

!  
x

Sorry! There are no remaining departures for "Cruise the Norwegian Fjords with Scottish Highlands" (XCTENX), [but here are some similar trips.](#)



## **Cruise the Norwegian Fjords with Scottish Highlands**

16 days, Tromsø to Edinburgh

Trip code XCTENX

## What's included

- 12 nts aboard the G Expedition
- Meeting point to ship transfer
- Zodiac and land excursions with our expert expedition team
- Lectures and educational programs
- Nordkapp excursion
- Local village visit (Lofoten Islands)
- Svartisen glacier excursion
- Vega Island visit
- Trondheim visit
- Geirangerfjord visit
- Flåm Railway excursion and Olden visit
- Shetland Islands visit
- Orkney Islands guided tour of ancient ruins
- Waterproof boots supplied for USA sizes 4 - 16
- Expedition parka
- Edinburgh city tour
- Edinburgh Castle visit
- Day trip to Scottish Highlands

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 May 1st, 2021 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

## Tromsø

Welcome to Tromsø, the capital of northern Norway, known as the "Gateway to the Arctic". Embark in the afternoon. Consider arriving early to explore Tromsø.

There will be a welcome desk set up to greet passengers on arrival day between 09:00 and 12:00 at the Clarion Hotel the Edge. We can assist with baggage drop-off and provide information on what to do in Tromsø for the morning.

Please make sure to be at the Clarion Hotel the Edge before 13:00 as luggage will be transferred at that time. Passengers will be transferred as a group to the ship at 16:00.



### Meals included

Dinner



### Today's Activities

Arrival Day

Begin your adventure today. There are no planned activities so feel free to explore or rest up for the excitement ahead.

Private Vehicle

Tromsø

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

Embarkation of the Expedition

Longyearbyen

In the afternoon, join your fellow passengers to take your group transfer and begin your journey on the Expedition. Please refer to your welcome letter or the joining instructions posted in the lobby of the start hotel. Make sure you have your passport handy as you are about to embark on the adventure of a lifetime.

Expedition

Tromsø - Nordkapp

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

Day 2

## Nordkapp

Explore one of the most northern points in Europe. A popular spot to watch the midnight sun during the summer months, as the sun never sets between the middle of May to late August, this cape is the location where the Atlantic and Arctic oceans meet. Explore the barren landscape, quaint fishing villages, and stop by the Northern Cape Plateau standing 307 m above the sea.

---



### Meals included

Breakfast | Lunch | Dinner

---



### Today's Activities

Nordkapp Excursion

Nordkapp

Embark on a day trip to one of the most northern places in Europe, Nordkapp (North Cape). Travel across the arctic terrain of northern Norway, keeping a sharp eye for wild reindeer en route. Learn about the local Sami people en route to North Cape. Enjoy time visiting the North Cape Visitor Centre, opt to watch a film about Lapland's breathtaking scenery, or simply take in the views of the Arctic Ocean from viewpoints of up to 1000 feet above sea level.

Expedition

Nordkapp - Norwegian Sea

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

Day 3

## At Sea

Enjoy a day at sea, taking in the stunning scenery of the Arctic. Keep a sharp eye while on deck to try and spot marine wildlife.

---



### Meals included

Breakfast | Lunch | Dinner

---



### Today's Activities

Expedition

Norwegian Sea - Trollfjord

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

Arctic Lectures and Educational Programs

Attend lectures hosted throughout the day on anything from local wildlife to the history and exploration of the Arctic.

Day 4

## Trollfjord/Lofoten Islands

Spend the early morning at the short, yet dramatic Trollfjord. Try to spot the mythical creatures along the cliffs. Head ashore in Svolvær to explore the Lofoten Islands by coach. Stop in Henningsvær for time to see local art or explore the quaint fishing village. After, visit Nusfjord, one of Norway's oldest and best-preserved fishing villages for lunch at a local restaurant, before visiting the Tørrfiskmuseum to learn about traditional work of the islands. End the day in the town of Å.

---



### Meals included

Breakfast | Lunch | Dinner

---



### Today's Activities

Expedition

Trollfjord - Svolvær

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

Å Village Visit

Lofoten

Enjoy a coach tour across the Lofoten Islands visiting the Tørrfiskmuseum (Stockfish Museum) and Svolvær. Stop for photos and other visits along the way including the Viking Museum at Bøstad.

Expedition

Svolvær - Lofoten

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

Day 5

## Svartisen/Vikingen/Lovund

Visit Svartisen, Lovund and Vikingen, for beautiful glaciers and a globe sculpture which marks Vikingen as a point directly on the Arctic Circle.

---



### Meals included

Breakfast | Lunch | Dinner

---



### Today's Activities

Expedition

Lofoten - Svartisen

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

Svartisen Land Excursion

Svartisen

Visit Svartisen, Norway's second-largest glacier. Hike to one of the outlet glaciers of Svartisen, Engabreen, which ends at the lowest point of any glacier on the European mainland, at 90 meters above sea level (in 2018). The first 30 to 45 minutes of the hike are easy with no incline. The remaining hike is guided in small groups as it can be a challenging and complicated maze of rocky outcroppings leading to a close encounter with the ice. Everyone should reach a beautiful lookout over the lake. Opt to visit the café for waffles and coffee.

Viking Longhouse in Unst Visit

Baltasound

Expedition

Vikingen Island - Sanna

4h

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

The rugged coastline of central Norway features some of the world's most beautiful scenery. Head to the quaint and picturesque Vega Island, a UNESCO site. Wander the fishing villages, go on a guided nature hike, and appreciate the slow pace of life. In the afternoon, hike up to the famous hole in the mountain, with fantastic views of the region. Keep an eye out for Norway's mythical trolls.

The mountain scenery and coastline offer breathtaking views. The goal is to visit Torghatten, one of the most bizarre rock formations in Norway and a significant local landmark.

---



## Meals included

Breakfast | Lunch | Dinner

---



## Today's Activities

Expedition

Sanna - Vega

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

Vega Island Visit

Vega

Access one of the small islands and picturesque fishing villages of Vega by Zodiac. Learn about life on the island from a local guide and hear how the unique farming techniques and elder down production gained the island UNESCO World Heritage site status.

Expedition

Vega - Brønnøysund

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

Torghatten Excursion

Torghatten

Enjoy a short, but scenic, coach ride into the Treana archipelago. Our goal is to visit Torghatten, one of the most bizarre rock formations in Norway and a significant local landmark. We will also try to move towards the Treana archipelago that is comprised of over 1000 islands. Expedition guides will provide information on the local areas, and the ship's photography expert will be on hand to offer advice on how to capture the perfect shot.

Day 7

## Trondheim

Continue on to Trondheim. Choose between hiking in Bymarka Nature Reserve before visiting the Sverresborg Folk Museum, or enjoying a city tour including the Folk Museum and the elaborate Nidaros Cathedral, built between 1070 and 1300. Enjoy a free afternoon to explore the area on your own.

---



### Meals included

Breakfast | Lunch | Dinner

---



### Today's Activities

Expedition

Brønnøysund - Trondheim

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

Trondheim Visit

Trondheim

Trondheim is a modern city surrounded by beautiful forests and mountains, and is home to the remarkable Nidaros Cathedral. Built over the burial site of Saint Olav, the king of Norway in the 11th century, Nidaos Cathedral is the traditional location for the consecration of the King of Norway.

Day 8

## Geiranger

Sail deep into one of Norway's most beautiful, and most visited, fjords. Enjoy a coach tour to Dalsnibba, soaking in the views at this UNESCO World Heritage site. For the more adventurous, opt for a 10km mountain hike exploring the area and taking in amazing views of the fjord from above.

---



### Meals included

Breakfast | Lunch | Dinner

---



### Today's Activities

Expedition

Trondheim - Geiranger

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

Geirangerfjord Visit

Geirangerfjorden

The fjord is one of Norway's most visited tourist sites and has been listed as a UNESCO World Heritage Site. The fjord is 15 km (9.3 mi) long, surrounded by spectacular mountains, lush green trees, waterfalls, and several farms. Have a camera ready for some spectacular photo opportunities.

Day 9

## Olden

Cruise into the Olden Fjord before a short bus ride to the Birksdal area. Enjoy a moderate hike to Briksdalbreen glacier, or, for an easier option, take a trolley ride with a shorter walk to make it to the glacier lake.

---



### Meals included

Breakfast | Lunch | Dinner

---



### Today's Activities

Expedition

Geiranger – Olden

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

Glacier Hike

Nordfjord

Stretch out your legs on a hike from the Birksdal area to the nearby Briksdalbreen glacier in Jostedalbreen National Park. For the first 20-30 mins the grade is uphill (moderate to strenuous), but the footing is easy. If you'd rather not make the trek, hop on the trolley to take you most of the way. As you approach, you'll need to walk the last quarter mile to reach the glacier lake. The views are worth the effort!

Day 10

## Flåm

Hop on the Flåm Railway, travelling through valleys and mountain passes to reach the scenic fjord of the Flåm district.

---



### Meals included

Breakfast | Lunch | Dinner

---



### Today's Activities

Expedition

Olden - Flåm

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

Flåmsbana Railway

Flåm

1h

The Flåm Line is a 20km (12.4 mi) route between Myrdal and Flåm. The line is used most often as a tourist train as it passes through gorgeous landscapes. It also boasts an incredibly steep gradient, with an elevation different of 863m (2,831 ft).

Continue southwards to the remote Shetland Islands. Opt to visit Jarlshof or join the Puffin Bus to focus on puffins and seabird photography at Sumbrugh Head (weather dependent). Enjoy additional time to explore Lerwick.

The Shetland archipelago is an engaging mix of Scotland and Scandinavia blessed with spectacular coastlines, varied and abundant birdlife and a number of archaeological sites that date back thousands of years.



## Meals included

Breakfast | Lunch | Dinner



## Today's Activities

Expedition

Flåm - Lerwick

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

Lerwick Visit

Lerwick

Visit Lerwick on the Shetland Islands and discover the unique mix of Scotland Scandinavian culture in the area. Opt to visit Jarlshof, a remarkable archaeological site where Neolithic houses and several Norse longhouses were discovered after a violent storm uncovered the settlement. Another option for your time here is to join the Puffin Bus to focus on puffin and seabird photography at Sumbrugh head. Each tour option will allow a few hours to explore Lerwick after. With your free time, opt to enjoy the Shetland Museum or take a walk through the village.

Free Time

Lerwick

Take some free time to explore.



## Optional Activities - Day 11

Shetland Museum visit

Lerwick

Visit the Shetland Museum to learn more about this fascinating area.

Day 12

## Orkney Islands

Visit historic and mystical sites by coach on this remote island. Explore the Standing Stones of Stenness, the intriguing Ring of Brodgar, and the village of Skara Brae.

There are few places in the world that offer as much as the Orkneys. Only six miles off the coast of Scotland, the islands are famous for their abundant marine bird life and dramatic coastal scenery. Enjoy an afternoon to explore the ancient history of the people of these Scottish Isles.

---



### Meals included

Breakfast | Lunch | Dinner

---



### Today's Activities

Orkney Islands Ancient Ruins Guided Tour

Kirkwall

Take a guided coach tour of the many mystical historical sites on the island. Visit the UNESCO World Heritage site the Ring of Brodgar, the standing stones of Stennes, and the 4500 year old village of Skara Brae.

Expedition

Lerwick - Orkney

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

Day 13

## Edinburgh

Cruise overnight to Edinburgh's Port of Leith, then disembark the G Expedition in the morning.

This afternoon, enjoy free time to explore Edinburgh.

---



### Meals included

Breakfast

---



### Today's Activities

Expedition

Orkney - Leith

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

Private Vehicle

Leith - Edinburgh

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

Free Time

Edinburgh

Enjoy some free time this afternoon.

---



### Optional Activities - Day 13

Edinburgh Food Tour

Edinburgh

Tour the narrow streets of Edinburgh while sampling some of its most famous dishes including Haggis, Neeps and Tatties. Learn about Scottish whisky and end the tour with a traditional afternoon tea and local Scottish cakes.

Ghost Tours of Edinburgh

Edinburgh

Explore Edinburgh's fascination with the underworld. Famous for witch burning, grave robbing and mysterious murders, this tour takes you down Edinburgh narrow alleyways and gruesome graveyards with plenty of stories to tell.

Day 14

## Edinburgh

Enjoy a walking tour of Edinburgh and a visit to the famous Edinburgh Castle. The afternoon is free to discover at your own pace.

---



### Meals included

Breakfast

---



### Today's Activities

Edinburgh Castle Visit

Edinburgh

1h-1h

A visit to Edinburgh Castle is a journey into the fortified heart of Scotland. Perched atop the volcanic Castle Rock, this "Defender of the Nation" has been a royal residence, a military garrison, and a prison over its 900-year history.

Edinburgh Walking Tour

Edinburgh

Embark on a walking tour of Scotland's capital city.

Free Time

Edinburgh

Enjoy some free time in Edinburgh.

Enjoy a day trip to the Scottish Highlands. Explore Stirling on a guided tour of the old town including Stirling Castle. Continue to Wallace Monument and learn about the infamous battle of Bannockburn. Enjoy some free time in Stirling for lunch. After lunch visit Deanston Distillery and enjoy a tasting before returning to Edinburgh for the night.

---



## Meals included

Breakfast

---



## Today's Activities

Stirling Castle and Old Town Visit

Stirling

Explore the fascinating history of Stirling on a guided tour of Stirling Castle and the Old Town. Once the Scottish capital, this city at the edge of the Highlands was home to the Stewart Kings and Queens, who held court and other grand celebrations at Stirling Castle.

National Wallace Monument Visit

Stirling

Learn about Sir William Wallace and his legendary battle-sword at one of Scotland's national landmarks, built to commemorate the Battle of Stirling Bridge. Opt to climb to the monument's crown, where spectacular views of surrounding Loch Lomond, The Pentland Hills and The Firth of Forth await.

Deanston Distillery Visit

Scottish Highlands

Journey to the town of Deanston for a taste of real single malt scotch whisky -- and discover how barley and water from the Scottish Highlands turn into the region's most famous export product.

Depart at any time.

---



## Meals included

Breakfast

## What's included

- 12 nts aboard the G Expedition
- Meeting point to ship transfer
- Zodiac and land excursions with our expert expedition team
- Lectures and educational programs
- Nordkapp excursion
- Local village visit (Lofoten Islands)
- Svartisen glacier excursion
- Vega Island visit
- Trondheim visit
- Geirangerfjord visit
- Flåm Railway excursion and Olden visit
- Shetland Islands visit
- Orkney Islands guided tour of ancient ruins
- Waterproof boots supplied for USA sizes 4 - 16
- Expedition parka
- Edinburgh city tour
- Edinburgh Castle visit
- Day trip to Scottish Highlands

## What are the main highlights of this trip?

Cruise through some of Norway's most famous fjords, Wander through fishing villages and appreciate the slow pace of life, Search cliffs for trolls, Enjoy some of the world's most beautiful scenery along Norway's rugged coastline, Discover the unique mix of Scottish and Scandinavian culture in Lerwick, Taste a local Scotch at the Deanston Distillery.

## What are the main highlights of this trip?

Cruise through some of Norway's most famous fjords, Wander through fishing villages and appreciate the slow pace of life, Search cliffs for trolls, Enjoy some of the world's most beautiful scenery along Norway's rugged coastline, Discover the unique mix of Scottish and Scandinavian culture in Lerwick, Taste a local Scotch at the Deanston Distillery.

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

Please note that this tour combines with other G Adventures tours. As such, you may be joined by other travellers at the end of your land tour, prior to boarding the G Expedition. Likewise, upon boarding the G Expedition, your land-based CEO will be replaced by an Expedition Leader, supported by the G Expedition team.

While it is our intention of adhere to the route described above, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable, to make alterations. On the first day of your tour, your Expedition Leader will give you an expedition overview.

The G Expedition is an adventure expedition ship and does not offer an elevator.

### BOOTS FOR ZODIAC LANDINGS

- Complementary waterproof boots for use on board will be supplied in the following sizes:

- USA size 4 - 16

- EURO size 35 - 49

Please be advised that there are limited numbers of the smallest and largest sizes.

If you wish to bring your own boots, you should follow the guidelines below:

Rubber, waterproof boots that are just below your knees (12-16" high or 30-41cm) with a strong, ridged non-skid sole are essential for wet landings via the Zodiacs. You usually have to step from the Zodiac into the water, which can be up to 1 ft or 30 cm high on most landings. Do not bring heavy, cumbersome boots that make it difficult to walk. Do not bring boots with metal cleats as they cannot be used for the landings. Try out your boots before your voyage.

The electricity onboard is 220AC electrical outlets, with European 2 pin round holes, as well as 110-volt shaving sockets in the bathroom for electric razors only. You may wish to bring an international adapter. A limited supply of electrical adapters are available to borrow free of charge at the Purser's Desk.

## **What is the group leader like?**

A carefully chosen team will lead our voyage. The G Expedition boasts an international team of professional naturalists and lecturers. Their goal is to provide an informed and balanced interpretation of the destination, accomplished through stimulating lectures, day-to-day briefings, and informal discussions. Your lecturers and Expedition Leader will cover all aspects of the voyage including ornithology, marine biology, geography, geology, history and the environment, as well as practical things like photography. The expedition staff work conscientiously with you on deck and in the field, improving your observational skills to allow you to experience all that the destination has to offer. Their strong sense of ethics and ecological knowledge make for stimulating and mindful conversation whether onshore or at the dinner table. The expedition staff will be experienced drivers who will pilot the Zodiac landing crafts used for shore landings and Zodiac cruises in a responsible manner consistent with our safety standards on board.

## **How large will the group be?**

Max 134 aboard the G Expedition, Max 32 on Edinburgh extension.

## **What meals are included in this trip?**

15 breakfasts, 11 lunches, 12 dinners

## **What are the meals like on this trip?**

Onboard our expedition ships you'll find a diverse offering of gourmet international cuisines prepared and catered by professional chefs. All meals are included in the price of your expedition cruise. Dining is casual, tables are unassigned and the dining room is capable of seating the entire passenger complement at one time. There is always a selection of different meals available, and vegetarians will find plenty of options. Special dietary requirements can be accommodated with advance notice, please advise us at time of confirmation. Coffee, tea and water are all provided free of charge. All other beverages, alcoholic and non-alcoholic are not included and can be purchased in the dining room, pub, or in the lounge.

## **What are the modes of transportation on my trip?**

G Expedition, Zodiac, local bus, coach, walking.

## **Where will we stay during the trip?**

Aboard the G Expedition in quad-, triple-, twin-share cabins, or suites (all with en suite bathrooms and porthole or window, 12 nts). Please note that all cabins consist of twin-size berths and are ocean-facing. Suites have one queen-size bed. Hotels (3 nts).

## 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 either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### EMERGENCY CONTACT NUMBERS

Please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

## Are there any additional packing suggestions I should consider?

Your luggage should be a clearly labeled suitcase, or rucksack, plus a daypack. Most airlines allow one checked bag and two carry-ons per person. Most airlines are currently enforcing strict restrictions for checked luggage and carry-on bags. To avoid any problems on check-in and with possible excess baggage charges, please consult your airline for specific restrictions.

In the world's most remote destinations that we travel to on the G Expedition, we cannot offload our plastics, glass or tin waste for recycling. Therefore, we try to reduce what single use items we use. You will see on the ship that every effort is being made to stop the use of single use plastic containers, bags and other items. In an effort to prevent plastic waste from entering the waste stream, we are asking for your help. We offer exceptional drinking water on the ship with refilling stations for your reusable water containers. You will be provided a complimentary water bottle to fill up as needed. Plastic items such as single use shampoo/conditioner plastic containers cannot be recycled, so please plan to bring any plastics back to your home countries for recycling. Please do not bring single use items that you intend to leave behind such plastic bags and throw away razors. Your participation in helping to prevent pollution and promote recycling is greatly appreciated.

# What should be on my packing list?

## Documents:

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

## Expedition:

- Waterproof pants (required) (Mandatory for all Zodiac landings, preferably with elastic cuffs to avoid any water seeping in during landings.)
- Binoculars (highly recommended)
- Camera (With extra memory cards and batteries)
- Credit cards (Please note the Expedition is cashless and only accepts credit cards for payment.)
- Day pack (Used for daily excursions or short overnights)
- Drybag (To protect your camera and belongings on Zodiac landings)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Recommended for Antarctic camping)
- Fleece jacket or warm layer
- Fleece top/sweater
- Footwear (good gripping) (Please note that open toed shoes are not allowed in public spaces on the Expedition.)
- Hat
- Long pants/jeans
- Moisturizer/lip balm
- Moneybelt
- Motion sickness tablets
- Outlet adapter (Electricity onboard is 220AC electrical outlets, with European 2 pin round holes, as well as 110-volt shaving sockets in the bathroom for electric razors only.)
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Scarf (Or neck warmer.)
- Shirts/t-shirts
- Sleepwear
- Sunblock
- Sunglasses
- Swimwear
- Thermal base layer
- Thermal underwear
- Toiletries (Shampoo and shower gel are provided aboard the Expedition.)
- Walking poles (if desired)
- Warm hat
- Warm waterproof gloves
- Watch and alarm clock
- Wool/Heavy socks

**Health & Safety:**

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.) Note: It is recommended to bring hiking poles for excursions on this itinerary.

## When can I do my laundry on this trip?

Aboard the G Expedition, laundry is available to be serviced by our shipboard team at an additional charge.

## What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

## 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. While on board our Expedition ships, please note that the currency for all purchases is USD.

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

Before and after the cruise:

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work overseas. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars or Euros cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

While on board the G Expedition:

Cash and most major credit cards (VISA, Mastercard and American Express) are accepted to clear incidental bills at the end of the cruise by the ship's Purser (eg: bar bills, laundry, crew tips, etc).

## Should I be tipping on my trip?

Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. It is an expression of satisfaction with the persons who have assisted you on your expedition. The industry standard and suggested amount is USD \$10 - 15 per person per day spent on board. Of course, tipping is a personal choice and the suggested amount is set only as a guideline. Crew tips may be settled using most major credit cards (VISA, Mastercard and AMEX) by the ship's Purser. The money is collected by the Hotel Manager at the end of the voyage and distributed amongst the crew and Expedition Staff. The Officers choose not to participate in the tipping pool.

## What activities are optional on this trip?

### Lerwick

- Shetland Museum visit

### Edinburgh

- Edinburgh Food Tour
- Ghost Tours of Edinburgh

## Are there any health considerations I should know before travelling?

Please consult your doctor for up-to-date medical travel information well before departure. We require all passengers traveling on the G Expedition to review our medical questionnaire. The questionnaire can be found online at:

[www.gadventures.com/medical\\_form](http://www.gadventures.com/medical_form)

Passengers with preexisting medical conditions are required to submit a medical form signed by a physician to their booking agent. It is very important that we are advised of any special meal requirements, food allergies, or prescribed medication when you confirm your tour. The ship is equipped with a small infirmary with typically required medications and limited equipment. The ship's doctor is available for visits during the day and is available 24 hours per day for emergencies.

In case of an emergency, please also bring with you a signed and dated letter from your physician (to be given to our doctor on board, as well as for any medical authorities) stating any health problems and dosage requirements. International health regulations do not currently require any inoculations for the countries that you will visit on our voyage. We suggest that you confer with your own physician to be sure your routine immunizations, such as tetanus, diphtheria and hepatitis A, are up-to-date before travelling. Older travelers, in particular, may wish to consider preventive measures against influenza and pneumonia.

# Trip Specific Responsible Travel

## OUR COMMITMENT TO RESPONSIBLE TRAVEL

As a leader in sustainable tourism, we are committed to ensuring that all of our marine expeditions operate in a socially and environmentally responsible manner. All expeditions aboard the G Expedition meet and exceed all environmental regulations and protocols in the regions that we visit.

### Staff & Crew:

Our crew and expedition team act as stewards of the environment and are well versed in the strict environmental protocols on board and on land. All of our travellers are thoroughly briefed in these protocols before being allowed to participate in excursions and are always supervised by our team when on shore.

### 4-stroke Outboard Engines:

In an effort to drastically reduce environmental pollutants 4-stroke outboard engines have been installed on all of our Zodiacs. Our 4-stroke outboard motors use less fuel and produce less noise pollution than 2-stroke engines. Since there is no mixing of oil and gas the exhaust is intrinsically much cleaner and friendlier to the environment.

### Planeterra Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization that supports local community projects and small-business owners worldwide.

### Sea Chart Auction:

At the end of each departure, the Captain's Sea Chart is auctioned and all proceeds are donated to the Planeterra to support our community initiatives in places G Adventures travels to.

Our end goal is to minimize the potential negative impact of tourism in the areas in which we operate while maximizing the positive impact of instilling a widened understanding and appreciation of these regions. During our voyages, we ask all our passengers that they see their visit to these areas as a privilege and that they share their newfound knowledge and experiences with others when they return home. We also hope that by bringing people to these regions that they continue to act as ambassadors and stewards of these areas.

## What is Planeterra?

Every G Expedition cruise raises thousands of dollars for G Adventures' non-profit partner, Planeterra, supporting both the Ocean Health Fund and Planeterra's community social enterprise programs. The Ocean Health Fund helps combat waste which threatens ocean health, conducts scientific research on ocean animals and climate change, as well as investing in programs that work with local communities to promote ocean conservation and stewardship. Onboard the G Expedition, there are many opportunities to learn about these initiatives, to participate in Citizen Science programs, or purchase items in the gift shop from Planeterra-supported communities around the world.

The Planeterra Foundation [planeterra.org](http://planeterra.org) is a Canadian non-profit organization that helps empower local people to develop their communities, conserve their cultures, and create humane and supportive systems for their endeavours. Planeterra provides capacity building and catalyst grants to get community social enterprises off the ground. These businesses address local challenges by providing benefits for indigenous people, empowering marginalized women, and granting disadvantaged youth access to education, employment, and brighter futures. Planeterra also works to ensure these businesses have a thriving customer base by integrating programs 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.

### Dollar-a-Day Program

G Adventures' Dollar-a-Day Program provides travellers with the opportunity to give back to the people and places visited on our tours by donating one dollar for every day you are on trip. 100% of these donations go directly to support community development projects worldwide that are implemented by Planeterra.

## How old must I be to join this trip?

Minimum age of 10 years for this trip.

## Keeping in Touch on the G Expedition

While you are on board the G Expedition, we know that keeping in touch with your family and friends is important to you. We want to ensure you have the tools available to keep you connected in some of the most remote regions of the world. We have a satellite system, which allows our travellers to connect to the internet or make phone calls with the purchase of personal data credit. Travellers may use our computer room or use any Wi-Fi enabled device to connect to our network, which is available in public areas on Decks 4 and 5. Satellite phone service is available and private calls can be made from our phone booth. Due to using a satellite connection and travelling in remote regions, internet can be slow and sometimes unavailable. The connection in the high Arctic is particularly challenging and no connection is available while in and around South Georgia Island.

## **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.