



Beyond the Arctic Circle: Tromsø to Svalbard

11 days, Tromsø to Longyearbyen

Trip code XVNLNX

What's included

- 10 nts aboard the Expedition
- Arrival transfer

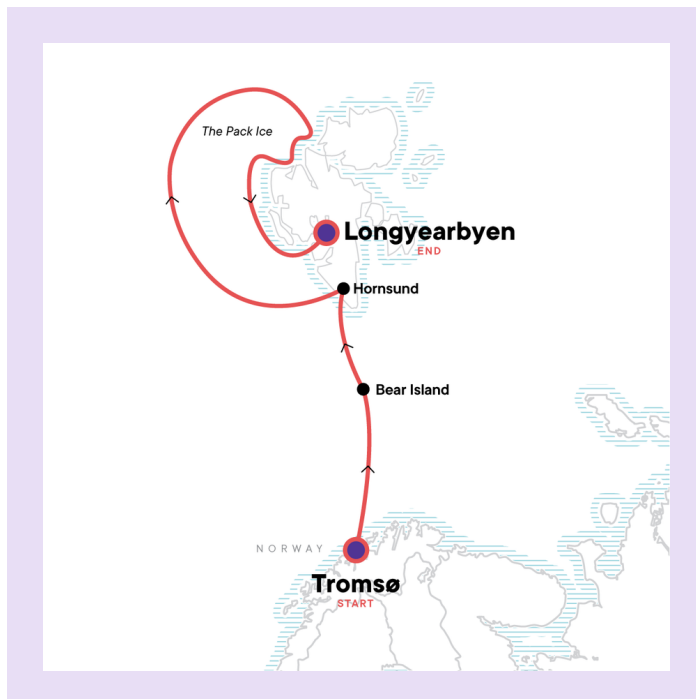
- Zodiac excursions with our expert expedition team
- Lectures and educational programs
- Insulated, waterproof boots supplied for USA sizes 4 - 16
- Expedition parka

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

VALIDITY: Valid for all trips departing May 22nd, 2025 and onwards

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.

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 the Arctic 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](#).

Day 1

Tromsø

Embark aboard the Expedition in the afternoon and depart Tromsø in the late afternoon. Arrival transfer included.

Please make sure you drop your checked luggage off at the meeting point between 9am - 12pm. 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 4pm. Please ensure that for embarkation you have your passport accessible (not in your luggage which is being transferred separately to the ship).

Please ensure your flight arrives by 1pm at the latest in order to be on time for today's 4pm embarkation.



Meals included

Dinner



Today's Activities

Arrival Transfer

Tromsø Airport, Langnes – Tromsø

15m

7km

You will be met at the airport and transferred to the hotel to start your adventure.

Embarkation of the Expedition

Tromsø

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.

Days 2–3

Bear Island

Sail northward from Tromsø spending a day at sea to travel to Bear Island, an untouched beauty of the Arctic. Think rugged coastlines, steep cliffs, and very dramatic landscapes. The island is home to millions of seabirds, including black-legged kittiwakes, puffins, and little auks. Bear Island is a remote and often overlooked part of the Svalbard Archipelago, allowing those who do visit an off-the-beaten-path adventure and epic wildlife.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Expedition

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.

Days 4–5

Svalbard

Continue sailing along the coast of Svalbard and explore near South Spitsbergen National Park. The fjords are characterized by dramatic landscapes, including snow-covered mountains, glaciers, and icy seas, offering stunning views. Start by seeing the Hornsundtind massif where you can enjoy the Arctic landscape and potentially view wildlife. The fjord cuts deep into the island creating a memorable visual experience. Search for bearded seals and maybe polar bears. The group will also visit Bellsund for other interesting historical sites and wildlife viewing.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Expedition

Svalbard

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Zodiac Excursion (Arctic)

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Days 6–8

Svalbard/Greenland Sea

This voyage is spent travelling in the world in which the polar bear survives. Your wildlife viewing opportunities are enhanced by exploring as many remote areas as possible. Spotting wildlife like the Arctic fox, Svalbard reindeer, and land or sea birds can be difficult, but well worth the effort. Ice and weather conditions permitting we can explore near sea ice, through fjords that lead to glaciers and icebergs, and discover bird nesting colonies, all from the platform of the ship. Alternatively, hop in a Zodiac to explore more closely, or be brought to land to visit historical sites and experience the tundra. Always be on the lookout for wildlife, ranging from endangered and rare polar species to sea mammals and birds. And, of course, have your eyes peeled for polar bears - they can be found all throughout this region, but finding them can require patience and persistence. Come join us in the search!

Early-season voyages often provide the greatest opportunity to see large ice floes in the Arctic pack ice, which usually means excellent wildlife viewing. Later in the season, the group can cover more territory, which may allow the chance to explore more of the archipelago. This can lead into the less explored regions, or the continental edges where large whales are attracted by nutrient rich upwellings.

Each day will be planned to take advantage of local ice and weather conditions. Distances are relatively short in the Archipelago and as there are no ocean crossings, the seas are normally calm. During these six days visit ice covered seas, fjords with breathtaking mountain scenery and glaciers flowing into the sea.

Possibility to cruise in Zodiacs along the ice edge viewing seals or walrus, in fjords with glaciers spilling down to the sea or in front of spectacular seabird cliffs.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

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.

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

Svalbard

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

Days 9–10

Greenland Sea/Svalbard

Taking advantage of local ice and weather conditions, explore more of Svalbard, one of those rare places on Earth blessed with both awe-inspiring landscape and compelling history.

Enjoy the coast of Svalbard. 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

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Expedition

Svalbard

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Day 11

Svalbard/Longyearbyen

On the departure day, there will be transfers available to the Longyearbyen airport for 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

Departure Day

Not ready to leave? Your CEO can help with any onward travel arrangements you require.

Private Vehicle

Longyearbyen - Svalbard Airport

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

What's included

- 10 nts aboard the Expedition
- Lectures and educational programs
- Arrival transfer
- Insulated, waterproof boots supplied for USA sizes 4 - 16
- Zodiac excursions with our expert expedition team
- Expedition parka

What are the main highlights of this trip?

Cruise through Norway's iconic fjords framed by towering cliffs and glacial beauty, Stroll through quiet fishing villages and soak up the unhurried coastal lifestyle, Take in breathtaking views along Svalbard's ice-sculpted shoreline, Hop into a Zodiac to explore the edges of remote Arctic ice floes, Walk the tundra in search of birdlife and scan the ice for a glimpse of polar bears, Gain deeper insight into the Arctic through expert-led lectures and field briefings

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 the Arctic 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?

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 the Arctic 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](#).

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 of your tour, your Expedition Leader will give you an expedition overview.

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

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 role of the group leader during this trip?

A carefully chosen team will lead our voyage. Our expedition ship boasts 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.

What is the maximum and typical number of participants on this tour?

Max 128 aboard the Expedition.

What meals are included in this trip?

10 breakfasts, 9 lunches, 10 dinners

What are the modes of transportation on my trip?

Expedition, Zodiac, local bus, walking.

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, 10 nts). Please note that all cabins consist of twin-size berths and are ocean-facing. Suites have one queen-size bed.

If I choose to purchase My Own Room, are there any exceptions during the trip?

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 is the joining hotel?

Departure: 9th June 2026

Luggage Drop-Off: Clarion Hotel The Edge

Meeting Point: Clarion Hotel The Edge (lobby area)

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 Tromsø.

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

Upon arrival into Tromsø airport please collect your luggage and look for a G Adventures representative who will direct you to the bus. Please make sure you have advised your booking agent of your arrival flight details into Tromsø 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 Tromsø. 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 Tromsø 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 should I do if I can't find my airport transfer or experience arrival issues?

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 do I contact for arrival issues or in the event 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 details should I be aware of when planning my departure day?

DEPARTURE DAY - Disembarkation

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).

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

Passengers will disembark the ship at 8:00am. From here, 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.

What are the packing guidelines and luggage restrictions?

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.

What should I pack for this trip?

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.)

Where 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.

What emergency funds do I need access to 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!

What are the tipping guidelines for this 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?

- No optional activities

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

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 general safety tips and free-time guidelines should I follow?

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 are the mandatory group rules regarding laws and behaviour?

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.

What are the mandatory travel insurance requirements for this 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.

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/

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.

Are international flights included in this trip?

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

However, on some 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.