



Canadian Rockies Eastbound Express

8 days, Vancouver to Calgary

Trip code NCVE

What's included

- Your G for Good Moment: Squamish Lil'wat Cultural Centre Visit, Whistler
- Your Welcome Moment: Meet Your CEO and Group

- Your Discover Moment: Whistler
- Your Foodie Moment: Okanagan Valley Wine Tasting, Kelowna
- Lake Louise visit
- Free time in Banff, Whistler, and Vancouver
- All transport between destinations and to/from included activities

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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 March 4th, 2025 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Vancouver

Arrive any time.



Accommodation

Century Plaza Hotel & Spa (or similar)

Hotel



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2

Vancouver/Whistler

Leave Vancouver behind and travel to Whistler this morning. Visit the Squamish Lil'wat Cultural Centre and go on an interpretive guided tour of the museum. Spend a free afternoon in this beautiful, easy-going mountain town.



Accommodation

Aava Whistler Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Vancouver - Whistler

1h45m-2h

121km

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

ACTIVITY

In the picturesque setting of Canada's Coast Mountains, the First Nations people have come together to establish the Squamish Lil'wat Cultural Centre. This facility showcases unique customs, art, and music and provides opportunities for local youth to train in the tourism industry. As a non-profit organization, the centre relies on visitors to help fund their ongoing programs, meaning everyone who comes here helps make this important work possible.

Free Time

Whistler

Enjoy time on your own to explore Whistler and the great outdoor atmosphere it has to offer.

Day 3

Whistler

Enjoy a free day to explore Whistler. Opt to ride a gondola to the top of the mountain, hike, or zipline.



Meals included

Breakfast



Accommodation

Aava Whistler Hotel (or similar)

Hotel



Optional Activities - Day 3

Rafting

Whistler

145.60-196.00CAD

4h-5h

Get your adrenaline fix on on this exhilarating white water rafting trip. Enjoy the amazing scenery along the way, and keep your eyes peeled for bears.

Peak 2 Peak Gondola Ride

Whistler

95.20CAD

1h30m-3h

Soak up the scenery with 360-degree views of mountains, lakes, and glaciers. Hop out at the top and take a short hike or grab a coffee and snack at the mountaintop restaurant. Catch a glass bottom gondola to get an even better view.

Ziplining and Treetop Adventures

Whistler

155.68CAD

1h-4h

Spend the day in the sky, floating through Whistler's rainforest on one of Canada's longest ziplines.

Whistler Hike

Whistler

Free

Hike on your own along one of the many beautiful trails in the Whistler area. The scenery here is stunning. You can also opt for the Train Wreck Trail or take the peak to peak gondola to hike one of the many alpine trails accessible from the summit. Your CEO will NOT be guiding you on this hike. You can opt to do it solo or with your group. Ask your CEO to point you in the right direction.

Day 4

Whistler/Kelowna

Drive inland through the coastal mountains as you travel to Kelowna in the Okanagan Valley. Stop for a tasting at a local winery en route. Kelowna has become a foodie haven in recent years – opt to visit one of the many fun places to eat later this evening.



Meals included

Breakfast



Accommodation

Prestige Kelowna (or similar)

Hotel



Today's Activities

Private Vehicle

Whistler - Kelowna

6h-7h

457km

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

ACTIVITY

Visit a local winery in the Okanagan Valley, near Kelowna. Learn about the local grape varieties, wine making process, tour the vineyard, and have a sample (or two).

Day 5

Kelowna/Revelstoke

Continue west today passing through the Okanagan Valley toward the small, quaint town of Revelstoke. Stop along the way for a picnic lunch on the beach.



Meals included

Breakfast | Lunch



Accommodation

Stoke Hotel By Best Western (or similar)

Hotel



Today's Activities

Picnic Lunch

Sicamous

Enjoy a picnic lunch prepared by your CEO along the beach.

Private Vehicle

Kelowna - Revelstoke

4h15m-5h

345km

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

Day 6

Lake Louise/Banff

Continue to Lake Louise, view the emerald blue waters of this alpine lake, and opt to hike to one of the Tea Houses.

Lake Louise is that iconic Canadian Rockies locale. Don't miss the chance to snag the perfect photo.



Meals included

Breakfast



Accommodation

Charltons Banff (or similar)

Hotel



Today's Activities

Private Vehicle

Lake Louise - Banff

1h-1h30m

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

Banff National Park Visit

Banff

Magnificent Banff—Canada's first and most famous National Park. Rocky Mountain peaks, turquoise glacial lakes, scenic drives, and a quaint mountain town. First, gaze in wonder, then immerse yourself in a park that has it all! Hike alongside picture-perfect mountains, glaciers, lakes, ice fields, canyons, and even hoodoos. Keep an eye out for wolves, grizzly bears, elk, and mountain lions. Banff's blend of towering peaks and flower-strewn meadows make it a dream location to enjoy the great outdoors and mountain scenery.

Private Vehicle

Revelstoke - Lake Louise

1h-1h30m

83km

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

Lake Louise Visit

Lake Louise

30m-1h

1km

Visit postcard perfect Lake Louise and take time to savour the emerald blue waters and breathtaking scenery of the Victoria Glacier.



Optional Activities - Day 6

Lake Agnes Tea House Hike

Lake Louise

2h30m-5h

6-7km

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.

The Fairmont Chateau Lake Louise Visit

Lake Louise

Free

Visit one of the most iconic hotels in Canada. This beautiful hotel was rebuilt after a fire in 1924 and stands looking out at the breathtaking Lake Louise and the Victoria Glacier.

Day 7

Banff/Calgary

Discover the beautiful town of Banff; opt to view wildlife, take a gondola ride, or hike up a mountain for spectacular views. Travel to Calgary in the early evening and opt for a final night out with the group.

With free time most of the day, Banff has tons to offer. There are plenty of optional activities for all interests and activity levels. It's also just as pleasant to wander the main streets, pop in and out of shops or walk along the river.



Accommodation

Ramada Plaza Calgary Downtown (or similar)

Hotel



Today's Activities

Free Time

Banff

Enjoy free time in this iconic Canadian town.

Banff National Park Visit

Banff

Magnificent Banff—Canada's first and most famous National Park. Rocky Mountain peaks, turquoise glacial lakes, scenic drives, and a quaint mountain town. First, gaze in wonder, then immerse yourself in a park that has it all! Hike alongside picture-perfect mountains, glaciers, lakes, ice fields, canyons, and even hoodoos. Keep an eye out for wolves, grizzly bears, elk, and mountain lions. Banff's blend of towering peaks and flower-strewn meadows make it a dream location to enjoy the great outdoors and mountain scenery.

Private Vehicle

Banff - Calgary

1h30m-2h

130km

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



Optional Activities - Day 7

Tunnel Mountain Hike

Tunnel Mountain

Free

2h-3h

1-5km

Hike up the well marked trail for a central view of the town of Banff and the surrounding mountains.

Banff Gondola Ride to Sulphur Mountain

Banff National Park of Canada

75-90CAD

2h-3h

Take a gondola to the famous Sulphur Mountain and enjoy the spectacular view of the whole mountain range and the village below.

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.

Hot Springs Soak

Banff

17.32CAD

Take a dip in Banff's world famous hot spring mineral pools, which have brought weary travellers to this place since the 1800's. There's no better way to unwind after a long day of exploring than to simmer in these water's with an epic mountain view.

Canoeing

Banff

57.75CAD

2h-3h

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

Day 8

Calgary

Depart at any time.

Today's Activities

Departure Day

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

What's included

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- Lake Louise visit
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What are the main highlights of this trip?

Experience the laid-back west coast vibes of Vancouver, Sip on local wine and craft beer in the Okanagan Valley, Visit the pristine waters of Lake Louise, Spot alpine wildlife in Banff, Wander through hip mountain and coastal towns in British Columbia.

What are the main highlights of this trip?

Experience the laid-back west coast vibes of Vancouver, Sip on local wine and craft beer in the Okanagan Valley, Visit the pristine waters of Lake Louise, Spot alpine wildlife in Banff, Wander through hip mountain and coastal towns in British Columbia.

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

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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.

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

1. TRAVEL DAYS

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. HIKES AND WALKS

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. COMBO TRIP

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. LEGAL DRINKING AGE

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 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.

5. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

What is the 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 11.

What meals are included in this trip?

4 breakfasts, 1 lunch

What are the meals like on this trip?

All included meals will be prepared from goods bought en route from supermarkets, local shops and markets.

Breakfasts will generally consist of breads and cereals, if time allows a warm breakfast may be prepared. Many lunches will be provided en-route and will be light meals such as sandwiches and/or salads. All evening meals will be freshly-prepared hot meals, and will consist of a variety of continental and local dishes.

What are the modes of transportation on my trip?

Private vehicle, walking.

What transportation will we take on this trip?

For this trip we use 15-passenger vans for up to 12 people plus the CEO/Driver. For groups of 8 and more travellers, we also use a trailer to carry luggage. These durable vehicles 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 with mandatory seat belts to keep us secure and safe. No standing is permitted in these vehicles.

This is not a physically demanding journey, but with limited space in the van, long drive days can be difficult. Please take note of the travel times and distances in the above itinerary. There is air conditioning to cool things down on warm days to keep everyone more comfortable. Despite some of the long days, most travellers 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 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?

Hotels (7 nts).

Will I get my own room?

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

What kind of accommodation can I expect on this trip?

This trip uses comfortable 3 star hotels, lodges and inns, well located in cities 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 with a private bathroom.

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 Vancouver airport (YVR), to reach your starting accommodation you can take the Canada Line or a local taxi.

Please go to the airport information desk for assistance.

Please note, the Canada Line is a rapid transit rail link connecting Vancouver Airport to Downtown. You can access the trains from both the International and Domestic Terminals.

WELCOME MEETING TIME: 18:00

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.

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

From outside the USA: 1-514-948-4145

From within the USA: 514-948-4145

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 should I take on my trip?

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 spent hiking as it does not allow for heat or moisture to enter or escape, and it will not dry easily once wet.

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. 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 the Canadian Rockies can have unpredictable weather with snow and heavy rain even in the summer. Springtime could be snowy (until end of June) and autumn weather could start as soon as mid-August. Make sure you have equipment and clothing for all conditions.

What should be on my packing list?

Cold weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

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

When can I do my laundry on this trip?

Laundry can be done at least once a week while on tour. Some private campgrounds 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 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](#)

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?

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, 5s, 10s and 20s) 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 \$10-15 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?

Whistler

- Rafting (145.60-196.00CAD per person)
- Peak 2 Peak Gondola Ride (95.20CAD per person)
- Ziplining and Treetop Adventures (155.68CAD per person)
- Whistler Hike (Free)

Lake Louise

- Lake Agnes Tea House Hike
- The Fairmont Chateau Lake Louise Visit (Free)

Tunnel Mountain

- Tunnel Mountain Hike (Free)

Banff National Park of Canada

- Banff Gondola Ride to Sulphur Mountain (75-90CAD per person)

Banff

- Cycling (36.75-93.45CAD per person)
- Hot Springs Soak (17.32CAD per person)
- Canoeing (57.75CAD 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 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 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?

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.