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Sorry! There are no remaining departures for "Cycle Northern Spain" (ESSB), [but here are some similar trips](#).



Cycle Northern Spain

8 days, Barcelona to Barcelona

Trip code ESSB

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Guided cycling excursions (6-day)

- All cycling equipment including bicycle

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

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

VALIDITY: Valid for all trips departing January 1st, 2017 and onwards

Itinerary



Itinerary Notes

More information about the equipment that we use for this trip, and any specifics about the route or itinerary can be found in the 'Important Notes' section of the Trip Details.

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

Day 1

Barcelona

Arrive in Barcelona at any time.

If you arrive early, spend the afternoon at leisure exploring Spain's second largest city, known worldwide for its dynamic atmosphere and exciting style.

For nightlife, the highest concentration of young and beautiful locals dancing the night away – both in the bars and on the street – can be found near the intersection of Santaló and Mariano Cubi streets. Here you can always find good music, good drinks, and lots of fun. Another good nightlife spot for meeting the fashionable locals of Barcelona is on the Plaza Francesc Macià.

Please note that if you wish to visit popular sites and want to avoid waiting in line, it is advisable to reserve tickets in advance. We recommend pre-arranging your visit to La Sagrada Família, Park Güell, Casa Batlló, and Casa Milà.



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.



Optional Activities - Day 1

Gaudi House Museum

Barcelona

25-35EUR

Montjuïc Visit

Barcelona

5EUR

1h-1h30m

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

La Sagrada Família Visit

Barcelona

17-37EUR

1h-2h

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

Gothic Quarter Visit

Barcelona

Free

2h-3h

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

Casa Batlló

Barcelona

25-30EUR

30m-45m

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

La Barceloneta Visit

Barcelona

Free

30m-1h

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

Parque Güell Visit

Barcelona

10EUR

2h-2h30m

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

Las Ramblas Visit

Barcelona

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

Day 2

Barcelona/Olot

Begin the journey with a morning train to the medieval town of Ripoll where bicycles await.

Take the Bici Carril, a former railway line that has been transformed into a bicycle route, which leads all the way from the Pyrenees as far as the Mediterranean Sea.

Enter into the Catalan Pyrenees proper, where most of the trip is spent.



Meals included

Breakfast



Today's Activities

Train

Barcelona - Ripoll

2h

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

Catalonia Cycling Excursion

Ripoll - Olot

4h-5h

40km

Leave Ripoll behind and follow the Bici Carril through the lovely village of Sant Joan de les Abadesses on the way to the historic town of Olot for the night.

Enjoy a trail that's gently graded and easy to follow, which continues through varied rural scenery dotted with small Catalunyan villages and sunflower fields. Pass over a hill approximately 7-8km (4-5 mi), which requires a fairly good fitness level.

Day 3

Olot

Enjoy time to explore this lovely village and choose from the many optional activities available in the area.



Meals included

Breakfast



Today's Activities

Free Time

Olot

Wander around the village, stop in one of the many cafés or head out into the countryside.



Optional Activities - Day 3

Santa Margarida Volcano Trail

Olot

10EUR

2h-3h

Absorb stunning views and delightful scenery hiking the Santa Margarida volcano trail in the Natural Park of the Volcanic Area of the Garrotxa. Trek up to Santa Margarida's crater and discover a secluded hermitage sitting in the middle of the verdant landscape.

Day 4

Olot/Girona

Start the morning on the Bici Carril and cycle along from Olot to Girona.

Many bars and restaurants line Girona's Calle la Força in the centre of the old city. The areas that surround the Rambla, Libertan, and Plaça del Vi are two of the best areas to grab a bite in the afternoon since they have ample outdoor seating. Another little enclave of restaurants with good menús del dia is over the river in Plaça de la Independencia.



Meals included

Breakfast



Today's Activities

Catalonia Cycling Excursion

Olot - Girona

5h-6h

55km

Enjoy gentle gradients most of the way as you wind through sunflower fields and tree-lined canopies, crossing rivers and the occasional road until Girona.

Day 5

Girona

Take a rest from biking and spend a well-earned free day in Girona.

Walk along the Passeig Arqueologic, located outside the city walls, for an astounding view of the cathedral's eleventh-century Charlemagne Tower.



Meals included

Breakfast



Today's Activities

Free Time

Girona

Free time to see the town or surrounding countryside.



Optional Activities - Day 5

Arab Baths Visit

Girona

2EUR

1h-3h

Visit the gorgeous Banyes Arabs, or Arab baths, built in the late twelfth century. Enjoy taking a step back in time wandering the rooms, and exploring the ancient architecture.

Cycling Lake Banyoles

Girona

Free

4h-5h

20-30km

Spend some more time on your bike, if you wish, and take the opportunity to cycle to the nearby Lake Banyoles for some water fun: swim, row or go fishing.

Day 6

Girona/Sant Feliu de Guíxols

Departing Girona, cycle to the Mediterranean Sea at Sant Feliu de Guíxols.

Go for a swim or walk on the beach at the end of an active day. Be sure to enjoy some of the great local seafood for the evening meal.



Meals included

Breakfast



Today's Activities

Catalonia Cycling Excursion

Girona – Sant Feliu de Guíxols

4h-5h

40km

Cycle the rest of the Bici Carril, heading down 40km (25 mi) to the Mediterranean Sea at Sant Feliu de Guíxols. Most of the trail crosses meadows and pine and eucalyptus forests. Enjoy an easily marked trail and a good route for getting to the coast.



Optional Activities - Day 6

Chapel of Sant Elm Visit

Sant Feliu de Guíxols

Free

1h-2h

Visit the chapel of Sant Elm for impressive panoramic views over the sea. It was rebuilt in 1723 over the remains of a defence tower.

Monastery Visit

Sant Feliu de Guíxols

Free

15m-30m

Learn about Sant Feliu de Guíxols' rich culture and history at the Monastery complex, the home of the Cultural Centre and the History Museum, which organizes numerous exhibitions and activities year round and displays art from the town's past. The complex of the Monastery, built in 1723 by the Benedictine Order, includes the Porta Ferradaj, the symbol of the town, and the Corn and Fum Towers.

Day 7

Sant Feliu de Guíxols/Barcelona

Enjoy this lovely town, relax on the beach or do some hiking. Depart for Barcelona for a last night on the town with your newfound friends.

If looking for some less strenuous activities, opt to check out the local museum.



Meals included

Breakfast



Today's Activities

Train

Sant Feliu de Guíxols - Barcelona

2h

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



Optional Activities - Day 7

Windsurfing

Sant Feliu de Guíxols

Glide across the water while windsurfing in this prime location for watersports – a great place to give it a shot if you've never tried it before.

Kayaking

Sant Feliu de Guíxols

40EUR

Grab your swimsuit and tour local waters by kayak. Explore the coastline and its coves and bays, and catch many sites you may have missed on shore.

Sailing

Sant Feliu de Guíxols

Enjoy sailing off the coast of Sant Feliu de Guíxols. Soak in the amazing nautical views and the fresh sea air.

Skydiving

Sant Feliu de Guíxols

150EUR

Go skydiving and gain a bird's-eye view of the scenic local landscape (as well as new bragging rights).

Quad Biking

Sant Feliu de Guíxols

85EUR

Head out on a quad bike to explore the beautiful scenic landscape surrounding Sant Feliu de Guíxols.

Day 8

Barcelona

Depart at any time.

Please note: check-out time from the hotel is normally mid-morning, but luggage storage facilities are usually available.



Meals included

Breakfast



Today's Activities

Departure Day

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



Optional Activities - Day 8

Gaudi House Museum

Barcelona

25-35EUR

Montjuïc Visit

Barcelona

5EUR

1h-1h30m

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1h-2h

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Barcelona

Free

2h-3h

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- Your Welcome Moment: Meet Your CEO and Group
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- All cycling equipment including bicycle

What are the main highlights of this trip?

Cycle through glorious countryside, learn about Catalan culture and customs, savour tapas and local wines.

Itinerary Notes

More information about the equipment that we use for this trip, and any specifics about the route or itinerary can be found in the 'Important Notes' section of the Trip Details.

What are the main highlights of this trip?

Cycle through glorious countryside, learn about Catalan culture and customs, savour tapas and local wines.

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

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

Is there an itinerary Disclaimer?

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

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

Are there Itinerary notes?

More information about the equipment that we use for this trip, and any specifics about the route or itinerary can be found in the 'Important Notes' section of the Trip Details.

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

- The total biking distance is 125km, done in 3 segments : 30km, 55km, 40km.

-Bikes provided for cycling are 7-speed mountain-bike style with city tyres, luggage rack, front suspension with helmet included.

When making your booking, please inform our staff of your height - this will help us get the right size bike for you.

Bringing Your Own Bike

If you choose to bring your own bike, please be aware that you are responsible for the maintenance and support of the bike. It may be possible to hire some extra equipment as necessary for your cycle. Check with your airline about travelling with your bike, as some will charge you to take a bike on board. We would suggest that you pack your bike in a bike box or bag (usually available from your local bike shop). It's also advisable to make sure your bike has been serviced before you travel.

What is the group leader like?

This G Adventures group trip is accompanied by one of our Chief Experience Officers (CEOs). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

How large will the group be?

Max 15, Avg 10.

What meals are included in this trip?

7 breakfasts

What are the meals like on this trip?

Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, coffee and tea, however this may vary depending on the city. Should breakfast not be included, your CEO can suggest some local options.

Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. While trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients.

For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Local bus, train, bicycle

What transportation will we take on this trip?

Transport between hotels on non-cycling days will be by public bus and local train. Between transport and hotels you may be required to carry your luggage short distances (up to 20mins walk), in larger cities you may travel by metro or city bus, and occasionally the group will take taxis to and from hotels.

Bikes for cycling days are: "Conor" 7-speed, mountain-bike style with city tyres, luggage rack, front suspension with helmet included. You will also have a local guide to accompany the group on cycling days.

Luggage will be transferred between night stops on cycling days by private van.

Are local flights included in the cost of the trip?

If required all local flights are included in the cost of your tours unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

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?

Hotels (7nts).

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.

Please be aware that single room accommodations in European hotels are often smaller, and may not be to the same service level as double-occupancy rooms.

What kind of accommodation can I expect on this trip?

It is important to note that accommodation in Europe tend to be quite different to other areas of the world you may have travelled in. Buildings and rooms are generally old and may not have been renovated or maintained to the highest standard. Downtown hotels in Europe were not build to be hotels but rich owners houses, which have been changed into hotels. Therefore unusual room sizes are common as large rooms have been partitioned in the past, resulting in rather "thin" walls. Reception areas, rooms and bathrooms tend to be very small as they were often added into an existing room, and may have a hand nozzle rather than a conventional shower head.

On this trip you can expect to stay in small family-run hotels or pensions (with the exception of the start and finish hotels, which are often larger city hotels), which will vary a little in standard and facilities: some may not have elevators, air-conditioning or English-speaking staff, but most importantly all are locally-run, with some traditional character, and in excellent central locations to give you maximum time for exploring the sights. You can expect to find clean, safe, simple accommodation in convenient locations.

Staff can occasionally demonstrate less than perfect customer service. As accommodation is in short supply, especially during the summer months, hotels can charge a premium and there is sometimes little motivation to improve facilities.

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?

Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation with us), please make your way to the joining hotel (note that check-in time will be in the afternoon). Once you arrive at the hotel, 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.

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

Choose from a range of transport options including both private and shared transfers at a discounted rate.

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

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

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO. If you are unable to get in touch with your leader, please refer to our emergency contact details.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

EMERGENCY CONTACT NUMBERS

G Adventures UK office (manned UK 8am - 8pm)
+44 (0) 2072439878

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

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

Calls from within UK: 0344 272 0000

Calls from within Germany: 0800 365 1000

Calls from within Australia: 1 300 796 618

Calls from within New Zealand: 0800 333 307

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

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

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

What instructions should I follow at the finishing point?

As for Joining Point instructions in reverse

What should I take on my trip?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage. You must be prepared to carry your luggage up and down stairs, on and off transportation, and to hotels (max 15-20 mins.)

On the cycling days if we are changing hotels a transfer will be arranged for your luggage so you only carry your daypack with you.

What should be on my packing list?

Conservative Dress:

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

Cycling:

- Bicycle pedals (optional)
- Biking gloves
- Handlebar bag (optional) (For easy access to small personal items.)
- Bicycle saddle cover (optional)
- Cycling clothing (cycling shorts and cycling jersey)
- Personal cycling gear
- Bicycle saddle (optional)
- Cycling shoes

Documents:

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

Essentials:

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

Health & Safety:

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

Warm Weather:

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

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge or ask your CEO where the closest laundromat is. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/ biodegradable soap.

What the visas and entry requirements for my trip?

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

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

For other nationalities, travelling in Europe has been simplified with the introduction of the Schengen visa. As a visitor to the Schengen area (Austria, Germany, Netherlands, Belgium, Greece, Norway, Denmark, Iceland, Portugal, Finland, Italy, Spain, France, Luxembourg, Sweden, Czech Republic, Hungary, Estonia, Latvia, Lithuania, Malta, Poland, Slovakia, Slovenia and Switzerland) you will enjoy the many advantages of this unified visa system. Generally speaking with a Schengen visa, you may enter one Schengen country and travel freely throughout the Schengen region during the validity of your visa. There are limited border controls at Schengen borders, if any at all.

Please note that the UK and Ireland are NOT part of the Schengen agreement.

A Schengen visa is applied for at the Embassy or Consulate of the Schengen country in which you will be spending the most nights on your trip to the Schengen space. If you are only visiting one country on your trip then you apply for your visa at the Consulate of this Schengen country.

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?

Spain is in the Eurozone and the unit of the currency is the Euro.

Credit cards and debit cards are very useful for cash advances but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs). Both Cirrus and Plus system cards are the most widely accepted debit cards. Visa cards are the most widely accepted credit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work in Spain - check with your bank. You should be aware when purchasing products or services on a credit card, that a fee usually applies.

Do not rely on credit or debit cards as your only source of money. A combination of Euros, traveller's cheques and cards is best. Avoid relying on traveller's cheques alone as these are less and less readily cashed as clients use them very little.

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!

Do I need to pay a departure tax?

Usually included in international air ticket, check with your air travel agent.

Should I be tipping on my trip?

It is customary in Europe to leave a small tip for service providers, such as waiters, if you are pleased with the service (€1-2).

Tipping is an expected - though not compulsory - component of your tour program, and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €3-5 per day, 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 CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline €30-40 per person, per week can be used.

What activities are optional on this trip?

Barcelona

- Gaudi House Museum (25-35EUR per person)
- Gothic Quarter Visit (Free)
- Parque Güell Visit (10EUR per person)
- Montjuïc Visit (5EUR per person)
- Casa Batlló (25-30EUR per person)
- Las Ramblas Visit
- La Sagrada Família Visit (17-37EUR per person)
- La Barceloneta Visit (Free)

Olot

- Santa Margarida Volcano Trail (10EUR per person)

Girona

- Arab Baths Visit (2EUR per person)
- Cycling Lake Banyoles (Free)

Sant Feliu de Guíxols

- Chapel of Sant Elm Visit (Free)
- Kayaking (40EUR per person)
- Quad Biking (85EUR per person)
- Monastery Visit (Free)
- Sailing
- Windsurfing
- Skydiving (150EUR per person)

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your 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 are the trip specific safety considerations?

Always keep an eye on your belongings especially in major cities, bus and train terminals

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: 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?

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.