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Sorry! There are no remaining departures for "Arctic Circle & Fjords by Rail" (ENSR), [but here are some similar trips](#).



## **Arctic Circle & Fjords by Rail**

13 days, Oslo to Tromsø

Trip code ENSR

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Ofoten Railway

- Lofoten Islands stay
- Norland Railway
- Fjord land excursions
- Geirangerfjord visit
- Flåm visit
- Fløibanen funicular ticket (Bergen)
- Bergen Railway
- All transport between destinations and to/from included activities

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 June 15th, 2017 and onwards

# Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Oslo

Arrive at any time.

There are no activities planned on this day.



## Meals included

Breakfast



## Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2

## Oslo/Flåm

Take a train from Oslo to Flåm and take in the incredible views through the mountains and valleys. Reach Flåm in the late afternoon.

Opt to ride the famous Flåmsbana Railway.

Please note that the hotel for this night is located in Aurland, about 9km outside of Flåm.



### Meals included

Breakfast



### Today's Activities

Train

Oslo - Flåm

7h

Ride the famous railway for the first leg of this scenic journey.

Free Time

Flåm

Explore this capital city.



### Optional Activities - Day 2

Flåmsbana Railway

Flåm

400NOK

The Flåm Line is a 20km (12.4 mi) route between Myrdal and Flåm. The line is used most often as a tourist train as it passes through gorgeous landscapes. It also boasts an incredibly steep gradient, with an elevation different of 863m (2,831 ft).

Day 3

## Flåm

Enjoy a free day to explore Flåm.

Take the day to explore Flåm. Opt to try goat milk cheese on a Fjord taste tour, kayak through the tranquil fjord, or just wander around the village.

Please note that the hotel for this night is located in Aurland, about 9km outside of Flåm.



### Meals included

Breakfast



### Today's Activities

Free Time

Flåm

Explore this tiny village and take in the amazing views.



## Optional Activities - Day 3

Kayaking

Flåm

650-760NOK

3h-4h

Hit the water with a kayaking tour of the fjord. It's just one more amazing way to closer a little closer to nature.

Fjord Taste Tour

Flåm

790NOK

Take a boat trip around the fjord with a opt to taste some local cheese and go for a swim. Watch for local wildlife like seals, eagles, and goats. Learn about local history and legends and visit the small village of Undredal.

Flåmsbana Railway

Flåm

400NOK

The Flåm Line is a 20km (12.4 mi) route between Myrdal and Flåm. The line is used most often as a tourist train as it passes through gorgeous landscapes. It also boasts an incredibly steep gradient, with an elevation different of 863m (2,831 ft).

Day 4

## Flåm/Bergen

Spend the morning exploring Flåm with options to ride the famous Flåmsbana Railway, go kayaking, take a boat ride, or enjoy a local cheese tasting. Continue to Bergen by ferry, one of the most well-known cities in Norway's fjordland.



### Meals included

Breakfast



### Today's Activities

Free Time

Flåm

Spend the morning exploring.

Ferry

Flåm - Bergen

5h

Get to the next spot on your route aboard a convenient and efficient ferry boat.



### Optional Activities - Day 4

Flåmsbana Railway

Flåm

400NOK

The Flåm Line is a 20km (12.4 mi) route between Myrdal and Flåm. The line is used most often as a tourist train as it passes through gorgeous landscapes. It also boasts an incredibly steep gradient, with an elevation different of 863m (2,831 ft).

Fjord Taste Tour

Flåm

790NOK

Take a boat trip around the fjord with a opt to taste some local cheese and go for a swim. Watch for local wildlife like seals, eagles, and goats. Learn about local history and legends and visit the small village of Undredal.

Kayaking

Flåm

650-760NOK

3h-4h

Hit the water with a kayaking tour of the fjord. It's just one more amazing way to closer a little closer to nature.

Day 5

## Bergen

Enjoy an orientation walk of this small town. Get the lay of the land visiting Old Byrggen and the fishmarket. Spend the rest of the day any way you like. In the evening, ride the Fløibanen Funicular to the top of Mt Floyden for spectacular views of the area. Opt to enjoy dinner at the peak.

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### Meals included

Breakfast

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### Today's Activities

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Free Time

Bergen

Head out and explore.

Fløibanen Funicular Railway

Bergen

Lasting only 7 minutes, a ride on the Fløibanen is one of Norway's most popular attractions. Running since 1918, the two cars run between Bergen centre and Fløyen with an elevation change of 300m (984 ft). Reach the top and soak in the spectacular views.

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### Optional Activities - Day 5

Rosenkrantz Tower

Bergen

80NOK

One of the oldest standing structures in Bergen. Climb to the top for a great view of the surrounding town. Opt for a guided tour of the tower and Haakon's Hall.

Day 6

## Bergen/Ålesund

Take an early flight and arrive into Ålesund. Enjoy free time exploring this fairytale fishing town, known for its Art Nouveau architecture. Wander the town's winding streets, climb up to the Aksla Viewpoint for a stunning view of the Sunnmøre Alps, or take a walk along the coast.

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### Meals included

Breakfast

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### Today's Activities

Free Time

Ålesund

Take some time to explore this picturesque town.

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### Optional Activities - Day 6

Aksla Viewpoint

Ålesund

Climb 418 steps up the Town Mountain to get to the Aksla Viewpoint. Take in the breathtaking panoramic view of the peninsula, town centre, and Sunnmøre Alps.

Sunnmøre Museum

Ålesund

80NOK

An open-air museum exhibiting a vast array of old houses and boats for an architectural history of Sunnmøre.

Day 7

## Ålesund/Trondheim

Travel by bus to Åndalsnes. Transfer to a train and take the Dovre and Rauma railways through the mountains, valleys and rivers of this region. Arrive in the gorgeous Trondheim area.

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### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Ålesund - Åndalsnes

2h

110km

Settle in and scan the scenery from the convenience of a private vehicle.

Train

Åndalsnes - Trondheim

7h

Enjoy the Dovre Railway to Dombas then switch to the Rauma Railway to Trondheim.

Day 8

## Trondheim/Bodø

Spend a free day exploring Trondheim. Opt to visit the neighbourhood of Bakklandet, the old town bridge, Market Square, or Nidaros Cathedral. Opt to linger in one of the cafés along the wharves or wander the old city streets. Board an overnight train in the evening and continue your journey to Bodø.



### Meals included

Breakfast



### Today's Activities

Free Time

Trondheim

Get out and explore.

Overnight Train (beds)

Trondheim - Bodø

10h

Stretch out and get some well-earned rest en route to the next stop.



### Optional Activities - Day 8

Bakklandet Neighbourhood Visit

Trondheim

Free

The neighbourhood of Bakklandet boasts old timbre buildings restored to feature a mix of charming homes, shops, and cafés. First built in the 1600s, the neighbourhood was traditionally occupied by the city's fishermen and labourers.

Market Square Visit

Trondheim

Market Square boasts fruit and vegetable sellers and stalls selling jewellery, flowers, and souvenirs. The town square and marketplace has been in use since the early 12th century and is now home to a statue of the city's founder, Olav Tryggvason. The statue doubles as a sundial, casting a shadow on a cobblestone clock.

Old Town Bridge Visit

Trondheim

Gamle Bybro, the old bridge, crosses the Nidelva River. It was built in 1681 after the great fire in Trondheim.

Guided Visit Nidaros Cathedral

Trondheim

100NOK

The Nidaros Cathedral is the northernmost medieval cathedral in the world, built on the burial site of St Olaf, the patron saint of Norway. Built between 1070 and 1300, the beautiful building is traditionally the place where the King of Norway is consecrated.

Day 9

## Bodø/Lofoten

Arrive in Bodø in the morning. Take a free day to explore and take in the scenes of a quaint town and rugged landscape. Catch an evening ferry to the Lofoten Islands and enjoy staying in some charming fishing cabins on the coast.

Opt to check out the Norwegian National Aviation Museum, rent a bike and coast around the city, or take a walk along the pier.



### Meals included

Breakfast



### Today's Activities

Ferry

Bodø - Lofoten

3h8m

Get to the next spot on your route aboard a convenient and efficient ferry boat.



### Optional Activities - Day 9

Bodø Bike Rental

Bergen

230NOK

2h--7h

Norwegian National Aviation Museum

Bodø

1h-2h

Learn about the history of aviation in Norway, with aircrafts on display used during the Cold War era.

Day 10

## Lofoten

Enjoy free time on the islands with an optional wildlife-spotting cruise or scenic hikes.

Opt for a hike up to "The Goat" for gorgeous views of the harbour. Take a local bus to Henningsvaer, a charming old fishing village, perfect for a lunch stop.

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### Meals included

Breakfast

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### Today's Activities

Free Time

Lofoten

Head out to sea or explore inland.

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### Optional Activities - Day 10

Lofoten War Museum

Lofoten

100NOK

1h-2h

Visit this exhibition to tour the museum's extensive collection of rare uniforms and artifacts from WWII.

Wildlife Spotting Cruise

Lofoten

1295NOK

Head out to spot marine life and birds flourishing off the coast of the Lofotens. Enjoy a lecture on local birds, mammals, and geology. Then set sail to explore the beautiful fjord landscapes around the Troll Fjord.

Hiking

Lofoten

Free

Follow your CEO on a short hike into town. Stretch your legs and take in the beautiful scenery.

Day 11

## Lofoten/Tromsø

Sit back take in the views during your drive to Tromsø.

It's a long but scenic travel day and with the never-setting sun, there's plenty of time to soak in the breathtaking scenery.

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### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Lofoten - Tromsø

8h

Soak in the beautiful views along the way to Tromsø.

Day 12

## Tromsø

With a free day in town, opt to visit the Arctic Cathedral or the Arctic Alpine Botanical gardens. In the afternoon, visit the Polar Museum and then enjoy a beer at the oldest pub in Tromsø.



### Meals included

Breakfast



### Today's Activities

Free Time

Tromsø

Explore Tromsø or go further afield.

Polar Museum Visit

Tromsø

Enjoy a visit to the Polar Museum (Polarmuseet), one of the top museums in Norway. Learn about the way of life in the Arctic, and about polar explorers and their expeditions.



### Optional Activities - Day 12

Arctic Cathedral

Tromsø

50-170NOK

30m-2h

Serving as the parish church for mainland Tromsø, its beautiful shape and intricate architecture has made it into a widely adored landmark in Tromsø.

Arctic-Alpine Botanic Gardens

Tromsø

Free

30m-1h

Take a visit to the world's most northern botanic garden, featuring flora from the Arctic, Antarctic and Alpine plants from all continents.

Mt Storsteinen Cable Car

Tromsø

Ride the cable car to the top of Mt Storsteinen for fantastic views of the city. Opt to enjoy a dinner of great local food at the top.

Depart at any time.

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## Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Ofoten Railway
- Lofoten Islands stay
- Norland Railway
- Fjord land excursions
- Geirangerfjord visit
- Flåm visit
- Fløibanen funicular ticket (Bergen)
- Bergen Railway
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Enjoy the midnight sun and stunning fjords, kayak or hike your way through Norway's jaw-dropping scenery, experience the charm of fishing villages on remote northern islands, ride famous railways through stunning mountains and fjords.

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Enjoy the midnight sun and stunning fjords, kayak or hike your way through Norway's jaw-dropping scenery, experience the charm of fishing villages on remote northern islands, ride famous railways through stunning mountains and fjords.

## **Is there a travel disclaimer for my itinerary I should review before booking this trip?**

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.

## **What is the group leader like?**

This G Adventures group trip is accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

## **How large will the group be?**

Max 16, avg 10.

## **What meals are included in this trip?**

12 breakfasts

## **What are the meals like on this trip?**

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.

## **What are the modes of transportation on my trip?**

Train, private van, boat, walking.

## **What transportation will we take on this trip?**

As often as possible, we'll be using the railway systems around Norway. To reach more remote locations we will be using buses and ferries. You will be expected to travel by foot between stations and hotels.

## **Is there an extra cost for travelling solo?**

We believe solo 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 solo travellers on these itineraries must pay the single trip price.

## **Where will we stay during the trip?**

Hotels (8 nts), cabins (2 nts), fishing cabins (2 nts).

## **What kind of accommodation can I expect on this trip?**

This itinerary mostly stays at 2-3 star hotels up to Scandinavian standards. Where possible, we've opted to use local accommodation that will show the characteristics of the surrounding area, like fisherman cabins on the Lofoten Islands.

## **What is the joining hotel?**

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

## What are the joining instructions?

Getting to City Box Hotel:

The hotel is approximately 250 metres from Oslo Central Train Station. The best way to get to Oslo Central Station from Oslo Airport is via train. Upon arrival at the train station, find the main entrance and simply head west towards Strandgata. Once on Strandgata, take the first right onto Prinsens Gate where you will find the Hotel on the left.

There are two train options from Oslo Airport (OSL):

1) The Flytoget Airport Express Train departs from Oslo Airport every 10 or 20 minutes. Duration to the train station is 19–22 minutes. Price per one-way ticket is 180 NOK.

2) NSB Regional Trains, lines R10, R11 and L12 will take you from Oslo Airport to Oslo Central Station. The journey takes 25–30 minutes. Price per one-way ticket is 93 NOK. Please check the timetables link for frequency: <https://www.nsb.no/en/timetables>

If you would like to take a taxi from the airport, you can go to the taxi information desk in the Arrivals Hall. They have information about the fixed rates and available taxis. You will then have the option of choosing the most cost effective company available.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

## What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you 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.

## Who should I contact in case of an emergency?

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: +447817262559

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 Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, from calls within North America only: 1 888 800 4100

Calls from within UK: 0344 272 0000

Calls from within Germany: 0800 365 1000

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.

## Are there any additional packing suggestions I should consider?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage. You must be prepared to carry your luggage up and down stairs, as well as on and off transportation.

# What should be on my packing list?

## Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

## Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

## Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

## When can I do my laundry on this trip?

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.

## What are the visas and entry requirements for my trip?

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 the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

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.

## What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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.

## **How much emergency money should I bring on this trip?**

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!

## **Should I be tipping on my trip?**

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 did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline €30-40 per person, per week can be used.

# What activities are optional on this trip?

## Flåm

- Flåmsbana Railway (400NOK per person)
- Kayaking (650-760NOK per person)
- Fjord Taste Tour (790NOK per person)

## Bergen

- Rosenkrantz Tower (80NOK per person)
- Bodø Bike Rental (230NOK per person)

## Ålesund

- Aksla Viewpoint
- Sunnmøre Museum (80NOK per person)

## Trondheim

- Bakklandet Neighbourhood Visit (Free)
- Market Square Visit
- Old Town Bridge Visit
- Guided Visit Nidaros Cathedral (100NOK per person)

## Bodø

- Norwegian National Aviation Museum

## Lofoten

- Lofoten War Museum (100NOK per person)
- Wildlife Spotting Cruise (1295NOK per person)
- Hiking (Free)

## Tromsø

- Arctic Cathedral (50-170NOK per person)
- Arctic-Alpine Botanic Gardens (Free)
- Mt Storsteinen Cable Car

## Are there any health considerations I should know before travelling?

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.

## What do I need to know to about safety and security on my trip?

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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## What rules should I know before joining this trip?

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 people in the sex trade 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 utilize the services of paid sex workers, in any capacity.

## Is travel insurance required for my trip?

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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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.

## What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

## Does G Adventures have an email newsletter I can subscribe to?

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.

## How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

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 the operator. 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.

## 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.