



Rome to Lisbon: Coasts & Countryside

16 days, Rome to Madrid

Trip code EIRM

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Barcelona

- Visit to the Leaning Tower of Pisa
- Cinque Terre park fee, unlimited train ticket, and CEO-led hike
- Visit to Monaco
- Tapas bar crawl (Granada)
- Free time on the Algarve coast (Portugal)
- Orientation walks in Barcelona, Granada, Lisbon, and Madrid
- 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 19th, 2016

Itinerary



Itinerary Notes

COMBO TRIP: Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together, prior to Day 1 of your tour. Likewise, some staff and travellers may be continuing together on another G Adventures tour, after your trip concludes.

ACCOMMODATION: Please note most of our 18-to-Thirtysomethings accommodation in Europe is multi-share. For more info, see the "About Accommodation" section under "Tour Details".

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

Rome

Arrive at any time.

We highly recommend arriving a day or two earlier to experience all that this amazing city has to offer.



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

Rome/Rapallo

Stop at Pisa to check out the Leaning Tower en route to the beautiful Italian Riviera.



Meals included

Breakfast



Today's Activities

Train

Rome - Pisa

3h

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

Pisa Visit

Pisa

Visit Pisa and feast your eyes on the famous tower that leans at an angle of approximately four degrees due to an error made during construction—but don't worry, it's been stabilized since then. It's a fascinating sight and definitely photo-worthy. Get creative!

Local Train

Pisa - Rapallo

30m-1h30m

Climb aboard, take your seat, and get around like the locals do.

Day 3

Rapallo

Walk the coastal path between Riomaggiore and Monterosso or opt to take the train. Visit charming, colourful towns along the way with an included national park pass and unlimited train ticket.



Meals included

Breakfast



Today's Activities

National Park Pass and Unlimited Train Ticket

Cinque Terre

Use the included Cinque Terre National Park pass and unlimited train ticket to explore this stunning stretch of coastline by train. Travel easily between the five villages, taking in breathtaking views, colorful cliffside towns, and the sparkling Ligurian Sea along the way.

Day 4

Rapallo/Nice

Continue to the French Riviera and enjoy an included excursion to Monaco.



Meals included

Breakfast



Today's Activities

Train

Rapallo - Nice

5h

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

Train

Nice - Monaco

30m

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

Free Time

Monaco

Enjoy free time to explore the Principality of Monaco.

Train

Monaco - Nice

30m

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

Day 5

Nice

Enjoy a free day to take a cycling tour, go for a hike along the coast, or take a day trip to nearby beaches and villages.



Meals included

Breakfast



Today's Activities

Free Time

Nice

Get out and explore the beautiful French Riviera.

Day 6

Nice/Barcelona

Hop on a flight toward Barcelona. Join your CEO on an orientation walk of your surroundings before breaking off on your own to explore this amazing city. Enjoy a night out on the town.

Visit the old Gothic Quarter with its maze of dark streets, historic cathedral, medieval buildings, bars, and cafés. Stroll Las Ramblas, a large tree-lined pedestrian boulevard perfect for people watching and window shopping.

Please note that passenger luggage (up to 23kgs/50lbs per passenger) is included on this flight.



Meals included

Breakfast



Today's Activities

Plane

Nice - Barcelona

2h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Free Time

Barcelona

Get out and explore the city today.

Day 7

Barcelona

Get out and explore all that Barcelona has to offer, or choose to journey further afield to the surrounding beaches and countryside to get a true taste of Catalan life.

Today, new travellers may join you for the rest of the adventure. You are welcome to join them at a group meeting this evening, followed by an optional dinner.



Meals included

Breakfast



Optional Activities - Day 7

Montjuïc Visit

Barcelona

5EUR

1h-1h30m

Climb to the top of Montjuïc hill for fantastic city views and a visit to a 17th-century fortress, once used as a prison and execution site.

Casa Batlló

Barcelona

25-30EUR

30m-45m

Deemed the crowning architectural work of Antoni Gaudí, Casa Batlló is a must-visit on anyone's trip to Barcelona.

Gothic Quarter Visit

Barcelona

Free

2h-3h

Uncover a different side of Barcelona. Visit the old Gothic Quarter with its maze of dark streets, historic cathedral, medieval buildings, bars, and cafés.

La Sagrada Família Visit

Barcelona

17-37EUR

1h-2h

Visit Gaudí's most famous life work, the cathedral of La Sagrada Família, an inspiring, yet, bizarre testament to the artist's unique vision.

La Barceloneta Visit

Barcelona

Free

30m-1h

Take a stroll on the boardwalk in the neighbourhood of La Barceloneta, an area known for its beaches and waterfront walkway. Visit local restaurants and nightclubs or check out the monuments while there.

Las Ramblas Visit

Barcelona

See and be seen on Las Ramblas, a large tree-lined pedestrian boulevard perfect for people watching and window shopping that ends at the harbourfront facing the Mediterranean Sea.

Parque Güell Visit

Barcelona

10EUR

2h-2h30m

Get away from it all with a visit to the imaginative Parque Guell. The fantastical works of Antoni Gaudí (1852-1926) are scattered throughout Barcelona, a grouping of these including Parque Guell, Casa Mila, and the Crypt of La Sagrada Familia were established as a UNESCO World Heritage Site in 1984. Stroll the tree-lined paths and admire Gaudí's creative genius at play.

Enjoy an orientation walk along Las Ramblas, including a stop at the famous Boqueria market. Free time to visit the Gaudí buildings, explore the Gothic Quarter, or chill out at the Barceloneta beach before boarding an overnight train to Granada.



Today's Activities

Orientation Walk

Barcelona

15m-45m

Enjoy an orientation walk along Las Ramblas and stop at the famous Boqueria market.

Basic Overnight Train (beds)

Barcelona - Granada

12h

Experience overnight travel like a local. Sit back and get some well-earned (and likely much-needed) rest en route to your next stop.



Optional Activities - Day 8

Gothic Quarter Visit

Barcelona

Free

2h-3h

Uncover a different side of Barcelona. Visit the old Gothic Quarter with its maze of dark streets, historic cathedral, medieval buildings, bars, and cafés.

La Sagrada Família Visit

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17-37EUR

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La Barceloneta Visit

Barcelona

Free

30m-1h

Take a stroll on the boardwalk in the neighbourhood of La Barceloneta, an area known for its beaches and waterfront walkway. Visit local restaurants and nightclubs or check out the monuments while there.

Enjoy an orientation walk in Granada. Opt to visit the Alhambra or relax in one of the many hammam baths around town. Enjoy a tapas bar crawl with the group in the evening. First drink's on us.

A trip to Granada wouldn't be the same without a night on the town; the city is filled with trendy tapas bars and has a lively music scene.

If you would like to visit the Alhambra, you must pre-book your tickets through this website:
<https://tickets.alhambra-patronato.es/en/>

Tickets almost always sell out in advance, so be sure to pre-book a ticket to ensure access.



Today's Activities

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

Granada

Set out and see the sights.

Tapas Bar Crawl

Granada

1h-3h

Head out on the town to experience all culinary Granada has to offer. Enjoy a tapas bar crawl with the group in the evening. With each drink, a new plate of snacks arrives. With enough drinks, you won't have to buy dinner!



Optional Activities - Day 9

Albaicín (El Albayzín) Visit

Granada

Free

1h-2h

Wander through the historic quarter of the Albaicin. Try to head there for sunset. With its narrow lanes and fantastic views back to the Alhambra, visitors are rewarded with a spectacular colour-washed skyline when the sun goes down.

Alhambra visit

Granada

16EUR

2h-3h

Enjoy a guided visit of the Alhambra, one of the greatest accomplishments of Islamic art and architecture. Learn about Granada's reign as one of the region's most regal cities during the Muslim rule of Spain, which is captured in time within the Alhambra.

Granada Hammam Visit

Granada

30-55EUR

1h-2h

Relax in one of the many hammam baths around town. Ranging in services depending on the establishment, some offer massages and serve mint tea, but all have amazing architecture and are a perfect place to soak and unwind.

Journey to Seville and explore this thriving university town. Opt to visit the Real Alcázar, a Moorish palace, or take in an evening flamenco show.



Today's Activities

Train

Granada - Seville

2h45m

250km

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

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

Seville

Explore the winding alleyways and attractions of Seville.



Optional Activities - Day 10

Flamenco Show

18-30EUR

2h-3h

Enjoy a flamenco performance in the city known for the energetic dance. Be swept away by the flamenco's passion, fire, and grit!

Alcázar Palace Visit

Seville

13.50EUR

2h-3h

Explore the wonderful interiors and gardens of the Alcázar, a royal palace that was originally a Moorish fort. Arrive during the evening in the summer months (until mid-September) and enjoy a series of concerts in the beautiful setting of the Reales Alcázares.

La Giralda Visit

Seville

9EUR

1h-2h

Climb the tower known as La Giralda, adjacent to the world's largest Gothic cathedral, for spectacular views and a walk among historic walls. The 76m (249 ft) Giralda was constructed by the Moors as a mosque between 1184 and 1197. In 1568, after the reconquest, Christians fit the minaret with its bell tower.

Santa Cruz Quarter Visit

Seville

Free

15m-45m

Visit the true heart of Seville, the Santa Cruz quarter. A charming area with winding alleys, picturesque lime-washed houses, flowery patios, and small squares, you can wander, shop, or just soak in the neighbourhood's quaint atmosphere while enjoying a refreshing drink (sangria, perhaps) at one of the local restaurants.

Day 11

Seville/Lagos

Cross into Portugal, and enjoy the Algarve Coast.



Today's Activities

Train

Seville - Lagos

4h-5h

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

Day 12

Lagos

Spend the day on the Algarve with free time for hiking, water activities, or chilling out oceanside.



Today's Activities

Free Time

Lagos

Spend free time today exploring the landscape on a hike or splashing in the waves.



Optional Activities - Day 12

Swimming

Lagos

Head to one of the five spectacular beaches around Lagos to spend some time floating in the waves. Dona Ana Beach is a golden sand oasis nestled between enormous rock formations boasts the best view, while Meia Praia and Batata Beach are near the town centre.

Coastal Hike in Algarve

Lagos

Free

5km

Enjoy a hike along the famous golden cliffs and sandy coves of the Algarve. Pack water, sunscreen, and a camera, and you're good to go!

Take a train up the coast to Portugal's vibrant capital, and enjoy an orientation walk. Free time to visit Cristo Rei for sweeping views of the area, check out the monuments of the Belem neighbourhood, or relax in a café. Indulge in the town's great nightlife.

Today's Activities

Local Bus

Lagos - Lisbon

4h-4h30m

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

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

Lisbon

Enjoy a free afternoon to explore.

Optional Activities - Day 13

Belém District Visit

Lisbon

Free-10EUR

1h-2h30m

Discover Belém, a western suburb that's linked to Portugal's Golden Age of Discoveries – it was the site where famous navigators once set sail to discover the world. While there, take some time to tour nearby must-see attractions: the Jerónimos Monastery, Belém Tower, the Tropical Botanical Garden, and the Berardo Museum of contemporary art. Please note: most attractions in Belém are closed on Mondays.

Alfama District Visit

Lisbon

Free

1h-2h

Explore Lisbon's past in Alfama, one of the city's oldest quarters. Wander along narrow medieval streets lined with typical tile-covered façades and take a step back in time; the area largely survived the great earthquake of 1755, and still retains much of its original layout. Listen for Portugal's traditional music, fado, gracing the streets at night.

Day 14

Lisbon/Madrid

Full day of free time before an overnight train to Madrid.



Today's Activities

Free Time

Lisbon

Get out and explore.

Basic Overnight Train (beds)

Lisbon - Madrid

Experience overnight travel like a local. Sit back and get some well-earned (and likely much-needed) rest en route to your next stop.



Optional Activities - Day 14

Alfama District Visit

Lisbon

Free

1h-2h

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Day 15

Madrid

Enjoy Spain's beautiful capital on an orientation walk. Free time to visit its many sites, from art museums to sprawling squares. Opt for a final night out with the group. Madrid's nightlife is world renowned!



Today's Activities

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

Madrid

Head out and start exploring the city. Visit historical landmarks, tour a museum or head to a park for a picnic.



Optional Activities - Day 15

Gran Vía Visit

Madrid

Free

1h-2h

Shop, stroll, and people watch on the capital's most exciting street, Gran Vía. Go early or late, the street stays awake all hours.

Museo Nacional Del Prado Visit

Madrid

15EUR

30m-1h

Take in some culture with a trip to the Museo del Prado, one of the greatest art galleries in the world, and a definite highlight of any Madrid trip. Be inspired by its collections and exhibitions: the museum's main emphasis is 15th to 19th century Spanish, Flemish, and Italian art, but there is plenty of Goya and a wealth of paintings by Diego Velázquez.

Plaza Mayor Visit

Madrid

Free

15m-30m

Enjoy some spectacular people watching with a visit to the Plaza Mayor, the true heart of the city. Enjoy a coffee in one of the plaza's many cafes and watch the world go by.

Royal Palace (Palacio Real) Visit

Madrid

12EUR

1h-2h

See how kings and queens live, with a visit to the Palacio Real, the official (and uninhabited) palace of the King of Spain. Wander the rooms to take in some of the most elaborately decorated and furnished rooms you'll ever see.

Day 16

Madrid

Depart at any time.

We highly recommend extending your stay to experience all that this vibrant city has to offer.



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
- Your Discover Moment: Barcelona
- Visit to the Leaning Tower of Pisa
- Cinque Terre park fee, unlimited train ticket, and CEO-led hike
- Visit to Monaco
- Tapas bar crawl (Granada)
- Free time on the Algarve coast (Portugal)
- Orientation walks in Barcelona, Granada, Lisbon, and Madrid
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Relax on the beaches of Nice, enjoy the nightlife of Barcelona, listen to traditional Fado music in Lisbon, dine on delicious tapas in Madrid

Itinerary Notes

COMBO TRIP: Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together, prior to Day 1 of your tour. Likewise, some staff and travellers may be continuing together on another G Adventures tour, after your trip concludes.

ACCOMMODATION: Please note most of our 18-to-Thirtysomethings accommodation in Europe is multi-share. For more info, see the "About Accommodation" section under "Tour Details".

What are the main highlights of this trip?

Relax on the beaches of Nice, enjoy the nightlife of Barcelona, listen to traditional Fado music in Lisbon, dine on delicious tapas in Madrid

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.

Are there Itinerary notes?

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ACCOMMODATION: Please note most of our 18-to-Thirtysomethings accommodation in Europe is multi-share. For more info, see the "About Accommodation" section under "Tour Details".

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

1. It is important to note that in Europe, all guiding is based around local guides, all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places.
2. In Europe it is very rare to find elevators in train stations, hotels or other public places. We use public transport on this trip, which means you will need to carry your luggage from platform to platform, in and out of trains and buses etc. and also possibly up several flights of stairs. You will also need to be able to stow your luggage safely on trains and buses. It is therefore essential that you pack light and bring luggage which is compact and lightweight, and which you can easily transport. The carrying of your luggage remains your responsibility at all times.
3. This trip has a fast-paced itinerary with some long transport days - please check the itinerary carefully before deciding if this trip suits your needs.
4. Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.
5. 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 CEOs (Chief Experience Officer). 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.

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How large will the group be?

Max 16, avg 14

What meals are included in this trip?

6 breakfasts

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. While trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients.

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?

Train, bus, plane, walking.

What transportation will we take on this trip?

On this trip we will use local buses and trains for intercity transport and a mix of metro (subway), local bus, taxis and walking for transport between hotels and bus/train stations. Please be prepared to carry your own bags short distances (20-30 mins max) between hotels and transport, as well as to lift your bags on and off buses and trains. Please note that there is often limited luggage storage space on public transport.

18-to-Thirtysomethings TRIP TRANSPORT:

As we rely heavily on public transportation during this trip, we ask you to be flexible for possible changes in the modes of transport and schedules, which may necessitate small itinerary changes.

Please note that the accommodation on overnight buses and trains varies in Europe. Overnight buses typically have airline-style reclining seats. On some overnight trains, tickets are for airline-style seats whereas other overnight journeys are in multi-share sleeper compartments. Please see day-to-day itinerary for specific information about accommodation type for overnight journeys.

Are local flights included in the cost of the trip?

Please be advised that any flights noted on the G Adventures Itinerary for this tour are included in the tour services provided. Flight tickets are provided by G Adventures during the tour. The date for this service will match the day of the itinerary, for which Day 1 is equal to the start date noted on the Invoice under Land Services: Tour. If flight information is required in advance for visa purposes, please contact G Adventures.

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?

Hostels (13 nts, multi-share), overnight bus (1 nt), overnight train (1 nt).

What kind of accommodation can I expect on this trip?

The variety and local flavour of our accommodation is a favourite part of our European 18-to-Thirtysomethings trips. Although the properties we use are simply furnished and with few facilities, we base our choices on location, character and cleanliness. We will stay in a mixture of hotels, some hostels, and private rooms in local households.

All accommodation on this tour will be multi-share. This may involve 4-6 group members sharing and even (on rare occasions) dormitory-style rooms for the whole group. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken.

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. For private accommodation please see tours in our Classic Travel Style.

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 Rome airport (FCO), you can reach the city centre in a few ways. You can take the train (The Leonardo Express) to central Rome's Termini station. Alternatively, you can take the shuttle bus from the airport to Rome Termini station. Look for the Terravision stand at the arrival terminal.

To arrange an arrival or departure transfer, we recommend you book through our preferred transfer provider - [Welcome Pickups](#)

We advise that you book both your arrival and departure transfers in advance. Please make sure you have the following details before booking:

- Flight number
- Flight Arrival Time and Date
- Flight Departure Time and Date
- Passenger's Name
- Number of Passengers
- Email
- Valid Mobile Telephone Number
- Drop off and/or Pick Up Address

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 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 NUMBERS

G Adventures Office - London, United Kingdom

During office hours (Weekdays, 9am-5:30pm Local Time)

+44 20 7243 9870

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

For absolute emergencies after office hours please contact: +44 7817 262559

If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, and your call will be returned as soon as possible.

What should I take on my trip?

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. You must be prepared to carry your luggage up and down stairs, on and off transportation, and to hotels (max 15-20 mins.)

What should be on my packing list?

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

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

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 accommodation 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. Your CEO can also show you where the you can get your laundry done.

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 for cash advances but you must 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 - check with your bank. 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 cards is best.

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

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?

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 €6-8 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 €42-€56 per person, per week can be used as a guideline.

What activities are optional on this trip?

- Please see the itinerary for information on optional activities, descriptions and estimated pricing.

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.

You should consult your doctor for up-to-date medical travel information well 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 quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings in this dossier for trip specific information. For travellers over 70 years a completed Medical Form is required. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

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

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

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?

In Italy, shoulders should be covered while visiting churches and cathedrals. Ask your CEO for more specific advice.

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?

Minimum age of 18 years for this trip.

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.