

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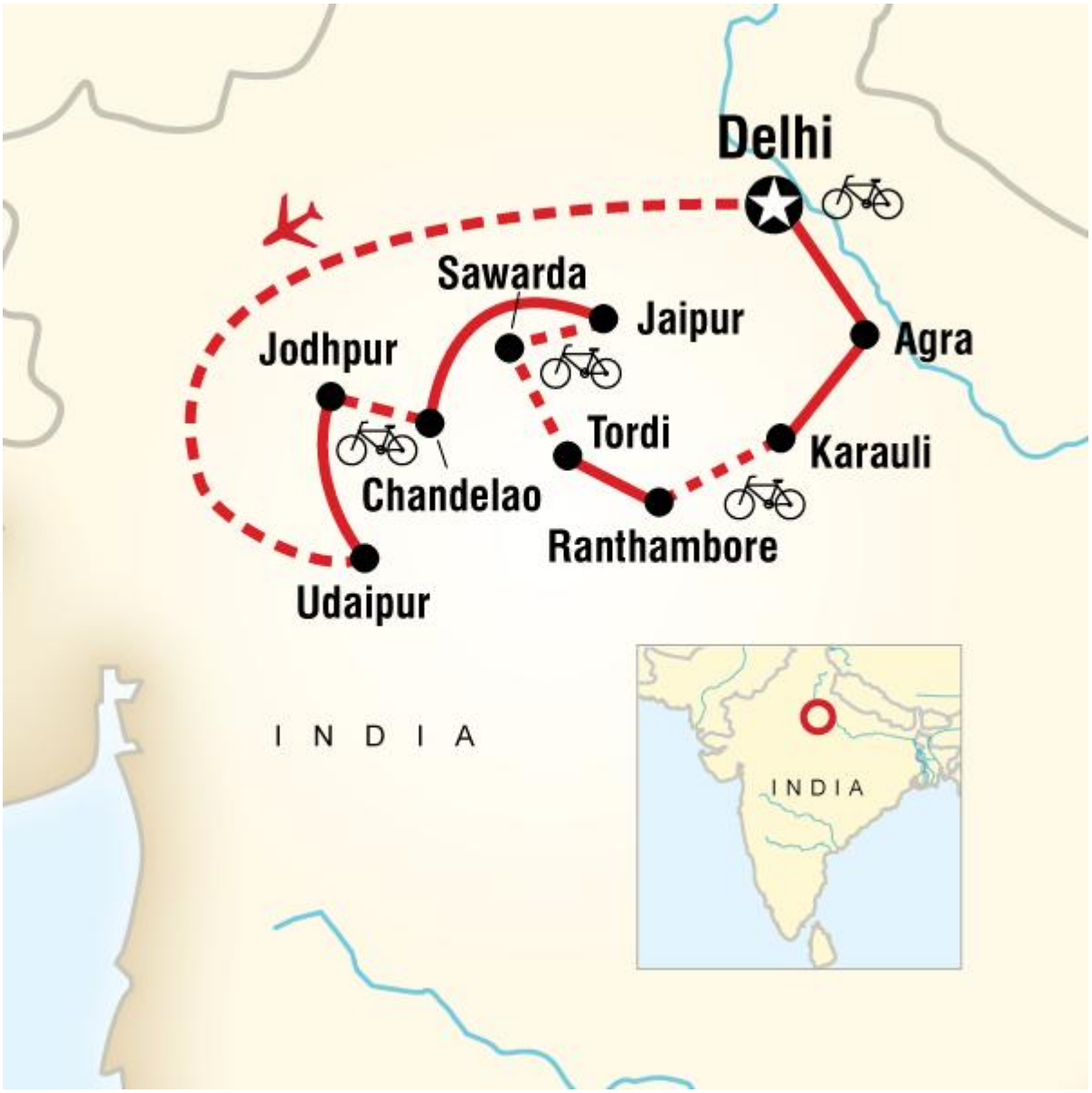
VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2014 - December 20th, 2015

Itinerary



Day 1 Delhi

Arrive in Delhi at any time. There are no planned activities, so check into to the hotel and enjoy the city. In the evening you will meet your fellow group members to go over the details of your trip. Check the notice board or ask reception where and what time the group meeting will be held.

Day 2 Udaipur (1B)

In the morning get back on the bikes one last time and cycle out South West of Delhi to the village of Mehrauli. Mehrauli is predominantly famous for the production of jaggery, or whole cane sugar. However, there is more to this area than just sugar, Mehrauli has been inhabited for more than a millennium. As Delhi has shifted and grown around it, Mehrauli retains some of the faded charm and history from when it was the home of kings. A journey here is the ideal way for us to begin our cycling adventure.

In the afternoon, catch our flight across Rajasthan to the lakeside city of Udaipur.

Udaipur is famous for its lakes and Raj-era palaces. Most famous of these, and certainly the most photographed, is the Lake Palace, an island-palace where the white marble buildings (now a hotel) entirely cover a small island in Lake Pichola. Originally known as the Jag Niwas, the palace took three years to build and was inaugurated in 1746. Once we arrive the afternoon is free here for you to explore the city.

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There are plenty of options for your free time, you might want to journey out to the hilltop Monsoon Palace, summer resort of the Maharajas. Sitting atop a hill with a panoramic view of the city’s lakes, it a great place for sunset.

The city's lakes — Pichola, Fateh Sagar, Udai Sagar and Swaroop Sagar — are considered among the most beautiful in Rajasthan. And a boat ride on lake Pichola is a great way to spend a lazy afternoon.

If you are interested in learning some of the finer points to Indian cooking and how to the use all of their wonderful spices, why not join in at one of the many cooking demonstrations. Highly recommended is Spice Box, a deliciously fun option.

Day 3 Udaipur (1B)

We get back in the saddle today and follow the scenic road out of Udaipur to the oasis of Jhadol. This is a royal country retreat and the greenery and verdant land is a marked contrast to the surrounding desert. As we cycle along this route we pass villages and fields before we arrive at this green jewel in the desert. Around the lake here we can see a wide variety of birdlife and we might be able to spot these with the help of an expert, or we can just stop and enjoy a relaxing lunch in the shade, looking over the lake before we head back to Udaipur.

Approximate Distance Biked: 50 km
Approximate Time: 4-4.5 hrs

Day 4 Jodpur (1B)

Today we drive to Jodpur. its quite a long journey from Udaipur, (approx 6 hours driving), but when we arrive, we have the rest of the day free to see what Jodpur has to offer. A large and varied city, Jodhpur is sometimes called the "Blue City" for its large number of houses painted with this color. At Jodhpur, stark desert landscapes meet a riot of palaces, forts and temples, all enclosed within imposing city walls. Six enormous gates provide entry to the city center and overlooking it all stands the imposing shadow of Meherangarh Fort.

Why not take a short climb to the top of a 125m high hill on the outskirts of the city and arrive at the magnificent Meherangarh Fort, one of the largest forts in India. Originally started around 1459 by Rao Jodha, founder of Jodhpur, most of the extant fort dates from the period of Jaswant Singh (1638-78). The walls of the fort are enormous—up to 36m high and 21m wide. Admire the breathtaking view of the city from the ramparts, saving some time to check out the fort museum, which houses an exquisite collection of palanquins, howdahs, royal cradles, miniatures, musical instruments, costumes and furniture.

Experience firsthand the famed gentle nature of the Jodhpur people (well, so they say!) as we wander in and around the Old City with its Clock Tower and Sadar Bazaar, one of the oldest markets in India. Handicrafts and tourism are Jodhpur's two biggest industries, in that order, so it will come as no surprise that the shopping is superb. Glass bangles, cutlery, carpets and marble products are some of the most popular items; Jodhpur is also famous for its antiques. By some estimates, the furniture export segment is a USD200 million industry, directly or indirectly employing as many as 200,000 people.

Day 5 Chandelao (1B,1D)

This morning we cycle into the countryside visiting tribal hamlets of Bishnois and Prajapats. Bishnois are a strong agrarian community who lives on 29 eco friendly comandments given by their founder. There have been stories where this community have made various sacrifices in saving flora and fauna of the region. Prajapats are weavers who weave small rugs of cotton and also live on animal husbandry.

We then head into our first rural stay of Chandelaogarh. The nobles of Chandelaogarh are related to the principality of Jodhpur and have taken extreme steps in developing the village and its community. They started Sundar Rang which is a women cooperative where women of the village and surrounding hamlets are taught and supported in working on the local crafts which are then sold in the markets to get a regular income for these families.

The village itself is a mirror of this state, with various communities living in harmony. You take a stroll in the village and its markets to go for a much closer local interaction.

Approximate Distance Biked: 45 km
Approximate Time: 3.5-4 hrs

Day 6 Jaipur (1B)

After breakfast this morning we drive to the capital of the state of Rajasthan - Jaipur, a drive of approximately 5 hours. Jaipur is the most colourful of the cities. Known as the Pink city after the rusty colour that the walled city bears - Jaipur is a traveller's destination. With beautiful palaces, forts, gardens, temples and unending market streets. It has everything that the colourful state has to offer.

This afternoon is free for you to relax, walk or cycle around the city. Why not stop at the Hawa Mahal (Palace of winds) and visit the City Palace Museum and Jantar Mantar Observatory in the walled city. Jantar Mantar is one of the series of observatory built by

Emperor Jai Singh, who was a renowned student of Astrology. Even today astrologers gather here and work out the Hindu Calander every year. The masonry structures are pretty accurate in calculating time, and location of various planets and constellations at a point of time.

Jaipur is also the shopping hub of India. Textiles, Gems, Jewellery, Blue Pottery, Carpets, hand made paper- You name it and this city sells it all. Johari Bazaar, Hawa Mahal area and MI Road are the main shopping hubs. Do not forget the thumb rule of shopping in India - Bargain!!!

Day 7 Amber Fort (1B)

Located 15km from the city of Jaipur, this morning we cycle out to the 15th century Amber Fort and palaces, which was the earlier capital of the region. Nested in the Aravali ranges, it had a series of forts, frontier, millitary and residential. The city had beaitiful homes of nobles and business families and temples all over. When Jaipur was founded, everybody migrated to the new modern capital. Today a lot has been restored by the Archeological Survey of India. The Mirror Palace and the Jaivilas or the victory palace are the jewels of this beautiful palace.

Cycling here we follow the main road, where we will come across all manner of traffic, everything from cows to fully laden lorrys may cross our path, best to be careful!

Approximate Distance Biked: 11 km
Approximate Time: 1 hr

Day 8 Sawarda (1B,1D)

Today is our next visit to the rural countryside of Rajasthan. Its a long day's ride today, so make sure you have packed a lot of water. We ride out of Jaipur to the village of Sawarda. The village here is very self sufficient, and most of what is provided for the people comes from the village itself. We stay tonight in Sawarda fort, which has been converted to become a homestay for guests. Riding today we will pass through many little villages, and along the way we may be very popular with the local chlldren, who will stop and say hello as we whizz past.

Approximate Distance Biked: 60 km
Approximate Time: 4-5 hrs

Day 9 Tordi Garh (1B,1D)

We continue on through the desert cycling between villages today along our cycling journey. Heading northwards, we are on the way to Tordi Garh. This road is usually only accessible by smaller vehicles, so taking this journey by bike is the ideal way to follow the route. Tordi Garh is another small, remote village where we stay in an old palace. We stay here is in a 150 years old residence of former nobles. The present family runs its heritage home. A 300 years old ruined stepwell gives you an input in age old systems of conserving water which have got affected due to massive commercial utilisation of natural resources.After cycling here, we will have time for a walk around this small area, populated by just 2000 people. The locals are very friendly, the children inquisitive, especially if you want to take a picture of them! The village is very pretty, a delightful place to stroll around this afternoon. Keep an eye out for hearts painted onto the doors with names written inside - this is the local custom for a marriage invitiation! The owner will take you around the village for a walk through various temples, residential areas of villagers, community areas, the general market. Evening you can go for sundowners on the dunes as you watch the sun setting over the wilderness.

Day 10-11 Ranthambore (2B, 2D)

We travel on to Ranthambore National Park, one of the original Project Tiger Reserves. We will travel through the park with its lakes, scrublands and ruined palaces, as well as abundant wildlife including deer, birds and monkeys. If we are lucky, we may even see one of the resident tigers.

Ranthambore gets its name from the two hills, Ran and Thambor. The Park is set between the Aravalli and Vindhya ranges. The terrain is rugged and there are rocky ridges, hills and open valleys with lakes and pools.

The park was once the hunting preserve for the Maharajas of Jaipur and many royal hunting parties were held here. The park was included as one of the original Project Tiger parks in 1973. The Park has seen its ups and downs, and there were times, not so long ago, when poachers were having a field day in the Park.

The total area of the National Park is 1334 sq km, whilst the inner core of the park takes up nearly 400 sq km. There are at least four non-government organizations that work in and around Ranthambore to ensure the protection of the wildlife and the ecosystem. These are the WWF – India; Ranthambore Foundation; The Centre for Environment Education; and Tiger Watch.

Day 10

Approximate Distance Biked: 50 km
Approximate Time: 4-5 hrs

Day 12 Karauli (B)

Back on the bikes today as we cycle from Ranthambore to the city of Karauli. This holy city has been established since 1348, and the ruling lords of Karauli are supposed to have descended from Khrishna. As we arrive, we will see the red stone ramparts surrounded the walled city with bastions for security. Till date the city wall boasts of six gates and twelve posterns. The present city palace is the 17th century building with elaborated ornamented stucco work and frescoes.

Approximate Distance Biked: 50 km
Approximate Time: 4-5 hrs

Day 13 Agra (1B)

Transfer to Agra this morning. On arrival, visit the Agra Fort. Constructed in 1565 by Emperor Akbar of red sandstone the citadel rises above the city of Agra. The fortress is a collection of palaces and mosques which represent the epitome of mughal architecture during the heyday of Agra.

Day 14 Delhi (1B)

Visit the Taj Mahal for sunrise. Visit this icon of Mughal architecture either in the early morning or late afternoon for the best light, and be sure to bring lots of film! Ride one of the ubiquitous cycle rickshaws to visit the Agra Fort. Leaving Agra behind it's a drive of 4 hours to return to Delhi.

Day 15 Delhi (1B)

The tour ends in Delhi, and you can depart at any time.

What's Included

Cycling across Rajasthan. Safari in Ranthambore National Park. Cultural interaction and orientation walks at a Rajasthani Village. Tour of Amber Fort and Hawa Mahal. Entrance to Taj Mahal

Highlights

Cover the incredible landscape of Rajasthan on two wheels, search for tigers in Ranthambore National Park, cycle through remote villages, enjoy the rich and varied history of Northern India

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

Cycling Grading - Moderate

• Some degree of experience required
• Mixture of road cycling and off road
• Occasional long days in the saddle, multiple ascents and descents
• Good fitness and skill level recommended
• Cycle usually between 35-70 km per day

Equipment provided:

• Hard trail bikes
• Helmets

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.

1. India is a country which is very different to anything you will have experienced before. Although this means it is not the easiest place to travel, this is also what makes it so special. Pollution, poverty and the crowds can result in initial culture shock but should be seen as an exciting new challenge. During our time here we have come to love this large and wonderfully different country but we know that we should always expect to encounter some difficulties along the way.

2. In India there are very different attitudes to time keeping, public cleanliness, privacy and service. Trains will sometimes be late, plumbing can sometimes be temperamental and power will often just vanish. Optimistic menus turn out to have only one dish available and everyone, just everyone, will want to know your name. If you are able to travel with a lot of patience and a healthy sense of humour, then we know that you - like all of us - will be captivated by what India has to offer. National Monuments may be closed with little or no notice, some stores and restaurants may be closed.

3. Please Note: Only 1 piece of luggage that weighs up to 15kgs will be permitted on our internal flights in India. For any extra weight the airline may charge an additional fee at the time of check-in.

Group Leader Description

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). 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. 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

Max 12, Avg 8

Meals Included

14 breakfasts, 6 dinners

Meals

Eating is a big part of travelling. 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. Vegetarians will be able to find a huge range of different foods - India is vegetarian heaven. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Meal Budget

Allow USD150-200 for meals not included

Transport

Bicycle, charter bus, walking

Local Flights

All local flights are included in the cost of your tour 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: Only 1 piece of luggage that weighs up to 15kgs will be permitted on our internal flights in India. For any extra weight the airline may charge an additional fee 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 (10 nts), heritage hotels (4 nts)

My Own Room

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

About Accommodation

A variety of styles of hotels/guest houses are used in India. These can vary in terms of service, efficiency and cleanliness. In many instances they might not be like what you are used to back home. Power cuts can and are a regular occurrence in many places, especially throughout North and Central India. Although a number of hotels have generators there may be times when these won’t work. It is also recommended when you are in your room to lock the door, as staff will sometime enter without reason.

Joining Hotel

Hotel Perfect
16 A/2 WEA, Karol Bagh
Near Karol Bagh Metro Station
New Delhi – 110005
Tel: 011 42502294/95

Joining Instructions

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

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

AIRPORT TRANSFER
If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, 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.

If your call is specifically concerning Airport Transfer complications please call our local G Adventures Transfer providers directly at:
New Delhi Airport:

Dipesh
From outside India: +91 9958 690755
From within Delhi: 9958 690755
From outside Delhi: 09958 690755

Manish Singh
From outside India: +91 9958 690753
From within Delhi: 9958 690753
From outside Delhi: 09958 690753

EMERGENCY CONTACT NUMBERS
G Adventures Local Office (Delhi)
G Adventures South Asia Manager, Rishab (Delhi, India)
Emergency number:
From outside of India: +91 99 7179 5447
From within Delhi: 99 7179 5447
From within India, but outside Delhi: 099 7179 5447

G Adventures Office Bangkok, Thailand
During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0844 272 0000
Calls from Germany: 01805 70 90 30 00
Calls from Australia: 1 300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

Finishing Point Instructions

After arrival into Delhi early in the morning we transfer to our starting-point hotel where the trip finishes. We have a couple of rooms for you to use until midday. If you are departing India today its best to book your flight for later in the afternoon as train delays do occur. Please note that additional accommodation is also available at this hotel in Delhi.

G Adventures offers a Delhi City Extensions (3 days/2 nights) which gives you a option of a higher standard of accommodation. Please check with your agent at the time of booking.

What to Take

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as your are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 mintues with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Internal flights in India do not allow bags to be more than 15kg in weight.

While cycling, there is a support vehicle that will carry your main rucksack, so you can carry just a day pack for essentials while on your bike. This vehicle support will also double up as a maintenance team in case of any issues with your equipment.

Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no

XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them 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. 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

Please note that visas for India are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. For the most up to date information please check your governments foreign ministry website or with you travel agent as rules do change. It is important that you check for yourself. For most travellers there will probably have an embassy and consulate in the country that you live in.

Standard Indian tourist visas are good for 6 months with multiple entry and exits. VISA IS NOT AVAILABLE AT PORT OF ENTRY AND must be obtained in advance.

For nationals of Afghanistan, China, Iran, Iraq, Pakistan, Sudan and Bangladesh if you are planning on entering India multiple times in a two month period will need to get special authorization.

a) If you are already in India you must register with FRRO (Foreign Regional Registration office).

b) If you are still outside of India you must advise consulate or embassy at time of visa application of your plans. You will need to provide supporting documents which includes airline tickets.

Detailed Trip Notes

In India English is widely spoken and transportation and infrastructure is good, but please remember that this is India- expect the unexpected! If you are able to bring with you a lot of patience, a great sense of humour and a willingness to try and interact with the

local people, your travel experience will be greatly enhanced.

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

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com
As of Feb 2012 the exchange rate for INDIA was 1 USD = 49.00 INR (Indian Rupees). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

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

All departure taxes should be included in your international flight ticket.

Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people 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 or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from USD1-2 per person 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 did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline USD10-15 per person, per week can be used.

Optional Activities

We suggest you bring along USD50 for additional sightseeing including

Delhi - Red Fort - INR100
Delhi - Qutab Minar - INR250
Delhi - Humayuns Tomb - INR250
Udaipur - Cooking Class - INR500
Udaipur - Monsoon Palace - INR250
Udaipur - Boat Ride - INR250
Udaipur - City Palace - INR75
Udaipur - Vintage Car Museum + Lunch - INR250
Udaipur - Bagor Ki Haveli Culture Show - INR100
Jodhpur - Mehrangarh Fort - INR250
Jaipur - Jantar Mantar/Royal Observatory - INR100
Jaipur - City Palace - INR300
Agra - Akbar's Mausoleum - INR100
Agra - I’timad-ud-Daulah (Baby Taj) – INR100
Agra - Nature Park – INR50
Agra - Agra Fort - INR250
Agra - Mehtab Bagh - INR100

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

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 sometimes 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. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. 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

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.

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:

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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 CEO has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program
Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Local Dress

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting small rural communities or visiting temples or mosques or other holy sites as this may restrict your entry. In Pakistan we recommend a head scarf for women while walking around. In northern India between middle of December to end of February, night time temperatures can be low, so bring a set of warmer clothes. Thermal underclothes, being small and light, can be very useful.

Feedback

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

Newsletter

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

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.