



## **Best of Georgia & Armenia**

8 days, Yerevan to Tbilisi

Trip code EXGA

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group

- Your Foodie Moment: Local Lunch and Traditional Cooking Demonstration, Geghard
- Your Foodie Moment: Georgian Wine Tasting, Telavi
- Your Foodie Moment: Lunch With A Local Family, Kakheti
- Echmiadzin visit
- Khor Virap visit
- Garni Roman temple and gorge visit
- Lake Sevan stop with visit to monasteries
- Sanahin Monastery Complex visit
- City tour of Tbilisi
- Georgian Military Road drive
- Mtskheta's UNESCO-listed churches visit
- Jvari Monastery and Svetitskhoveli Cathedral visit
- Hike to Uplistsikhe Cave
- All transport between destinations and to/from included activities

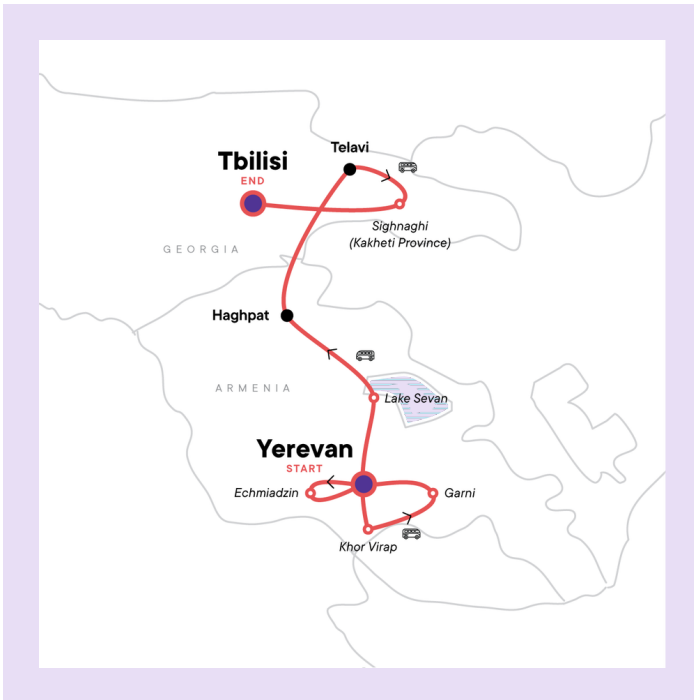
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one 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, 2021 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

## Yerevan

Arrive at any time.

There are no activities planned until an evening welcome meeting.



### Accommodation

Ibis Yerevan Center (or similar)

Hotel



### 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

## Yerevan/Echmiadzin

Drive to Echmiadzin to visit its famous cathedral. Later, enjoy a city tour of Yerevan, followed by a visit to the Genocide Memorial. Take some free time to explore the city of Yerevan.



### Meals included

Breakfast



### Accommodation

Ibis Yerevan Center (or similar)

Hotel



### Today's Activities

Private Vehicle

Yerevan - Echmiadzin

30m

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

Echmiadzin Visit

Echmiadzin

1h-2h

Visit Armenia's ancient capital city. Stop at the famous cathedral, one of the world's first Christian churches (built in 301 AD). Learn about the cathedral's history and change in architectural style after it was damaged in the late 400s.

Private Vehicle

Echmiadzin - Yerevan

18m-45m

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

Yerevan City Tour

Yerevan

Take a guided wander around the lively and colourful city of Yerevan. Visit sites including the City Park, Abovyan street and Republic Square. Pay a visit to the Genocide Memorial and Museum dedicated to the Great Genocide of 1915 for a sobering look at a pivotal stretch of Armenian history. Enjoy a contemporary art-walk through the Gafeschian Centre of Art, before taking in ancient Armenian treasures and manuscripts at The Mesrop Mashtots Institute of Ancient Manuscripts (Matenadaran).

Free Time

Yerevan

Enjoy exploring this capital city.

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## Optional Activities - Day 2

Yerevan Brandy Factory

Yerevan

10USD

Visit the Yerevan Brandy Factory for an intimate look at the legendary ARARAT brandy-making process. Learn more about the spirit that has been an attribute of Armenian social and culinary life since 1887. Take a guided tour and sample various types of Armenian brandy. Genatzt!

Megerian Carpet Museum Visit

Yerevan

Take a guided visit of the Megerian Carpet factory to learn about the ancient tradition of Armenian carpet making. Observe traditional carpet weavers at their craft, and marvel at the colourful and diverse rugs on a wander through the gallery of Armenian carpets and even try your hand at weaving on the loom.

Day 3

## Yerevan/Khor Virap/Garni

Explore Khor Virap and visit its monastery with fantastic views of Mt Ararat. Continue to the Roman temple of Garni. Enjoy lunch in a local home and watch how traditional lavash bread is made. Return to Yerevan with time to visit the main market or stroll the cafe-lined streets of the city.

During your free time in Yerevan opt to visit the Yerevan Brandy Factory or Megerian Carpet factory for some insight into staples of Armenian culture.



### Meals included

Breakfast | Lunch



### Accommodation

Ibis Yerevan Center (or similar)

Hotel



### Today's Activities

Khor Virap Visit

Khor Virap

2h-3h

1km

Continue on to Khor Virap through villages and vineyards. Visit the pilgrimage site and monastery built in 1662 that's still used for services today. The structure is built around a pit, used to imprison Saint Gregory the Illuminator who was confined for 14 years by his pagan King for preaching Christianity. Explore the grounds and enjoy the fantastic views of Mt Ararat.

Garni Temple and Gorge Visit

Geghard

2h-3h

2km

Enjoy an excursion to the Roman temple of Garni, dedicated to the God of the sun, Mithra. The temple is one of the last standing pagan structures left in Armenia. The Temple grounds have other standing ruins such as a bathhouse, a church, and a cemetery. An earthquake destroyed the temple in 1679, but under the guidance of the architectural historian Alexander Sahinian, the temple was rebuilt by 1974. Visit Garni Gorge to admire the formations of basalt columns known as the 'Symphony of the Stones.'

#### ACTIVITY

Sit down to a traditional Armenian lunch with the company of a local family. Watch as your hosts demonstrate "Lavash" bread baking and traditional barbecuing using an underground oven. Get your hands messy during a lesson on how to prepare an Armenian sweet before sitting down to a delicious

lunch. End the experience with a sip of local apricot vodka or grappa in the cozy garden of this rural home.

Free Time

Yerevan

Continue exploring this charming city.

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### Optional Activities - Day 3

Yerevan Brandy Factory

Yerevan

10USD

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Megerian Carpet Museum Visit

Yerevan

Take a guided visit of the Megerian Carpet factory to learn about the ancient tradition of Armenian carpet making. Observe traditional carpet weavers at their craft, and marvel at the colourful and diverse rugs on a wander through the gallery of Armenian carpets and even try your hand at weaving on the loom.

Drive to the largest lake in the Caucasus region, Lake Sevan, and stop into charming monasteries along the way. Continue to Haghpat via Molokan-minority villages, stopping to enjoy traditional afternoon tea in a Molokan village. Overnight in Haghpat surrounded by breathtaking views of the Debet canyon.

The Molokan are a minority population in Armenia derived from settlers exiled from Russia for their religious beliefs. Their name derives from "Milk" due to the great amount of milk they would consume, especially during the fasting period determined by the Orthodox Clergy. Stop in a Molokan village en route to Haghpat to get a glimpse into daily life, and enjoy afternoon tea.



## Meals included

Breakfast | Lunch



## Accommodation

Hotel Qefo Haghpat (or similar)

Hotel



## Today's Activities

Private Vehicle

Yerevan - Lake Sevan

1h-1h30m

66km

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

Lake Sevan Visit

Lake Sevan

2h

1km

Visit the shores of beautiful Lake Sevan, the largest lake in the Caucasus Region. Stop into beautiful monasteries along the way to learn more about the region's history.

Private Vehicle

Lake Sevan - Haghpat

3h

131km

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

Sevanavank and Haghartsin Monastery Visits

Sevan - Dilijan State Reserve

Visit two iconic monasteries en route to Haghpat. The first is Sevanavank Monestary founded in 874 by King Ashot I, picturesquely standing on a peninsula, this site was used both for the purposes of

pilgrimage, and as a place of exile for disgraced Armenian noblemen. Continue your drive and stop in forested town of Dilijan where you can take in the fresh air on a short walk around this quaint town. Last, travel to the heart of the forest to discover the impressive, fairytale-like Haghartsin Monastery, or "Monastery of the Playing Eagle".

Day 5

## Haghpat/Telavi

Visit Haghpat Monastery and UNESCO-listed monastic complex of Sanahin. Cross into Georgia to be welcomed and greeted by your Georgian CEO before transferring to Telavi, located on the foothills of the Tsiv-Gombori Range. This afternoon, sample traditional Georgian wines.



### Meals included

Breakfast



### Accommodation

Hotel Zuzumbo Telavi (or similar)

Hotel



### Today's Activities

Private Vehicle

Haghpat - Bagratashen

45m

36km

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

Sanahin Monastery Visit

Alaverdi

1h-2h

1km

Visit the UNESCO World Heritage Site, Sanahin Monastery that dates back to the Byzantine era. The monastery is made up of several buildings including the main church the Cathedral of the Redeemer. Admire this beautiful example of medieval Armenian architecture and the view of the surrounding hills.

Border Crossing (Armenia - Georgia)

Bagratashen - Sadakhlo

1h-2h

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Private Vehicle

Sadakhlo - Telavi

2h

165km

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

ACTIVITY

Visit a winery in the city of Telavi, part of Georgia's Kakheti wine region. With an incredibly rich history of viticulture (going back thousands of years), enjoy a sampling of the region's famous wines, produced within Telavi's micro-climate.

Day 6

## Telavi/Kakheti Province/Tbilisi

Travel through Kakheti Province, dotted with churches and vineyards. Enjoy breathtaking views of the Kizikhi area and Signaghi. Stop for lunch at a local village house. Head to Tbilisi and enjoy a guided tour of the city.



### Meals included

Breakfast | Lunch



### Accommodation

Hotel Astoria Tbilisi (or similar)

Hotel



### Today's Activities

#### ACTIVITY

Join a local family for a cooking demonstration, just in time for lunch. Look on as your hosts demonstrate how to prepare famous dishes from the area including Georgian bread, "mtsvadi" or pork barbecue and "churchkhela", a traditional Georgian sweet.

Private Vehicle

Telavi – Tbilisi

100km

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

City Tour Tbilisi

Tbilisi

2h-3h

3km

Enjoy a city tour with included visits to the Old Town, Metekhi Temple, the Abanotubani 'bath district' and the Narikala, the main fortress in Tbilisi.

Day 7

## Tbilisi/Uplistsikhe

Drive the famous Georgian Military Road to Mtskheta, ancient capital of Georgia and a UNESCO World Heritage Site. Visit the Jvari Monastery and Svetitskhoveli Cathedral. Continue to Uplistsikhe cave town and on through the dramatic Aragvi River Valley. Return to Tbilisi in the evening.



### Meals included

Breakfast



### Accommodation

Hotel Astoria Tbilisi (or similar)

Hotel



### Today's Activities

Private Vehicle

Tbilisi - Mtskheta

27m

25km

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

Mtskheta Visit

Mtskheta

2h

2km

Stop at this group of historical churches in an ancient city of Georgia, together these churches are listed as a UNESCO World Heritage Site and showcase examples of medieval architecture on ancient trade routes. Visit the Jvari Monastery and Svetitskhoveli Cathedral.

Uplistsikhe Visit

Uplistsikhe

1h-2h

1km

Visit this ancient cave town dating back to the 7th century BC. The name translates into 'the lord's fortress' and the town continued to be a religious and political stronghold until the 14th century before being attacked by the Mongols. While many travellers have never heard of this ancient city before visiting, after a few hours climbing around the rocks and caves Uplistsikhe quickly becomes a highlight of any trip to Georgia.

Private Vehicle

Mtskheta - Tbilisi

45m

25km

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

Depart at any time.

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## Meals included

Breakfast

## What's included

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## What are the main highlights of this trip?

Set eyes on the stunning Caucasus Mountains, Tour ancient monasteries, Stroll narrow streets in Tbilisi, Savour under-the-radar delicious food and wine in Georgia

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

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

**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.

## **What is the role of the group leader during this trip?**

This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). 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.

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?**

7 breakfasts, 3 lunches

## **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?**

Private van, walking.

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

This itinerary utilizes private transport for all included activities and transport between destinations.

## **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?

Standard hotels (7 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

## 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.

## 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.

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

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, 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 Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change 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.

If you booked a transfer with G Adventures, and you can't locate your driver at the airport, please call Tatevik Arshakyan (Armenia) +374 77 88 74 44

### EMERGENCY CONTACT NUMBERS

G Adventures Emergency Line: +44 1858 378 000

Tatevik Arshakyan (Armenia) +374 77 88 74 44

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, 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?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

## 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.

It is important to pack clothes for warm to hot days and cool evenings. A set of smart casual clothes is also advisable.

# 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.)

### **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 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](#)

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](#)

Starting January 1, 2026, Georgian law requires all international tourists to hold valid health and accident insurance. You must be able to present your policy in either English or Georgian, in either physical or digital format, upon entry. Please note that the travel insurance required for your G Adventures trip fully meets these government requirements, so you are already covered—just ensure you have your policy details easily accessible during your travels.

Last updated: April 15th 2026

## **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?

The currency in Armenia is the Armenian Dram (ARD) and in Georgia you'll use the Georgian Lari (GEL).

ATMs are found within main cities and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible as while there is no hard and fast rule, some banks seem to only work with one brand of card. Please note, your bank will charge a fee for overseas withdrawals.

Cash is recommended for times when ATMs are not accessible. Euros, British Pounds and US Dollars are all easy to exchange to the Local currency. Please note that you should bring some cash with you for emergency situations but carrying only cash is a high safety risk. ATM card/s and some cash is the ideal mix.

If you are bringing US Dollars, please make sure that the notes are new and in good condition. Notes older than 1996, or with any tears or blemishes may not be accepted. Be fussy with your bank when buying cash!

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)"

## 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?

Although not compulsory, tipping is expected and is an expression of satisfaction with the people who have assisted you throughout 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 will be several occasions during this trip where there is the opportunity to tip the local guides that we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides range from €3-5 per person per day depending on the quality and length of the service. Ask your CEO for specific recommendations based on the circumstances and culture.

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

## What activities are optional on this trip?

### Yerevan

- Yerevan Brandy Factory (10USD per person)
- Megerian Carpet Museum Visit

## **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, we recommend protection against typhoid, tetanus, infectious hepatitis and polio. You should consult your doctor for up-to-date medical travel information before departure. We recommend that you carry a First Aid kit, 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 CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s). Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

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

## What are the trip specific safety considerations?

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## 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 should I dress to respect local customs during the tour?

You should dress modestly, loose, lightweight, long clothing is practical, you shouldn't wear short shorts or skirts.

Outside of capital cities and the more touristic centres, local dress is often more conservative and as a matter of respect we ask that both men and women are aware of this and recommend loose-fitting clothes with your shoulders covered.

Ask your CEO for more specific advice.

## 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.