

## Yosemite Active Adventure - NUYA

10 days: San Francisco to San Francisco

### What's Included

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All national park entrance fees with hiking and walking excursions. Hiking, mountain biking and whitewater rafting excursions.

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, 2013 - December 31st, 2013

### Itinerary

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#### **Day 1 San Francisco/Coloma(1L,1D)**

Meet in San Francisco before we make the drive to Coloma, where we take to the American River for a day of white water excitement.

The rafting on the American River is a great introduction to this active trip on the way over to Yosemite. There are different levels of rafting available, depending on the skill of the group, but what we can guarantee is that you will have a thrilling, wet and wild ride along the river.

Estimated Rafting Time: 4-5 hrs

#### **Day 2 Yosemite National Park (1B,1L,1D)**

This morning we leave Coloma and head for Yosemite National Park, a journey of approx. 3 hrs, before we arrive at our campsite in the Tuolumne Meadows area. Yosemite is characterised by granite rocks and a wide variety of old rock formations, which has created within the park towers, boulders, and vast cliffs. Once we are set up in the camp, we head out for our first hike of the trip. Depending on the conditions, we either head to Dog Lake, a hike surrounded by granite cliffs and evergreen forest or we can continue along the Lembert Dome hike, where we can scramble to the top for views across the surrounding peaks.

Return to our campsite for the night.

Estimated Travel Time (Coloma to Yosemite NP): 3 hrs

#### **Day 3 Yosemite National Park (1B,1L,1D)**

Today we hike along the valley floor of Yosemite NP. Yosemite is among America's most famous national parks, and helped to popularise the idea of what a national park should be across the USA. The park covers five different ecosystems including redwood forest, granite cliff faces and alpine forest. Walking along the valley floor, we follow the trail to Vernal and Nevada Falls. The view of

Nevada Falls, Liberty Cap and Half Dome from the trail is one of Yosemite's iconic views.

Return to our campsite for the night.

#### **Day 4 Yosemite National Park (1B,1L,1D)**

Full day to explore Yosemite National Park. A short drive will take us to Glacier Point, a view point above Yosemite Valley reaching an elevation of over 7000 feet. It offers superb views of Yosemite Valley, Yosemite Falls and Half Dome. Prepare for more incredible views as you hike the Taft Point Loop back down to the Valley. This 5 mile hike will take you from the spectacular views of Glacier Point along to the views at Taft Point. Relax with a beautiful sunset view overlooking the park.

Return to our campsite for the night

Estimated hiking distance: 5 miles

#### **Day 5 Yosemite National Park (1B,1L,1D)**

The craggy rock formations and towering mountains that make up Yosemite National Park are the ideal place for today's activity, rock climbing. Climbers of all abilities have attempted to climb the varied rocky surfaces of Yosemite, and many come here to attempt to climb the sheer cliffs and rock faces without the aid of ropes. For our climbing, we make sure that we have a full safety briefing to understand the dangers involved, and know how to use our technical equipment. This is an introduction to rock climbing, so we will be sure to have all the equipment in place before we start. The majority of the climbing is traditional climbing following cracks and ledges, and we will have the chance to practise both climbing and rappelling back down the rocks.

Return to our campsite for the night.

#### **Day 6-8 Yosemite National Park (3B,3L,3D)**

The next three days of our itinerary are dedicated to back country hiking. For this trek, we carry all our equipment with us as we hike. This is the best way to experience the rugged and remote parts of Yosemite National Park. For the trek, we take our tents, sleeping bags and food with us, as we are going out into the back country away from the main trails. Following the trail to the Alpine Lakes, we cover 10 kilometres of hiking in our first day. Starting out from our campground in the Bass Lake area, we hike through the Southern Yosemite region, through a landscape that is dotted with pine forest and clear blue lakes along the way.

After a night sleeping out in the wild, we wake to see the incredible landscape around us stretching off into the distance. We continue our hike today through the area made famous by Ansel Adams, the noted environmentalist who captured many photographs of the region. Throughout the Southern Yosemite area, the scenery is covered in red fir, Jeffrey Pine and several glaciers, giving the park it's Alpine feel. We return to our campsite for the night.

On Day 8 we hike back out of the wilderness and return to our campsite near Bass Lake.

Overnight in back country campsite.

Approximate distance hiked on Day 6: 10km

Approximate distance hiked on Day 7: 10 km

#### **Day 9 Yosemite National Park (1B,1L)**

Today we switch to two wheels for a cycling trip through Yosemite. The cycling here is mostly following the trail down to Lewis Creek in the Bass Lake area. Be sure to take plenty of water with you for the day, as it can get quite hot out on the bikes. Cycle past tall cedars and pines as well as hopping over boulders, this is a moderately strenuous cycle, with no technical expertise required. After a morning on the bikes, the afternoon is free for us to choose our activities, including the possibility of optional horse riding.

Return to our hotel for the evening.

#### **Day 10 San Francisco (1B)**

Return to San Francisco. Depart after 2PM.

## **What's Included**

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All national park entrance fees with hiking and walking excursions. Hiking, mountain biking and whitewater rafting excursions.

## **Highlights**

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Sleeping out under the stars in Yosemite National Park, rafting the rapids and churning waters of the American River, trekking overnight into the high sierra of Yosemite

## Dossier Disclaimer

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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.

## 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 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.
4. Please note that the legal drinking age in the United States is 21 and in Canada, 19 (with Alberta and Quebec at 18). Many bars and clubs will ask for ID at the door, therefore listening to live music in certain bars or spending a night out in Las Vegas or New Orleans is not possible when you are under the legal age, even if you don't plan on consuming alcohol. Drinking laws in both countries are strictly enforced and our CEOs are unable to help those under age obtain alcohol of any kind.

While this should not stop those under legal drinking age from booking a tour, it is important to note that if a traveller is under-age there are certain optional nighttime activities that they may not legally be able to participate in. When trying to book the right trip, we recommend that travellers under legal drinking age take this into consideration when booking a tour that visits several big cities.

### 5. A NOTE ON HOMELESSNESS:

San Francisco hosts a considerable population of homeless. Homelessness is a crisis in America, and nowhere is it more evident than here; with as many as 10,000 people without permanent homes, San Francisco has become the homeless capital of America.

As you explore San Francisco with your G Adventures group, you will likely encounter the city's homeless. While we understand the urge to help those in need, we recommend that you not donate directly to people you meet on the street. The best response is to smile, say that you do not have any money and continue on your way.

San Francisco is a beautiful and safe city, and our hotel is ideally situated for further exploring on your own. That said, when exploring independently, we suggest you avoid the area to the southwest of the hotel.

We completely understand that stifling the urge to help out can make you uncomfortable. There are dozens of shelters, food banks and aid organizations dedicated to helping the city's needy, and your CEO will be more than happy to help you make a donation. It really is the best way to make a change.

## 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

## Meals Included

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7 breakfasts, 9 lunches, 7 dinners.

## Meals

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Some of the meals on this tour are included in the tour price. When meals are not included, this is because there are often many options available - we would like to give you the opportunity to explore a bit and taste the local cuisine yourself. In these cases, your CEO will be able to suggest some good local restaurants or options for you to choose from.

Breakfasts and dinners included will be organized in local restaurants. Lunches included will be provided en-route or in parks during the trip from fresh local produce bought by the CEO, such as sandwiches and/or salads. The majority of the shopping for foodstuff will be done before the trip departs, and fresh goods, such as meats, fruits, vegetables, and dairy products, will be bought en route during the trip from supermarkets, local shops and markets. Your participation in these lunch preparations is more than welcome.

Vegetarian meals and other dietary requirements need to be specified prior to arrival.

## Meal Budget

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Allow USD50-100 for meals not included.

## Transport

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Air-conditioned private touring van, rafting, hiking, cycling

## About our Transportation

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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!

## Solo Travellers

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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

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Participation camping (7 nts), lodge (2 nts).

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## My Own Room

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

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## About Accommodation

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This trip uses campsites within Yosemite National Park for the majority of the trip. At the campsites accommodation is ready for you and all meals are prepared at each campsite every night. The facilities at each site are basic, and showers and toilet facilities are limited. For our overnight camp when on trek, we are camping 'backpacker' style. This means that we will be carrying all our equipment with us, and will be required to help out with setting up camp and cooking in each location. A rewarding way to enjoy the campsites on this trip.

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## Joining Hotel

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

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## Joining Instructions

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Day one of the trip starts at the joining point listed, be sure to be at the starting point with your luggage before 8:00AM. The night prior to day 1 of the trip is not included, but can be arranged at the time of booking your tour. It is encouraged that you book a night at this location so that the start of your trip is with ease.

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 we meet at 8AM on day 1 in the joining hotel lobby. We have a fun filled day one so please be ready to go at that time.

## 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 Representative. 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 Representative (San Francisco)  
During office hours (Weekdays, 8:30am-5:30pm PST)  
From outside the USA: +1 707-538-8395  
From within the USA: 707 538 8395

### After hours emergency number

From outside the USA: +1 707-495-9488 (Jessica)  
From within the USA: 707-495-9488 (Jessica)

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 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

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The tour does not finish until 2pm on the last day of this tour. If you plan to book a departure flight on that day, it must be later in the evening, to allow yourself enough time to get to the airport with ease. Arrangements can also be made at time of booking to book at hotel for the last evening.

## 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
- Sleeping bag : a down or synthetic sleeping bag (0° to +5°C) for the summer and warmer for spring and fall season (-15°C). You can purchase sleeping bags on the first day of the trip. An appropriate sleeping bag will cost from \$40-\$60USD. At the end of your journey, if you would like to donate your sleeping bag you can leave it with your CEO and we will donate it to a local charity.
- Sleeping bag liner (synthetic or silk - optional)
- Pillow (pack pillow recommended)
- 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 sandal or shoes for the campsites

## 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.

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## 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.

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## Money Exchange

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)

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## 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!

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## Tipping

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.

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## Optional Activities

Horse back riding in Yosemite (2 hours): \$64 USD (not available in winter months)

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

## **Medical Form**

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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).

## **A Couple of Rules**

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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**

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**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**

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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)

## Feedback

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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](mailto:customerservice@gadventures.com) and we will send it on to you.

## Newsletter

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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/](http://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

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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).