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Sorry! There are no remaining departures for "Canadian Rockies Active Escape" (NCCR), [but here are some similar trips.](#)



Canadian Rockies Active Escape

6 days, Calgary to Calgary

Trip code NCCR

What's included

- Your Welcome Moment: Meet Your CEO and Group
- National Park entrance fees

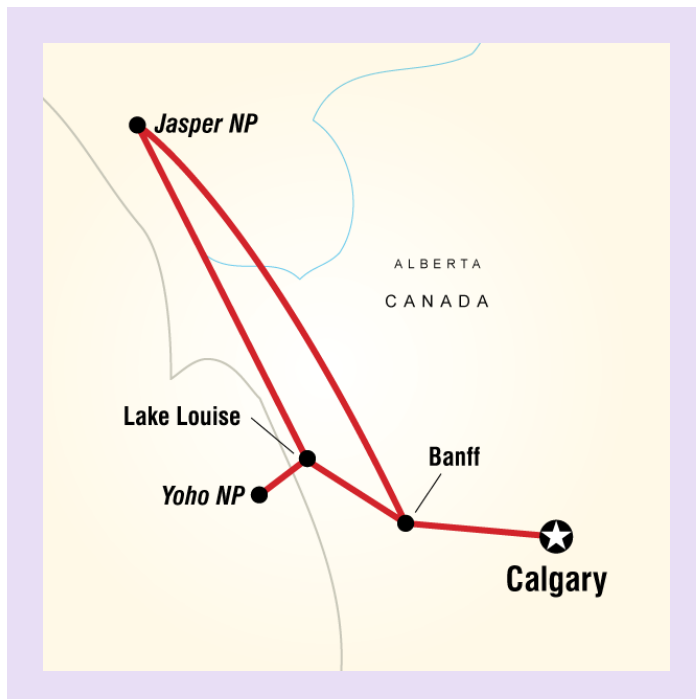
- Hiking excursions
- Scenic drive on Icefield Parkway
- Bike tour from Jasper to Maligne Canyon
- Wildlife viewing at Maligne Valley

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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 January 1st, 2015 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.

Day 1

Calgary

Arrive before 8am to meet the group and enjoy a quick tour of Calgary before heading out to Kananaskis Provincial Park with outstanding scenery of snow-capped mountains, abundant wildlife, and a distinctly cowboy feel. Head to Chester Lake Trail in Peter Lougheed Provincial Park for an introductory hike in the Canadian Rockies. Arrive in Banff around dinner time.

Push onto the Kananaskis country to Kananaskis Provincial Park. Kananaskis Country is a 4,000sq km (2,485.5 sq mi) multiple use area located in the foothills and mountains of the Canadian Rockies, west of Calgary. It is a diverse landscape including outstanding scenery, snow-caped mountains, abundant wildlife, and a distinctly cowboy feel. Make it into Banff at the end of the day.



Meals included

Lunch | Dinner



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.

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.

Private Vehicle

Calgary - Banff

1h30m-2h

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

Chester Lake Hike

Peter Lougheed Provincial Park

3h-4h

10km

This popular hike follows a fire road before branching into a wooded trail and out into an alpine meadow. We follow it to Chester Lake, which is nestled among towering peaks on the secluded side of Kananaskis.

Free Time

Banff

Wander around the town, stop for a drink in one of the cafes or bars, or just relax and soak up the scenery.

Day 2

Banff/Jasper

Enjoy views from Icefields Parkway en route to Jasper. Stop to enjoy the scenery of forests, mountains, turquoise lakes, waterfalls, and glaciers. Hike on Parker Ridge and Bow Falls. Enjoy lunch in the Canadian Rockies.

Transfer onto the celebrated Icefield Parkway to Jasper. Along the 300km (186.4 mi) ride, a spectacle unfolds before our eyes: lush coniferous forests, immense mountains, turquoise lakes, high-falling cascades, and humbling glaciers. Numerous stops will be planned along the way for photos, observation, and wildlife encounters. We reach our destination later in the day. Welcome to Jasper! Enjoy free time in the village and group dinner in a local restaurant or pub (dinner not included).



Meals included

Breakfast | Lunch



Today's Activities

Private Vehicle

Banff - Jasper

10h

290km

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

Parker Ridge Hike

Banff National Park of Canada

2h-3h

5km

This busy trail traverses over mostly barren land. You will be rewarded with incredible views of the Saskatchewan Glacier and the ravine below.

Free Time

Jasper

Relax and marvel at the wilderness and jagged peaks of the Rockies all around.

Day 3

Jasper

Enjoy a morning cycle, then on to Maligne Lake for a picnic lunch. Hike the Bald Hills Trail or opt for a canoe ride on the lake. Observe wildlife in Maligne Valley – keep an eye out for elk, moose, bears, and the elusive wolf.

In the morning, pick up our bikes for a morning ride to Maligne Canyon. Head back to Jasper at end of day. On good days we can observe elk, moose, bears, and even the elusive wolf!



Meals included

Breakfast | Lunch



Today's Activities

Private Vehicle

Jasper

8h

100km

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

Cycling Jasper to Maligne Canyon

Jasper – Maligne Canyon

2h-3h

10km

Jasper is famous for its well groomed biking trails. Cycle through the town and onto paths that pass glassy lakes and rivers.



Optional Activities - Day 3

Boat Cruise to Spirit Island & Maligne Lake

Maligne Lake

75.60-109.20CAD

Glide across the beautiful blue waters of Maligne Lake, the Canadian Rockies' largest glacial fed lake, on your way to the famous Spirit Island.

Canoe Ride

Maligne Lake

84-215.25CAD

1h-3h

1-4km

Rent a canoe from the longstanding Boathouse on Maligne Lake.

Bald Hills Hike

Jasper National Park

Free

13km

The Bald Hills hike has a fairly steep incline. The 10km (6.2 mi) round trip will showcase the best panoramas of Maligne Lake and numerous mountains surrounding the lake.

Day 4

Jasper/Lake Louise

Stop at Athabasca Glacier and Columbia Icefield en route to Lake Louise. Opt for an ice walk or snow coach tour. Hike to Lake Agnes Tea House or walk down the easy trail to the waterfront to rent a canoe or relax on Chateau Lake Louise's terrace.

Back on the Icefield parkway we stop at Athabasca Glacier and Columbia Icefield. In Lake Louise, take time to savour the emerald blue waters and breathtaking scenery. Tea anyone? Let's walk to the Lake Agnès tea house. Others can walk down the easy trail to the lake's waterfront and opt to rent a canoe or relax on Chateau Lake Louise's terrace.



Meals included

Breakfast | Lunch



Today's Activities

Private Vehicle

Jasper - Lake Louise

8h-10h

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

Lake Agnes Tea House Hike

Lake Louise

2h30m-5h

6km

Originally built in 1901 by the Canadian Pacific Railway, the Lake Agnes Tea House has been serving fine loose-leaf teas to visitors for over one hundred years. Hike along a forested trail as you make your way past Mirror Lake and cascading waterfalls, to the shores of Lake Agnes. This lovely log building serves up a great cup (over 100 loose-leaf teas!) as well as finger food. The hike to the Tea House is free, but it costs between 5-10 CAD if visitors wish to buy loose-leaf tea while there.



Optional Activities - Day 4

Athabasca Glacier Ice Walk

Athabasca Glacier

112CAD

3h-4h

2-5km

At the Columbia Icefields, enjoy a glacier walk with an expert guide on the lower Athabasca Glacier to explore and understand the life of this active glacier. Walking on this glacially carved landscape is an experience you won't soon forget.

Canoe Rental

Lake Louise

45-55CAD

30m-3h

1-4km

Rent a classic red canoe and paddle through the turquoise waters of Lake Louise.

Glacier Adventure

Columbia Icefield

99CAD

Travel onto the glacier in an oversized ice rover. Get out and experience the stunning alpine glacial vistas at the mid-point of your journey. Afterwards, bask in the view of a lifetime on the epic Glacier Skywalk, a glass bottom viewing platform stretching out into the Rockies.

Day 5

Lake Louise

Enjoy a day of hiking and adventure in the spectacular Yoho National Park. Visit Takakkaw Falls before heading to Emerald Lake.

Visit and hike in Yoho National Park. It's a day of adventure, hiking, and fun! In the evening, head back to the lodge.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Lake Louise

10h

150km

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

Yoho National Park Hike

Yoho National Park of Canada

Hike one of the many fascinating nature trails in the national park. Your CEO will know best which one to choose depending on weather and time of year.

Takkakaw Falls Visit

Takakkaw Falls

Get ready for an awesome sight: Takkakaw Falls is one of the highest waterfalls in Canada, with a free fall of 254m (833 ft)!

Emerald Lake Hike

Emerald Lake Lodge

1h30m-2h

5km

Discover the beautiful wilderness setting of Emerald Lake and its surroundings, popular for sightseeing, canoeing, and hiking. Skirt around the lake and enjoy the incredible scenery.

Day 6

Lake Louise/Calgary

Enjoy a short walk at Moraine Lake, then a hike in Johnston Canyon before lunch in Banff. Free time for biking, canoeing, or rafting. Transfer back to Calgary where the adventure ends at approx 5pm.

It's our last day in the Canadian Rockies. Have a delicious lunch in Banff. Enjoy free time in Banff for some optional activities, such as biking, canoeing, rafting, and more. Drive back to Calgary where our adventure ends at approx 5pm.



Meals included

Breakfast



Today's Activities

Private Vehicle

Lake Louise - Calgary

8h

250km

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

Moraine Lake Walk

Lake Louise

1h-1h30m

1km

Breathe in the fresh air at the Valley of Ten Peaks as you take a short stroll along the tranquil path of Moraine Lake.

Johnston Canyon Hike

Johnston Canyon

1h30m-2h30m

1km

Johnston Canyon is certainly an area that shows the power of nature and time; rushing water carves a path through the limestone canyon and potholes form over the years from plunging waterfalls.

Free Time

Banff

Relax in the final afternoon in Banff, or head out for another exciting activity.

Departure Day

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



Optional Activities - Day 6

Canoeing

Banff

5775CAD

2h-3h

Rent a canoe and leisurely enjoy the scenery on Vermillion Lakes.

Cycling

Banff

36.75-93.45CAD

1h-3h

1-10km

Rent a bicycle to see a bit more of Banff. Be sure to be on the lookout for elk and deer on the trails.

What's included

- Your Welcome Moment: Meet Your CEO and Group
- National Park entrance fees
- Hiking excursions
- Scenic drive on Icefield Parkway
- Bike tour from Jasper to Maligne Canyon
- Wildlife viewing at Maligne Valley

What are the main highlights of this trip?

Hike in legendary national and provincial park settings, cycle among the towering Rockies, check out alpine wildlife, take in the views of some of the world's most impressive landscapes from comfortable lodgings.

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Hike in legendary national and provincial park settings, cycle among the towering Rockies, check out alpine wildlife, take in the views of some of the world's most impressive landscapes from comfortable lodgings.

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

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Is there a travel disclaimer for my itinerary I should review before booking this trip?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

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

1. In order to cover the vast distance in North America to be able to visit several different parks and cities along our trip, we will have a couple of long driving days.
2. All walks and hikes proposed by our CEO will be easy to moderate level. You may choose to participate or not, but exploring our national parks on foot is part of our way of travelling. It's a healthy way to discover North America's beauty and landscape.
3. Please note that some trips could be a combination of multiple G Adventure tours. You should expect some group members to join or leave the tour between tour segments.
4. Please note that the legal drinking age in the United States is 21 and in Canada, 19 (with Alberta and Quebec at 18). Many bars and clubs will ask for ID at the door, therefore listening to live music in certain bars or spending a night out in Las Vegas or New Orleans is not possible when you are under the legal age, even if you don't plan on consuming alcohol. Drinking laws in both countries are strictly enforced and our CEOs are unable to help those under age obtain alcohol of any kind.

While this should not stop those under legal drinking age from booking a tour, it is important to note that if a traveller is under-age there are certain optional nighttime activities that they may not legally be able to participate in. When trying to book the right trip, we recommend that travellers under legal drinking age take this into consideration when booking a tour that visits several big cities.

What is the group leader like?

This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). The CEO will be the group manager, leader and driver - this person is experienced in the routes travelled and will organize and lead the meal preparations and has experience in cooking a variety of local and international dishes for large groups.

As the group coordinator and manager, the aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. 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. They will also offer suggestions for things to do and to see, recommend great local eating venues and introduce you to our local friends.

We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

How large will the group be?

Max 12, avg 10.

What meals are included in this trip?

5 breakfasts, 5 lunches, 2 dinners

What are the meals like on this trip?

Some of the meals on this tour are included in the tour price. When meals are not included, this is because there are often many options available - we would like to give you the opportunity to explore a bit and taste the local cuisine yourself. In these cases, your CEO will be able to suggest some good local restaurants or options for you to choose from.

Breakfasts and dinners included will be organized in local restaurants. Lunches included will be provided en-route or in parks during the trip from fresh local produce bought by the CEO, such as sandwiches and/or salads. The majority of the shopping for foodstuff will be done before the trip departs, and fresh goods, such as meats, fruits, vegetables, and dairy products, will be bought en route during the trip from supermarkets, local shops and markets. Your participation in these lunch preparations is more than welcome.

Vegetarian meals and other dietary requirements need to be specified prior to arrival.

What are the modes of transportation on my trip?

Air-conditioned private touring van, hiking, bicycle.

What transportation will we take on this trip?

We use 15-passenger vans for up to 13 people plus the CEO/Driver for all our of our trips in North America. For groups of 8 and more travellers, we also use a trailer to carry luggage and camping equipment.

These vans are durable vehicles that allow us to drive on most types of roads in North America.

Each van has a front passenger seat and 4 benches that will accommodate 3 people each. No standing is permitted in these vehicles, but there is air conditioning to cool things down on warm days and mandatory seat belts to us secure and safe.

This is not a physically demanding journey. However, travelling can be difficult, with long drives and limited space in the van. Please take note of the travel times and distances in the above itinerary. Despite some of the long days, most clients feel that the diversity of the North American landscape, culture and wildlife are all well worth the experience!

Is there an extra cost for travelling solo?

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Comfort hotels/lodges (5 nts)

Will I get my own room?

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

What kind of accommodation can I expect on this trip?

This trip uses comfortable 3 star hotels and inns, well located in cities, within beautiful villages or near park entrances. Our chosen hotels vary in size, character, and amenities, but are of a very good standard, and the rooms are double occupancy, or single occupancy upon request, with a private bathroom.

What is the joining hotel?

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

What are the joining instructions?

Day one of the trip starts at the joining hotel listed, please be sure to be in the lobby with your luggage before 8:00AM. The night prior to day 1 of the trip is not included, but can be arranged at the time of booking your tour. It is encouraged that you book a night at this location so that the start of your trip is with ease.

When arriving at the International Airport in Calgary proceed to the Arrivals Hall.

If you have purchased an arrival transfer with G Adventures you will meet your driver in the Arrivals Hall. Driver will be holding a sign with your name on it.

If you have not booked a pre arranged arrival transfer you have two transport options; Public Taxi or door-to-door shuttle. All transportation is located on the Arrivals/Baggage Claim Level at both International and Domestic Terminals.

Taxi

The airport is located 20 kilometers from downtown Calgary. On the Arrivals/Baggage Claim Level continue to the designed taxi zones located right outside the Arrivals Hall. The approximate fare to downtown Calgary is between 40\$ CAD and 45\$CAD (depending on traffic) plus gratuity.

Door-to-Door Shuttle also known as "Shared-ride Vans"

This is probably the most convenient way to get to your hotel and definitely cheaper than a taxi ride from the Airport. Airport departures are every 30 minutes at Bus Bay #8. To purchase tickets, please visit the Allied Shuttle counter on the arrivals level near Gate C between 8 a.m. and midnight. Alternatively, you can reserve and buy tickets online. The fare to your hotel is \$15 plus gratuity. (Shuttle phone is 403-299-9555).

Please note that we meet at 8AM on day 1 in the joining hotel lobby. We have a fun filled day one so please be ready to go at that time.

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 the G Adventures Local Representative. 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 Local Representative (Las Vegas)

From outside the USA: 1-412-423-8143

From within the USA: 412-423-8143

If you are unable for any reason to contact our local representative, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What information should I be aware of as the itinerary draws to a close?

The tour does not finish until 5 pm on the last day of this tour. If you plan to book a departure flight on that day, it must be later in the evening, to allow yourself enough time to get to the airport with ease. Arrangements can also be made at time of booking to book at hotel for the last evening.

Are there any additional packing suggestions I should consider?

You will be on the move a lot, so our advice is to pack as lightly as possible.

For days in the outdoors, we recommend the use of lightweight, breathable, moisture-wicking fabrics made of wool or synthetic fibers. Cotton is not recommended for days to spend hiking as it does not allow for heat or moisture to enter or escape, and it will not dry easily once wet.

You will be on the move a lot, so our advice is to pack as lightly as possible. We recommend the use of a duffel bag, soft bag or backpack (whichever you find easiest to carry). Heavy luggage is not recommended for the health of the CEO, who will take a lead in loading the storage trailer. Due to space in the trailer, we will not be able to accommodate more than one piece of main luggage per person. A good size day-pack (20-35L) is also essential to carry your personal gear for the day, as access to luggage between destinations will be limited. This daypack will be used to carry your personal gear for the day, your lunch and a water bottle.

It is important to pack clothes for warm days and cool evenings, as well as a light jacket. A set of smart casual clothes is also advisable.

NOTE: Mountains in Canadian Rockies and Alaska could have unpredictable weather with snow and heavy rain even in Summer time. Spring time could be snowy (until end of June) and fall season could start as soon as mid-August. Make sure you have equipment and clothing for all conditions!

What should be on my packing list?

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.)

When can I do my laundry on this trip?

Laundry can be done at least once a week while on tour. Some hotels and most cities have laundromats where you can buy soap and wash your laundry in coin-operated machines. Your CEO will advise you along the trip where you will be able to do your laundry.

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](#)

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

What should I know about currency, credit cards, and exchanging money while on this tour?

The Canadian currency is the Canadian Dollar (CAD).

Credit cards are accepted almost everywhere in Canada and can be used to purchase most items. When purchasing products or services with a foreign credit card in Canada, you may be charged additional fees by your credit card company for foreign purchases.

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. Both Visa and Master 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 before you travel. A visit to an ATM can be arranged on Day 1 and other days of the trip.

Do not rely on credit or debit cards as your only source of money. A combination of Canadian Dollars as cash (preferably smaller bills, 5's, 10's and 20's) and credit cards is best.

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

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

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Should I be tipping on my trip?

It is customary in North America to tip service providers such as waiters, bartenders and taxi drivers, at approximately 18-20%, depending on the service. 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 times during the trip where there is opportunity to tip any local guides used. Recommendations for tipping local guides would range from \$2-8 USD per activity depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures Chief Experience Officer did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline \$5-10 USD per person, per day can be used as a guide. If your CEO(s) exceeded your expectations, feel free to tip more.

What activities are optional on this trip?

Maligne Lake

- Boat Cruise to Spirit Island & Maligne Lake (75.60-109.20CAD per person)
- Canoe Ride (84-215.25CAD per person)

Jasper National Park

- Bald Hills Hike (Free)

Athabasca Glacier

- Athabasca Glacier Ice Walk (112CAD per person)

Lake Louise

- Canoe Rental (45-55CAD per person)

Columbia Icefield

- Glacier Adventure (99CAD per person)

Banff

- Canoeing (57.75CAD per person)
- Cycling (36.75-93.45CAD per person)

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

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

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

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

Swimming, including snorkeling, is always at your own risk.

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

www.gadventures.com/travel-resources/safety/

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 prostitutes 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 use prostitutes.

Is travel insurance required for my trip?

Travel Insurance: 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 CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How 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.

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

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

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

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

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.