



Baltic Adventure

13 days, Vilnius to Helsinki

Trip code EXVS

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Trakai Castle visit (Vilnius)

- Curonian Spit bike tour
- Riga city tour
- Saaremaa guided village tour
- Kadriorg Palace visit (Tallinn)
- Orientation walk (Helsinki)
- 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 January 1st, 2016 - December 31st, 2016

Itinerary



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

Vilnius

Arrive at any time.

We recommend arriving a day or two early to fully explore this charming city.

There are no planned activities until an evening welcome meeting.



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

Vilnius

Visit Trakai Castle. Enjoy optional activities like the Frank Zappa monument, the breakaway Republic of Uzupis, a giant egg statue, the Gediminas tower and castle museum, and the KGB Museum.

Spend free time walking through charming old town or searching out artist havens and modern statues.

Multi-faceted, puzzling, a heady mix of old and new, Vilnius has all the glories of a royal past, the troubling reminders of wartime and Communist atrocities and a vibrant forward-looking outlook.



Meals included

Breakfast



Today's Activities

Local Bus

Vilnius - Trakai

45m

Climb aboard, grab a seat, and enjoy the ride.

Trakai Castle Visit

Trakai - Vilnius

4h-5h

Enjoy a visit to Trakai Castle, about 45 mins out of town by bus, built in the late 14th century. Getting out of the capital and visiting this historic treasure is a great way to experience a little more of Lithuania.



Optional Activities - Day 2

Frank Zappa Monument Visit

Vilnius

Free

Visit the statue that pays tribute to the musician Frank Zappa, who's much loved in Lithuania.

Gediminas Tower Visit

Vilnius

2EUR

Visit Gediminas Tower to learn more about this symbolic place in Lithuania.

KGB Museum Visit

Vilnius

3EUR

The KGB Museum is the unofficial name for the Museum of Genocide Victims currently housed in the former KGB headquarters. The fascinating museum brings to light the atrocities of war and the suffering the people of Lithuania and the other Baltic countries. On display are documents and artifacts related to the 50 year occupation of Lithuania by the Soviet Union.

Day 3

Vilnius/Nida

Travel by public bus to the UNESCO-listed Curonian Spit. Visit the Parnidis dune in the evening.

The Curonian Spit is a long, thin sand dune that separates the Curonian Lagoon from the Baltic Sea. This spit is shared by Lithuania and Kaliningrad, Russia's westernmost oblast.

The forested hills used to be the site of dancing and gathering during Pagan festivals. Now, the hills are dotted with wooden statues created by local artists, depicting witches, dragons, and the elements. Some of the statues tell stories of the local legends and folklore, bringing the region to life with their intricate carvings.



Meals included

Breakfast



Today's Activities

Local Bus

Vilnius - Nida

6h

Climb aboard, grab a seat, and enjoy the ride.

Day 4

Nida

Enjoy an included bicycle tour around the Hill of Witches and a visit to sea bird colonies.



Meals included

Breakfast



Today's Activities

Hill of Witches Bicycle Tour

Nida

2h-4h

See the area from the seat of a bike. The Hill of Witches used to be the site of dancing and gathering during Pagan festivals. Now the hills are dotted with wooden statues created by local artists, depicting witches, dragons and the elements. Some of the statues as well tell stories of the local legends and folklore, bringing the region to life with their intricate carvings.

Day 5

Nida/Riga

Cross the border into Latvia and head to the capital, Riga, stopping at the Hill of Crosses along the way. Options for this charming city include visiting the Occupation Museum, the Riga Art Nouveau Centre, Riga Castle, the Andrejsala artists' district, or just wandering the cobblestone streets.

Explore the narrow streets on foot and get better acquainted with the city known as "the Paris of the East". Opt to visit St Peter's Church, where we ascend the spire by lift, for a fantastic view over the city.



Meals included

Breakfast



Today's Activities

Local Bus

Nida - Riga

7h

Change buses in Klaipeda.



Optional Activities - Day 5

Saint Peter's Church

Riga

7EUR

1h-1h30m

Ascend the spire of this church by lift for a fantastic view over the city.

Andrejsala Artists' District

Riga

Free

The Andrejsala neighbourhood is an industrial port area just outside the city. Recently it has developed into a cultural hub with art and entertainment areas, workshops, galleries, and cafés. Explore all it has to offer.

Day 6

Riga

Enjoy a guided tour and a lunch of treats from the Central Market. Spend a free afternoon exploring the city.



Meals included

Breakfast | Lunch



Today's Activities

Riga Guided Tour

Riga

2h-3h

Visit some of the neighbourhoods and sights around Riga and learn about the history of this 800-year-old city. Visit the central market and pick up some delicacies for lunch.

Free Time

Riga

Explore this intriguing city.



Optional Activities - Day 6

Museum of the Occupation of Latvia Visit

Riga

The museum is dedicated to portraying what life was like in Latvia during the three periods of occupation. Learn about life under Soviet and Nazi rule and how Latvians regained their freedom in 1991.

Riga Art Nouveau Centre Visit

Riga

5-20EUR

30m-1h

Riga is one of the few places where Art Nouveau architecture has survived in great numbers. Visit the centre to learn more.

Riga Castle Visit

Riga

3EUR

First built in the 1440s on the banks of Daugava River, Riga Castle is now the home of the President of Latvia and the National History Museum. Enjoy a visit here and explore the castle.

Day 7

Riga/Kuressaare

Cross the border to Estonia and get the local experience with three nights on a farm in Saaremaa. In the area there is canoeing on the Nasva river, fishing, and island visits. Opt to travel into the capital of Saaremaa, Kuressaare, for a folk evening with traditional music.

Saaremaa is a remote island in the Baltic Sea with unique traditions and heritage. Thatched roof houses, stone walls, and windmills make up this fairytale landscape.

Enjoy three nights on a farm outside the main city of Kuressaare.



Meals included

Breakfast | Dinner



Today's Activities

Local Bus

Riga - Pärnu

2h30m-3h

Climb aboard, grab a seat, and enjoy the ride.

Boat

Pärnu - Kuressaare

2h30m-3h

Climb aboard and get your float on.

Day 8

Kuressaare

Enjoy a tour of Saaremaa including a visit to the Kaali meteorite lake, bakeries, and windmills. Opt to visit the local breweries.



Meals included

Breakfast | Dinner



Today's Activities

Saaremaa Guided Tour

Saare

4h-5h

Visit a group of windmills and try traditional baked goods while sipping on local beer. In the area, you'll find a naturally growing oak forest with rare flora (like orchids) and a bird watching platform.

Day 9

Kuressaare

Enjoy a free day to explore. Opt to visit some of the ancient churches or natural sites like the lake, the Panga Cliff, and the Pühatu Springs.



Meals included

Breakfast | Dinner



Today's Activities

Free Time

Saare

Head out and explore.



Optional Activities - Day 9

Sightseeing Saaremaa

Saare

Free

3h-4h

Visit some of the churches, some dating back as far as the 1300s and others boasting ancient wall frescoes still intact. Natural sites include the lake, the Panga Cliff, and the Pühatu Springs.

Day 10

Kuressaare/Tallinn

Travel to Tallinn, the capital of Estonia. Fall in love with this medieval town. Enjoy an included visit to Kadriorg Palace.



Meals included

Breakfast



Today's Activities

Private Vehicle

Saare - Tallinn

4h

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

Kadriorg Palace Visit

Tallinn

1h

The Kadriorg Palace was built by Peter the Great for Catherine I of Russia. Currently, the palace is home to an art museum.

Day 11

Tallinn

Spend a free day exploring this medieval city. Use your free time to visit the Museum of the Occupation, the Dome Church, the open air museum, go sea kayaking, visit the beaches, or relax in a sauna.



Meals included

Breakfast



Today's Activities

Free Time

Tallinn

Explore the sights or hit the beach.



Optional Activities - Day 11

Sea Kayaking

Tallinn

33EUR

Head out to sea by kayak to get a new perspective of the area.

Occupation Museum Visit

Tallinn

5EUR

30m-1h

Visit the Museum of the Occupations to learn more about life under the Soviet and Nazi regimes, then head to the ex-KGB headquarters.

Dome Church and Toompea Hill Visit

Tallinn

2-6EUR

Enjoy a visit to the Dome Church, or St Mary's Cathedral, located on Toompea Hill. It's the oldest church in Tallinn, built in the 13th century.

Old Town Visit

Tallinn

Free

1h-2h

Wander the Old Town, soaking in the 15th to 17th century feel, and visit the Raekoja Plats where you can check out cafés and restaurants lining this square. It's absolutely a must-see.

Day 12

Tallinn/Helsinki

Travel by ferry to the charming capital city of Helsinki. Enjoy an afternoon in the Scandinavian city with an orientation walk and free time.



Meals included

Breakfast



Today's Activities

Ferry

Tallinn - Helsinki

2h-2h30m

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

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

Helsinki

Get out and explore the Finnish capital.

Depart at any time.



Meals included

Breakfast



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
- Trakai Castle visit (Vilnius)
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- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Explore the charming and enigmatic Baltic countries, Ride a bike around the coastal dunes of Lithuania's Curonian Spit, Picnic in beautiful Riga, Live like a local on a farm in Estonia, Wander the charming streets of Helsinki

What are the main highlights of this trip?

Explore the charming and enigmatic Baltic countries, Ride a bike around the coastal dunes of Lithuania's Curonian Spit, Picnic in beautiful Riga, Live like a local on a farm in Estonia, Wander the charming streets of Helsinki

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 an 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.

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

1. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

2. OPTIONAL ACTIVITIES NOTE:

During high season in Europe (May-October) we highly recommend booking reservations for any popular optional activities/museum tickets etc. in advance to avoid encountering sold-out activities on the ground while on tour.

What is the group leader like?

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

How large will the group be?

Max 16, avg 12.

What meals are included in this trip?

12 breakfasts, 1 lunch, 3 dinners

What are the meals like on this trip?

Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, coffee and tea, however this may vary depending on the city. Should breakfast not be included, your CEO can suggest some local options.

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.

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?

Public bus, ferry, walking, bike, private vehicle.

Are local flights included in the cost of the trip?

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Is there an extra cost for travelling solo?

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.

Where will we stay during the trip?

Hotels (9 nts), farm stay (3 nts).

Will I get my own room?

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

Please be aware that single room accommodations in European hotels are often smaller, and may not be to the same service level as double-occupancy rooms.

What kind of accommodation can I expect on this trip?

On this trip you can expect to stay in small family-run hotels or pensions (with the exception of the start and finish hotels, which are often larger city hotels), which will vary a little in standard and facilities: some may not have elevators, air-conditioning or English-speaking staff, but most importantly all are locally-run, with some traditional character, and in excellent central locations to give you maximum time for exploring the sights. You can expect to find clean, safe, simple accommodation in convenient locations.

Note that most accommodation in Europe does not have air conditioning units in rooms. Air conditioning is not routinely installed in European homes and workplaces. However, nearly all hotels will provide a standing or desk fan for your room on hot nights. If you do not already have one in your room, please ask your CEO to organize one for you with reception.

What are the joining instructions?

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

From Vilnius airport (VNO), you can reach the city centre in a few ways. Bus 88 will take you to the city centre and Old Town area, while busses 1 and 2 will take you to the main central station, which is only a 10-minute walk away from the Old Town. Alternatively, you can catch a train from the airport to Vilnius' central station.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

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, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details.

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 NUMBER

G Adventures Berlin office: +441858378000

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

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

Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What 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

How much spending money do I need for my trip?

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?

Credit cards and debit cards are very useful - remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs). Both Cirrus and Plus system cards are the most widely accepted debit cards. Visa cards are the most widely accepted credit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work. You should be aware when purchasing products or services on a credit card, that a fee usually applies.

Do not rely on credit or debit cards as your only source of money. A combination of Euros and one or two cards is best. Avoid relying on traveller's cheques as these are less and less readily cashed as clients use them very little, though bring one or two may be worthwhile in case of emergencies. If you bring USD or EUR, please ensure they are new bills, with no rips or tears. Money exchanges are very particular about which bills they will accept, so when purchasing USD or EUR before your trip, please specify you need new, crisp bills.

Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

Please note that in all countries visited, you will need local currency.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

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!

Do I need to pay a departure tax?

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

Should I be tipping on my trip?

While conventions can vary from country to country, tipping is customary in Europe. A general rule is 10% of the bill for wait staff, and a smaller amount (€1 or €2) for other service providers.

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.

At the end of each trip, if you felt your G Adventures CEO did an outstanding job, tipping is expected and appreciated. The precise amount is a personal preference, however €6-8 per person, per day can be used as a guideline.

What activities are optional on this trip?

Vilnius

- Frank Zappa Monument Visit (Free)
- Gediminas Tower Visit (2EUR per person)
- KGB Museum Visit (3EUR per person)

Riga

- Saint Peter's Church (7EUR per person)
- Museum of the Occupation of Latvia Visit
- Riga Castle Visit (3EUR per person)
- Andrejsala Artists' District (Free)
- Riga Art Nouveau Centre Visit (5-20EUR per person)

Saare

- Sightseeing Saaremaa (Free)

Tallinn

- Sea Kayaking (33EUR per person)
- Occupation Museum Visit (5EUR per person)
- Dome Church and Toompea Hill Visit (2-6EUR per person)
- Old Town Visit (Free)

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.

There are no specific health requirements for this trip. However, you should consult your doctor for up-to-date medical travel information about 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 we are in remote areas and away from medical facilities for some time during this trip, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc.

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 CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your leader 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 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.

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 click [here](#).

What are the trip specific safety considerations?

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.

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 repatriation. 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.

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 should I dress to respect local customs during the tour?

When packing be aware that dress standards are conservative throughout the area. Loose, lightweight, long clothing is both respectful and practical. As a general guideline shoulders and knees should be covered at all times - shorts, singlets and tank tops are not suitable.

How can I share feedback about my trip experience?

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 customersolutions@gadventures.com and we will send it on to you.

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/

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.