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



## **Explore the Norwegian Fjords and Scottish Highlands**

16 days, Edinburgh to Tromsø

Trip code XCETNX

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Edinburgh city tour
- Edinburgh Castle visit
- Day trip to Scottish Highlands
- 12 nts aboard the G Expedition
- Meeting point to ship transfer
- Zodiac and land excursions with our expert expedition team
- Lectures and educational programs
- Ancient ruins guided tour (Orkney Islands)
- Shetland Islands visit
- Bergen city tour
- Flåm Railway excursion
- Olden visit
- Geirangerfjord visit
- Trondheim excursion
- Vega Island visit
- Local village visit (Lofoten Islands)
- Tromsø city tour
- Insulated, waterproof boots supplied for USA sizes 4 - 16
- Expedition parka

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, 2022 and onwards

# Itinerary

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**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

## Edinburgh

Arrive at any time.



## 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

## 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.

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### Meals included

Breakfast

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### 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.

Day 3

## Scottish Highlands

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.

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### Meals included

Breakfast

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### 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.

Day 4

## Edinburgh

Enjoy a free morning in Edinburgh before boarding the G Expedition. Our ship departs in the late afternoon, sailing towards Kirkwall.

Board the ship this afternoon in the suburb Port of Leith, to embark on a voyage to the Arctic. The G Expedition departs in the evening through a lock which leads down to sea level, before heading out to sail down the Firth of Forth. While on deck, keep a lookout for common eiders and northern gannets.

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### Meals included

Breakfast

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### Today's Activities

Free Time

Edinburgh

Enjoy some free time this morning.

Private Vehicle

Edinburgh - Leith

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

Expedition

Leith - Kirkwall

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

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### Optional Activities - Day 4

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.

Day 5

## Kirkwall/Orkney

Visit historic and mystical sites by coach. 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 Stenness, and the 4500 year old village of Skara Brae.

Expedition

Kirkwall - Orkney

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

Continue northwards 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

Orkney - Shetland

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

1h30m

Take some free time to explore.



## Optional Activities - Day 6

Shetland Museum visit

Lerwick

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

Day 7

## Bergen

Cross the famous North Sea to reach Norway. Opt for a historical walking tour of the city, or enjoy a funicular ride for amazing views of Bergen, then explore on your own for the afternoon.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Bergen City Tour

Bergen

Visit the famous city of Bergen, the gateway to Norway's fjords. Spend the afternoon exploring the UNESCO World Heritage Site of the historic seaport and fish market, all of which date back to the Hanseatic League.

Expedition

Shetland - Bergen

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

Day 8

## Flåm

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

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

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).

Expedition

Bergen - Flåm

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

Day 9

## Ålesund

Cross the famous North Sea to reach Norway. Spend the afternoon exploring the beautiful Art Nouveau district of Ålesund, or take the 418 steps up to Fjellstua for the best view of the city, islands and bay. Opt to visit the Ålesund Museum and learn about the culture and history of the town, including the fire which destroyed the city in 1904.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Expedition

Flåm - Ålesund

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

Alesund Visit

Ålesund

Spend the afternoon exploring the beautiful Art Nouveau district of Ålesund, or take the 418 steps up to Fjellstua for the best view of the city, islands and bay.

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.

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### **Meals included**

Breakfast | Lunch | Dinner

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### **Today's Activities**

Expedition

Ålesund - 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.

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.

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## Meals included

Breakfast | Lunch | Dinner

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## Today's Activities

Expedition

Geiranger – 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, Nidaros Cathedral is the traditional location for the consecration of the King of Norway.

Expedition

Trondheim – Brønnøysund

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. Hike up to the famous hole in the mountain, with fantastic views of the region. Keep an eye out for Norway's mythical trolls. In the afternoon, 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.

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

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.

Expedition

Brønnøysund - 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 - Svartisen

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

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

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## Meals included

Breakfast | Lunch | Dinner

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## Today's Activities

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.

Vikingen Visit

Vikingen Island

Visit Vikingen Island, a small island that sits directly on the Arctic Circle. There's a small statue of a globe on the island celebrating its position on one of the five major latitude circles.

Expedition

Svartisen - Lofoten

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

The Lofoten archipelago is an enchanting area of picturesque villages by the sea backed with jagged peaks. Go ashore by Zodiac for a day trip of the area. Start by visiting the Tørrfiskmuseum to learn about traditional work of the islands before visiting Nusfjord, one of Norway's oldest and best-preserved fishing villages for lunch at a local restaurant. After, stop in Henningsvær for time to see local art or explore the quaint fishing village. In the evening, stay on deck as you cruise into one of Norway's most famous fjords, the short yet dramatic Trollfjord. Search the cliffs on your continuing quest to spot trolls.



## Meals included

Breakfast | Lunch | Dinner



## Today's Activities

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

Lofoten

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

Day 15

## Tromsø

Tromsø, the capital of northern Norway, is known as the "Gateway to the Arctic" as it was the embarkation point for many Arctic expeditions. Learn about past Arctic expeditions and opt for some hiking or to explore the city on your own.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Tromsø Guided Tour

Tromsø

Spend the day exploring Norway's largest northern city. Choose between hiking on the mountain top overlooking Tromsø, or wandering the city's streets before taking a cable car to the mountain top. Enjoy a delicious lunch of traditional open faced sandwiches while gazing over the city. Everyone will have a chance to visit some of the major sites including the Polar and Tromsø Museums and (weather permitting) enjoy a stunning view from a cable car.

Expedition

Lofoten - Tromsø

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

Disembark the G Expedition in the morning.

Transfers to the Clarion Hotel the Edge or Tromsø Airport will be offered to all passengers with flights scheduled after disembarkation.

After disembarkation you will be transferred to either the airport or the Clarion Hotel the Edge, depending on the time of your flight.

Those transferred to the hotel will have an opportunity to explore the town centre on their own, and then be transferred to the airport later in the day as per flight schedules. Transfer times will be confirmed, and communicated onboard prior to departure.

Luggage storage at the Clarion Hotel the Edge will be available until time of departure.



## Meals included

Breakfast



## Today's Activities

Departure Day

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

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Edinburgh city tour
- Edinburgh Castle visit
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- 12 nts aboard the G Expedition
- Meeting point to ship transfer

- Zodiac and land excursions with our expert expedition team
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- Tromsø city tour
- Insulated, waterproof boots supplied for USA sizes 4 - 16
- Expedition parka

## What are the main highlights of this trip?

Explore the Standing Stones of Stenness, Enjoy a city tour of Bergen, Hop on the Flåm Railway to reach the scenic fjord of the Flåm district, Wander through fishing villages and appreciate the slow pace of life, Enjoy a walking tour of Edinburgh and Edinburgh Castle, Embark on a day trip to the Scottish Highlands

## What are the main highlights of this trip?

Explore the Standing Stones of Stenness, Enjoy a city tour of Bergen, Hop on the Flåm Railway to reach the scenic fjord of the Flåm district, Wander through fishing villages and appreciate the slow pace of life, Enjoy a walking tour of Edinburgh and Edinburgh Castle, Embark on a day trip to the Scottish Highlands

# 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 to 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. Upon embarkation, your Expedition Leader will give you an expedition overview.

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

## ACTIVITY LEVEL

The activity level for this trip as a whole is graded "Light", as the itinerary includes light walking and hiking suitable for most fitness levels. Please be advised that there are two activities included on this tour that are graded as "Moderate". Travellers are able to opt out of any excursion that they are not comfortable participating in. The two activities of higher activity grading are the following:

1. Glacier Walk: The first 20 – 30 minutes of this activity is a moderate to strenuous walk; the grade is slightly steep but the footing is easy. If you are unable to manage this walk, there will be a trolley car available to take you most of the way to the glacier hike.
2. Svartisen Land Excursion: The first 30 – 45 minutes of the hike is easy on a flat surface. The remaining hike is guided in small groups as it can be a challenging maze of rocky outcroppings leading to a close encounter with the ice.

## 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, 11 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?**

Hotels (3 nts). 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.

# What are the joining instructions?

Joining hotel:

Leonardo Royal Hotel Edinburgh Haymarket

Address: 1 Morrison Link, Edinburgh EH3 8DN, UK

Phone: +44 131 460 4600

Edinburgh Haymarket Rail Station is conveniently located only 6 minutes walk from the hotel, Head towards Rosbery Crescent and continue onto Clifton Terrace. Continue straight until you reach Morrison Link and take a right. The hotel will be on your left. Edinburgh Bus Services are located outside the hotel.

Edinburgh Airport is approximately 20 minutes from the hotel and accessible by the Airlink Train which will drop you at Haymarket Station, from there you can follow the above directions to the hotel.

To arrange an arrival or departure transfer, we recommend you book through our preferred transfer provider - HolidayTaxis - using the following link:

<https://partner.holidaytaxis.com/?ref=GADVE>

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

## 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

## What should I take on my trip?

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 (Antarctica is a desert!)
- 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 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. 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?

### Edinburgh

- Edinburgh Food Tour

### Lerwick

- Shetland Museum visit

## 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.