



## **Arctic Highlights Northbound**

15 days, Keflavik to Longyearbyen

Trip code XVRLNX

### **What's included**

- Arrival transfer
- Transfer from meeting point to ship (Keflavík)

- 14 nts aboard the Expedition
- Visit to a local community (Greenland)
- Lectures and educational programs
- Zodiac excursions with our expert expedition team
- Departure transfer (Longyearbyen, depending on flight)
- Waterproof boots supplied for USA sizes 4 - 16
- Expedition parka

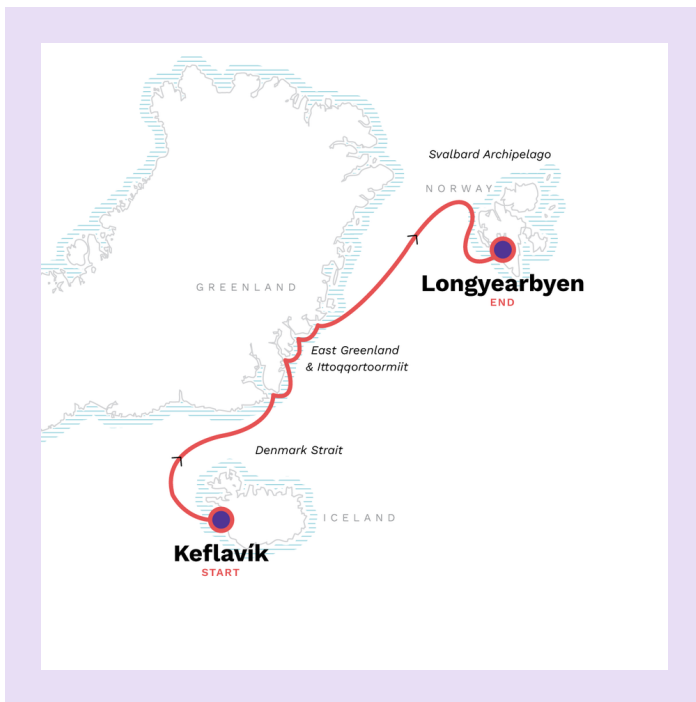
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one 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 May 12th, 2025 and onwards

# Itinerary

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## Itinerary Notes

This trip is assigned a Physical Rating of 2. It is accessible to most fitness levels and for those able to do extended walks and light hiking on various terrain. It is important to note that for landings in Antarctica we use Zodiacs and wet beach landings in what sometimes can be extreme environments. This will require you to be able to safely navigate ice and snow on uneven ground, to lift your leg over the side of a Zodiac and push yourself up, walk on wet, rocky beaches and stand throughout the landing with no place to sit. Please also note that the Expedition does not have an elevator and thus staircases must be used to move between decks, and depending on the weather the ship can sometimes find itself navigating rough and choppy sea conditions. For visual examples of the zodiac landings and activities please refer to the Excursions image gallery on the Expedition landing page [here](#).

**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

## Keflavík Port

Embark aboard the Expedition in the afternoon and depart the port of Keflavik in the late afternoon. Arrival transfer included.

Drop off your checked luggage by 2pm at the joining hotel's luggage storage room and there will be a late afternoon transfer. Depart port of Keflavik in the late afternoon.

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### Meals included

Dinner

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### Today's Activities

Embarkation of the Expedition

Keflavik

In the afternoon, join your fellow passengers to take your group transfer and begin your journey on the Expedition. Please refer to your welcome letter or the joining instructions posted in the lobby of the start hotel. Make sure you have your passport handy as you are about to embark on the adventure of a lifetime.

Arrival Transfer

Keflavík International Airport – Keflavik

Locate the G representative for your included arrival transfer.

Days 2-3

## Keflavik/Denmark Strait

Enjoy the lecture series while watching the seas for whales. Head away from Iceland and its steaming hot springs. The view is often complemented by soaring fulmars, kittiwakes, gannets, guillemots, and razorbills.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Arctic Lectures and Educational Programs

Attend lectures hosted throughout the day on anything from local wildlife to the history and exploration of the Arctic.

Expedition

Keflavik - Denmark Strait

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Days 4–8

## Northeast Greenland National Park

Spend a few days exploring the massive fjord system of Northeast Greenland National Park, which includes portions of Scoresbysund. Visit the tiny settlement of Ittoqqortoormiit for a look at how these most northerly people live.

Sail through and land in some of the most spectacular fjord country in the world up along the coast of Greenland, while exploring rarely visited glaciers, bays and inlets.

This is the largest national park in the world, nearly impossible to reach except on expedition ships. Spectacular geology combined with glacial features create steep mountains raising directly from the sea. Look out for picturesque scenery, wildlife and other interesting landing sites in this unspoiled wilderness.

Depending on ice, spend these days exploring the massive fjord system of Northeast Greenland National Park, which includes portions of Scoresbysund. These intricate fjord systems are everything from wide and unimaginable to narrow and steeply spectacular with some of the best mountain scenery in the world. Walking over lush stands of colourful autumn tundra may lead to opportunities to see musk oxen grazing nearby.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Expedition

Denmark Strait - Ittoqqortoormiit

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Ittoqqortoormiit Community Visit

Ittoqqortoormiit

Visit Ittoqqortoormiit for an up close look into life in the most remote town in Greenland. This small settlement is home to only 450 individuals and one grocery store. The people of Ittoqqortoormiit rely heavily on hunting and fishing and have honed these skillsets for many generations. They enjoy spending warmer weather on dog sleds, snowmobile trips, or camping excursions. With the closest inhabited settlement hundreds of miles away across some of the most unforgivable terrain in the world, the warmth and sense of community fostered by the people of Ittoqqortoormiit act as a beacon in the Arctic.

Days 9–10

## Greenland Sea

Keep an eye out for majestic whales, which are known to feed here in the summer months. Spot orca, humpback and minke whales, as well as dolphins. Enjoy lectures by expedition staff.

Frigid waters drain from the Arctic Ocean in a southwest current along the coast of Northeast Greenland. Often, drifting pack ice is pushed along the coast. We will attempt to approach and follow the pack ice edge to explore the polar seascape. Keep a lookout for sea mammals like seals and whales and also sea birds such as kittiwakes and fulmars.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Expedition

Ittoqqortoormiit - Greenland Sea

Not too big, not too little, our 128-passenger polar expedition ship is just right.

#### Arctic Lectures and Educational Programs

Attend lectures hosted throughout the day on anything from local wildlife to the history and exploration of the Arctic.

Days 11–14

## Greenland Sea/Svalbard

Taking advantage of local ice and weather conditions, explore the Northwest Spitsbergen National Park, one of those rare places on Earth blessed with both awe-inspiring landscape and compelling history.

Over four full days, explore a small portion of the western coast of Svalbard. Entering the fall the days are getting shorter so try to take advantage of all of the sunlight possible to search for wildlife.

Spend these days in search of the elusive polar bears as they hunt seals. Look out for Svalbard's unique subspecies of reindeer. Although much smaller than their southern relatives, they still carry impressive antlers. Keep a sharp lookout for Arctic foxes.

By not having a set itinerary, we take on an expedition spirit and are free to take advantage of the best that Svalbard has to offer.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Expedition

Greenland Sea - Svalbard

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Zodiac Excursion (Arctic)

Jump into a Zodiac, and head out to explore. Keep an eye out for wildlife. The expert Expedition staff will teach the group about the flora and fauna along the way. This activity depends on weather and ice conditions.



### Optional Activities - Days 11–14

Arctic Polar Plunge

Arctic Ocean

You remembered to pack your bathing suit, right? Depending on weather conditions, opt to do the polar plunge and jump into the frigid waters of the Arctic. Convince some of your fellow passengers to join and you'll be left with an amazing group experience no one will ever forget!

Shortly after breakfast, disembark the ship. Transfers to the Longyearbyen airport will be offered to all passengers with flights scheduled.

General disembarkation from the vessel is at approximately 8:00am. You will be transferred to the airport depending on the time of your flight. Transfer times will be confirmed and communicated onboard prior to departure. Luggage storage at the port will be available until time of departure.

Due to restrictive airline schedules for flights departing from Longyearbyen, we are pleased to offer an early morning disembarkation and transfer to the airport for those passengers with flights departing Longyearbyen around 7:40am (dependent on airline schedules).



### **Meals included**

Breakfast



### **Today's Activities**

Private Vehicle

Longyearbyen - Svalbard Airport

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

## What's included

- Arrival transfer
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- Waterproof boots supplied for USA sizes 4 - 16
- Expedition parka

## What are the main highlights of this trip?

Visit a local Greenland community in Ittoqqortoormiit, Sail through magnificent fjords, Learn about the Arctic from lectures and on-site briefings, Walk on the tundra searching for birds, keep an eye out for a variety of whale species, Explore the edges of an ice floe by Zodiac

## Itinerary Notes

This trip is assigned a Physical Rating of 2. It is accessible to most fitness levels and for those able to do extended walks and light hiking on various terrain. It is important to note that for landings in Antarctica we use Zodiacs and wet beach landings in what sometimes can be extreme environments. This will require you to be able to safely navigate ice and snow on uneven ground, to lift your leg over the side of a Zodiac and push yourself up, walk on wet, rocky beaches and stand throughout the landing with no place to sit. Please also note that the Expedition does not have an elevator and thus staircases must be used to move between decks, and depending on the weather the ship can sometimes find itself navigating rough and choppy sea conditions. For visual examples of the zodiac landings and activities please refer to the Excursions image gallery on the Expedition landing page [here](#).

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## **Is there a disclaimer I should read before booking this trip?**

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

## **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.

## **Are there Itinerary notes?**

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## What important notes should I be aware of before the trip?

Please note: While it is our intention of adhere to the route described above , there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. On the first day onboard, your expedition leader will give you an expedition overview.

The Expedition is an adventure Expedition ship and does not offer an elevator

Please note:

**BOOTS FOR ZODIAC LANDINGS:**

- Complementary used waterproof boots will be supplied in the following sizes:
- USA size 4 -16
- EURO size 35 - 49

Please be advised that there are limited numbers of the smallest and largest sizes.

If you wish to bring your own boots, you should follow the guidelines below:

Rubber, waterproof boots that are just below your knees (12-16" high or 30-41cm) with a strong, ridged non-skid sole are essential for wet landings via Zodiac. You usually have to step from the Zodiac into water, which can be up to 1 ft or 30 cm high on most landings. Do not bring heavy, cumbersome boots that make it difficult to walk. Do not bring boots with metal cleats as they cannot be used for the landings. Try out your boots before your voyage.

The electricity onboard is 220AC electrical outlets, with European 2 pin round holes, as well as 110-volt shaving sockets in the bathroom for electric razors only. You may wish to bring an international adapter. A limited supply of electrical adapters are available to borrow free of charge at the Purser's Desk.

## What is the group leader like?

A carefully chosen team will lead our voyage. Our expedition ships boast an international team of professional naturalists and lecturers. Their goal is to provide an informed and balanced interpretation of the destination, accomplished through stimulating lectures, day-to-day briefings, and informal discussions. Your lecturers and Expedition Leader will cover all aspects of the voyage including ornithology, marine biology, geography, geology, history and the environment, as well as practical things like photography. The expedition staff work conscientiously with you on deck and in the field, improving your observational skills to allow you to experience all that the destination has to offer. Their strong sense of ethics and ecological knowledge make for stimulating and mindful conversation whether onshore or at the dinner table. The expedition staff will pilot the Zodiac landing craft used for shore landings and Zodiac cruises; they are experienced drivers who operate the Zodiacs in a responsible manner.

## How large will the group be?

Max 128 aboard the Expedition.

## What meals are included in this trip?

14 breakfasts, 13 lunches, 14 dinners

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

Onboard our expedition ships you'll find a diversity of gourmet international cuisines prepared and catered by professional chefs; all meals are included in the price of your expedition. Dining is casual, tables are unassigned and the dining room is capable of seating the entire passenger compliment at one time. There is always a selection of different meals available, and vegetarians will find plenty of options. Special dietary requirements can be accommodated with advance notice, please advise us at time of confirmation. Coffee, tea and water are all provided free of charge. All other beverages, alcoholic and non-alcoholic are not included and can be purchased in the dining room, pub, or in the lounge.

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

Expedition, Zodiac, local bus, walking.

## **Are local flights included in the cost of the trip?**

There are no local flights included in the price of this trip.

You are free to depart Longyearbyen from the afternoon onward on Day 14. Do not book any morning flights out of Longyearbyen.

## **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?**

Aboard the Expedition in triple-, twin-share cabins, or suites (all with en suite bathrooms and porthole or window, 14 nts). Please note that all cabins consist of twin-size berths and are ocean-facing. Suites have one queen-size bed.

## **Will I get my own room?**

Please note that if you have selected the Private Cabin option at the time of booking, you will receive your own room for the duration of this cruise.

## What are the joining instructions?

We are happy to offer you a complimentary airport transfer if you are arriving on Day 1 of the tour or have booked pre-night accommodation through G Adventures.

We advise travellers to arrive by 1pm in Keflavik. However, in order to make day 1 of this itinerary as smooth as possible, G Adventures does recommend booking a pre-night in Keflavik.

Depending on your arrival time you will either be transferred to a meeting point or directly to the ship. Embarkation begins at 4pm.

For those arriving on Day 1 into Keflavík International Airport please collect your luggage and head to the arrivals hall and search for your G Adventures Representative by the Flybus desk. They will be waiting for you with a sign and will help you board the included transfer to the meeting point. Please make sure you have advised your booking agent of your arrival flight details into Keflavik so we are expecting you. Be sure to keep all your important documents (i.e. passport) and medication in your hand luggage, as your main luggage will be transferred separately to the ship or hotel.

On Day 1 of the tour, there will be a baggage drop available for all passengers who are already in Keflavik. Please make sure you drop your checked luggage off at the meeting point between 9:00am - 1:00pm. A local representative will be in the luggage storage room. They can provide general information about the town or your embarkation process. All passengers will be transferred to the ship as a group for embarkation at 4:00pm. Please ensure that for embarkation you have your passport accessible (not in your luggage which is being transferred separately to the ship).

For those passengers arriving on Day 1, on a flight which lands after midday, please note that bags will be transferred with you to the ship at 4:00pm.

If for some reason you cannot arrive at the meeting point, please make your own way to the Port of Keflavik, no earlier or later than 4:00pm. Embarkation time is set for 4:00pm and passengers will not be able to board the ship before that time due to refuelling, provisioning, and preparing the ship for your stay. On embarkation day, you may have to board the ship via Zodiac. You should bring clothing suitable for cold and wet conditions. Waterproof pants are recommended. Once aboard, you will find your luggage stored in your assigned cabin, please ensure that all your luggage is accounted for on arrival.

## 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 either the G Adventures Local Operator (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 or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. 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 (Longyearbyen, Norway): +44 1858 378000

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.

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

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

## What information should I be aware of as the itinerary draws to a close?

### DEPARTURE DAY - Disembarkation

On departure day, we will offer transfers to Longyearbyen Airport for all passengers with flights scheduled on that day.

We are pleased to offer an early morning disembarkation and transfer to the airport for those passengers with flights departing Longyearbyen around 7:40am (dependent on airline schedules).

For those passengers disembarking at our regular time of 8:00am, you will be transferred to either the airport or the joining hotel, depending on the time of your flight. Those transferred to the hotel will have an opportunity to explore the town centre on their own, and then be transferred to the airport later in the day as per flight schedules. Transfer times will be confirmed, and communicated onboard prior to departure. Luggage storage at the hotel will be available until time of departure.

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

Most airlines allow one checked bag and two carry-on per person. To avoid any problems on check-in and with possible excess baggage charges, please consult the airline for specific restrictions.

Dress on board is informal. Plan to bring comfortable, casual clothing for all activities. Bring wind and waterproof outer layers. Beware of tight clothing that leaves no room for trapped air, which is an excellent insulator. Wool, silk and some of the new synthetic fibers, like polar fleece, retain heat better than cotton. When packing, we suggest that you do not weigh yourself down with too many clothes or too much gear. Select informal, practical attire that can be worn in layers.

In the world's most remote destinations that the Expedition travels to we cannot offload our plastics, glass or tin waste for recycling. Therefore, we try to reduce what single use items that we use. You will see on the ship that every effort is being used to stop the use of single use plastic containers, bags and other items. In an effort to prevent plastic waste from entering the waste stream, we are asking for your help. We offer exceptional drinking water on the ship with refilling stations for your re-useable water containers. You will be provided a complimentary water bottle to fill up as needed. Plastic items such as single use shampoo/conditioner plastic containers cannot be recycled, so please plan to bring any plastics back to your home countries for recycling. Please do not bring single use items that you intend to leave behind such plastic bags and throw away razors. Your participating in helping to prevent pollution and promote recycling is greatly appreciated.

# 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)

## Expedition:

- Waterproof pants (required) (Mandatory for all Zodiac landings, preferably with elastic cuffs to avoid any water seeping in during landings.)
- Binoculars (highly recommended)
- Camera (With extra memory cards and batteries)
- Credit cards (Please note the Expedition is cashless and only accepts credit cards for payment.)
- Day pack (Used for daily excursions or short overnights)
- Drybag (To protect your camera and belongings on Zodiac landings)
- 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 (Recommended for Antarctic camping)
- Fleece jacket or warm layer
- Fleece top/sweater
- Footwear (good gripping) (Please note that open toed shoes are not allowed in public spaces on the Expedition.)
- Hat
- Long pants/jeans
- Moisturizer/lip balm
- Moneybelt
- Motion sickness tablets
- Outlet adapter (Electricity onboard is 220AC electrical outlets, with European 2 pin round holes, as well as 110-volt shaving sockets in the bathroom for electric razors only.)
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Scarf (Or neck warmer.)
- Shirts/t-shirts
- Sleepwear
- Sunblock
- Sunglasses
- Swimwear
- Thermal base layer
- Thermal underwear
- Toiletries (Shampoo and shower gel are provided aboard the Expedition.)
- Walking poles (if desired)
- Warm hat
- Warm waterproof gloves
- Watch and alarm clock
- Wool/Heavy socks

**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.)

# Suggested Reading

Arctic Dreams • Barry Lopez

Historical Atlas of the Arctic Derek Hayes

A Naturalists Guide to the Arctic E.C. Pielou

Circumpolar North / Greenland Map • ITMB • With the North Circumpolar region on one side, including Iceland, and a detailed map of Greenland on the other.

North Pole, South Pole Map • Canadian Geographic

Bradt Guide Lapland • James Proctor

Who Owns the Arctic?, Understanding Sovereignty Disputes in the North • Michael Byers

A History of Arctic Exploration • Juha Nurminen

Arctic Labyrinth, The Quest for the Northwest Passage • Glyn Williams

N by E • Rockwell Kent • Edward Hoagland

Ninety Degrees North, The Quest for the North Pole • Fergus Fleming •

The Last Gentleman Adventurer • Edward Beauclerk Maurice • Lawrence Millman

The Voyage of the Narwhal • Andrea Barrett

Ultima Thule, Explorers and Natives in the Polar North • Jean Malaurie

Weird and Tragic Shores: The Story of Charles Francis Hall, Explorer • Chauncey Loomis • Andrea Barrett

Frost on My Moustache, The Arctic Exploits of a Lord and a Loafer • Tim Moore

The Ice Finders, How a Poet, a Professor and a Politician Discovered the Ice Age • Edmund Blair Bolles

The Last Imaginary Place • Robert McGhee

Near Death in the Arctic • Ceci Kuhne

The Greenlanders • Jane Smiley

The Sagas of Icelanders • Jane Smiley • Robert Kellog

After the Ice • Alun Anderson

AntARCTIC, A Tribute to Life in the Polar Regions • Michael Poliza

Arctic Eden • Jerry Kobalenko

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Glacier Ice • Austin Post • Edward R. LaChapelle

Islands of the Arctic • Julian Dowdeswell

Planet Arctic • Wayne Lynch

Polar Bears • Ian Stirling

The Arctic, The Complete Story • Richard Sale

The Last Polar Bear, Facing the Truth of a Warming World • Steven Kazlowski

The World of the Polar Bear • Norbert Rosing

Through the Eyes of the Vikings, An Aerial Vision of Arctic Lands • Robert B. Haas

Vanishing World, The Endangered Arctic • Mireilla De La Lez • Fredrik Granath

Whales, Dolphins and Porpoises • Mark Carwardine

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

Aboard the Expedition, laundry is available to be serviced by our shipboard team at an additional charge.

## 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](#)

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.

As of 2025, various European countries are introducing ETIAS travel authorisation as an entry requirement for visa-exempt nationals.

We highly recommend you checking in advance how your nationality and country/s you are visiting may be affected. Further details can be found [here](#)

Last updated: January 27th 2025

## 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.

## What should I know about currency, credit cards, and exchanging money while on this tour?

Before and after the cruise:

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work overseas. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

While on board our Expedition ships, major credit cards (VISA, Mastercard and AMEX) are used to clear incidental bills at the end of the cruise by the ship's Purser (ie. bar bills, laundry, crew tips, etc.). Please note the Expedition is a cashless ship.

## Should I be tipping on my trip?

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. It is an expression of satisfaction with the persons who have assisted you on your expedition. The industry standard and suggested amount is USD \$10 - 15 per person per day spent on board. Of course, tipping is a personal choice and the suggested amount is set only as a guideline. Crew tips may be settled using most major credit cards (VISA, Mastercard and AMEX) by the ship's Purser. The money is collected by the Hotel Manager at the end of the voyage and distributed amongst the crew and Expedition Staff. The Officers choose not to participate in the tipping pool.

## What activities are optional on this trip?

### Arctic Ocean

- Arctic Polar Plunge

## 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.

Please consult your doctor for up-to-date medical travel information well before departure. We require all passengers traveling on any one of our expeditions to review our medical questionnaire. The questionnaire can be found online at:

[www.gadventures.com/medical\\_form](http://www.gadventures.com/medical_form)

Passengers with preexisting medical conditions are required to submit a medical form signed by a physician to their booking agent. It is very important that we are advised of any special meal requirements, food allergies, or prescribed medication when you confirm your tour. The ship is equipped with a small infirmary with typically required medications and limited equipment. The ship's doctor is available for visits during the day and is available 24 hours per day for emergencies.

In case of an emergency, please also bring with you a signed and dated letter from your physician (to be given to our doctor on board, as well as for any medical authorities) stating any health problems and dosage requirements.

International health regulations do not currently require any inoculations for the countries that you will visit on our voyage. We suggest that you confer with your own physician to be sure your routine immunizations, such as tetanus, diphtheria and hepatitis A, are up-to-date before traveling. Older travelers, in particular, may wish to consider preventive measures against influenza and pneumonia.

## 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.

# Trip Specific Responsible Travel

## OUR COMMITMENT TO RESPONSIBLE TRAVEL

As a leader in Sustainable Tourism, we are committed to ensuring that all of our marine expeditions operate in a socially and environmentally responsible manner. All expeditions aboard the expedition ship meet and exceed all environmental regulations and protocols in the regions that we visit.

### Staff & Crew:

Our crew and expedition team act as stewards of the environment and are well versed in the strict environmental protocols on board and on land. All of our travellers are thoroughly briefed in these protocols before being allowed to participate in excursions and are always supervised by our team when on shore.

### 4-Stroke Outboard Engines:

In an effort to drastically reduce environmental pollutants 4-stroke outboard engines have been installed on all of our zodiacs. Our 4-stroke outboard motors use less fuel and produce less noise pollution than 2-stroke engines. Since there is no mixing of oil and gas the exhaust is intrinsically much cleaner and friendlier to the environment.

### Planeterra Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization that supports local community projects and international charities around the world.

### Sea Chart Auction:

At the end of each departure, the Captain's Sea Chart is auctioned and all proceeds are donated to international organizations through Planeterra.

Our end goal is to minimize the potential negative impact of tourism in the areas we operate while maximizing the positive impact of instilling a widened understanding and appreciation of these regions. During our voyages, we ask all our passengers that they see their visit to these areas as a privilege and that they share their newfound knowledge and experiences with others when they return home. We also hope that by bringing people to these regions that they continue to act as ambassadors and stewards of these areas.

## 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?

Minimum age of 10 years for this trip.

# Keeping in Touch on the G Expedition

Internet and phone onboard the Expedition

The Expedition receives internet reception in Antarctica, but is sporadic in the Arctic. There is wifi in the public areas on Deck 4 & 5, and in the Deck 4 cabins (Categories 4 and 5). Passengers can bring their own laptop, sign out one of the 2 iPads on board, or use one of the 2 desktops. Your Cell Phone, for calling, will not work in Antarctica.

## Internet

Onboard the Expedition we use a BGAN satellite system for internet and phone, which allows passengers to surf the web and make international calls while on their voyage. Please remember that internet speeds are NOT like the speeds you have at home. We operate with a satellite so speeds can be similar to dialup. To log-on, passengers purchase an internet voucher from the Reception Desk. Once you have the internet voucher, web surfers can log-on through our internet café or with their own wireless laptop. A wireless laptop can pick up a signal anywhere in the public areas on Deck 4, Reception, Discovery Lounge, Library, and Deck 5, Polar Bear Bar.

Charges are based on the megabyte downloaded. An amount of 10 megabyte of data would be the equivalent of 5 to 10 web pages. A very graphics intensive web page might be as high as 2-3 megabytes. For example, if a web surfer were to do a Hotmail session of e-mailing, it might generate 3 megabytes in total.

## Internet Packages & Prices:

10MB \$20.00

30MB \$50.00

100MB \$130.00

## E-mail:

Passengers may take the opportunity to set up an onboard e-mail account. This will be of interest to those who need to stay in touch, but are not interested in surfing the web. Passengers will have their own unique email account including email address, username and password. E-mail accounts may be accessed either through our public computers in the Internet Room, or passenger may access their account through their wireless laptop in the common areas of Deck 4 and 5, in the Polar Bear Bar. \$35.00 includes set up and use of the account for the entire trip and unlimited messages. Messages over 200KB in size will be charged at a rate of .03 cents per KB exceeded.

## Telephone

On board we have a telephone room on Deck 4, where calls can be made in private to any destination in the world.

Telephone cards are available at reception.

Prices will change each year.

Satellite: \$22.00 phone cards are available at reception, roughly 25 to 30 minute per phone card.

## **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.