

BIARRITZ TO TOULOUSE

8 days, Biarritz to Toulouse

Trip code EFBNG

WHAT'S INCLUDED

- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group

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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 June 24th, 2026 and onwards

Day 1

BIARRITZ

Arrive at any time.

Please make your own way to the joining hotel.

We recommend arriving a day or two early to fully explore this world-renowned city.

Check-in time at hotel is approximately 3:00pm.



TODAY'S ACTIVITIES

ACTIVITY

Your opportunity to meet your National Geographic Expedition Leader 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

BIARRITZ



Meals included

Breakfast

Day 3

BIARRITZ/PAU



Meals included

Breakfast

Day 4

PAU



Meals included

Breakfast

Day 5

PAU



Meals included

Breakfast

Day 6

PAU/TOULOUSE



Meals included

Breakfast

Day 7

TOULOUSE



Meals included

Breakfast

Day 8

TOULOUSE

Depart at any time.

We recommend staying a few extra days to experience all this city has to offer.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Day

Toulouse

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

What's included

- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group

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

Max 16, avg 12.

What meals are included in this trip?

7 breakfasts

What are the modes of transportation on my trip?

Private vehicle, walking.

Where will we stay during the trip?

Hotels – 7 nts.

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)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- 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.)

Smart Dress:

- Smart outfit (For evenings out)

Warm Weather:

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

What activities are optional on this trip?

- No optional activities

What are the age restrictions for 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.

Dossier Disclaimer

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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.