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This itinerary is valid for departures in 2018. To view the 2019 itinerary [click here](#).



Last Updated: April 8, 2026



EXPLORE ICELAND

7 days, Reykjavik to Reykjavik

Trip code ELING

WHAT'S INCLUDED

- Your Journeys Highlight Moment: Geothermal Farm Visit with Lunch, Selfoss
- Your Journeys Highlight Moment: Hellisheiði Geothermal Power Plant Visit, Selfoss
- Your Welcome Moment: Meet Your CEO and Group

- Golden Circle tour with a walk in Thingvellir National Park
- Visit Gulfoss waterfall and Geysir Hot Springs
- Walk behind Seljalandsfoss waterfall
- Visit black sand beaches
- Take an ice walk on a glacier in Skaftafell National Park
- Visit Jökulsárlón Lagoon
- Visit Skogafoss waterfall
- All transport between destinations and to/from included activities

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, 2016 - December 31st, 2016

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

REYKJAVIK

Arrive at any time.

There is a lot to do in and around Reykjavik - should you wish to take advantage of the many optional activities, such as the Blue Lagoon thermal pools, we recommend booking a pre or post night.

Hotel accommodation in Iceland is very limited and rooms/facilities can be fairly simple with few amenities. Hotels are chosen for their location and access to the wonderful landscapes and natural wonders of Iceland. Hotels are often remote, all the better to enjoy the beautiful natural setting.

During winter months (generally November through early March) the itinerary and inclusions are highly subject to change based on weather conditions and less "daylight "hours. Your CEO will go over the schedule and advise you of any alterations on a daily basis. We appreciate your flexibility and understanding that this is completely outside of G Adventures control.



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

REYKJAVÍK/GOLDEN CIRCLE/SELFOSS

Explore the geological wonders that have shaped Iceland on a tour of the Golden Circle, including a walk in Thingvellir National Park and visits to the Gullfoss Waterfall and Geysir hot springs. Also visit a farm to learn about the use of geothermal energy in Icelandic horticulture and enjoy a lunch of local produce. Spend the evening relaxing at the geothermal hot tubs and sauna at our hotel.

Thingvellir National Park is the meeting place of the two tectonic plates on which America and Europe rest. This rift is clearly visible in the huge fissures that scar the landscape surrounding the lake and lava fields. Continue on to Geysir, the world famous spouting hot spring, which gave all others its name, then Gullfoss waterfall, the Golden Falls, thundering down 32 meters into the Hvítá River Gorge.

During winter months (generally Nov-Feb) it may be possible to view the Northern lights in a few spots along the itinerary. The Northern Lights are a natural phenomenon, and sightings will be dependent on weather conditions. G Adventures cannot guarantee that travellers booked on this tour will experience the Northern Lights.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

Private Vehicle Reykjavik - Selfoss 6h-7h 230km

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

Thingvellir National Park Visit Thingvellir 2h-3h

Stop at Thingvellir National Park, a UNESCO world heritage site, to see the tectonic faults created by North American and Eurasian tectonic plates shifting apart. The Oxara river cuts through the largest rift in the valley, Almannagja, and leads to the Oxarafoss waterfall. Iceland's parliament was also established in the area in 930. The park was later created to protect the remains of the open-air assembly grounds.

Geysir Visit Geysir 30m-45m

See a variety of geothermal pools and the erupting hot spring Strokkur. Geysir is one of the oldest geysers recorded in the world, but is most often dormant. Strokkur erupts a spray of boiling hot water straight into the air about every ten minutes.

Gullfoss Waterfall Visit

Gullfoss

45m

Discover one of the most impressive waterfalls in Iceland, Gullfoss, and complete the circuit known as the Golden Circle. This massive waterfall cascades over three “steps” before spilling into a large crevice. Fed by a glacier lake, the water passing through the falls can be a dark grey depending on how much sediment gets pushed through the river.

ACTIVITY

Visit Friðheimar farm and Tomato Cultivation centre where we tour the greenhouse and learn about the use of geothermal heating in Icelandic horticulture. Here we enjoy the famous Friðheimar tomato soup with fresh-baked bread, surrounded by fragrant gardens. Then, visit the farm stables for an introduction on Icelandic horses.

ACTIVITY

Explore how Iceland is harnessing its turbulent landscapes at the Hellisheiði geothermal power plant. Here we gain a better understanding of how geothermal energy is used in Iceland and research into how it could be utilized globally, as a renewable and sustainable power source.

Day 3

SELFOSS/VIK

Discover the beauty of Iceland's south shore, catching views of the infamous Eyjafjallajökull volcano. Visit the picturesque Seljalandsfoss waterfall and follow our CEO along a hidden path to the secret waterfall of Gljúfrabúi. Also explore the black sand beach at Reynisfjara and surrounding coast in search of birds and wildlife.

Depending on the season and nesting habits of birdlife, we may also visit Dyrhólaey Cape. As well, it is possible to see puffins at Reynisfjara beach, Dyrhólaey Cape or near Vík in the summer months (15 May - 15 August).



Meals included

Breakfast



TODAY'S ACTIVITIES

Private Vehicle

Selfoss - Vik

5h

150km

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

Seljalandsfoss Waterfall Visit

Seljalandsfoss

30m-1h

Seljalandsfoss is a 60m (196 ft) tall waterfall located along the popular ring road. Behind the flow of water is a path, allowing visitors to peek behind the curtain of water cascading over the rocks above.

Reynisfjara Beach

Reynisdrangar

Visit Reynisfjara Beach, just outside of Vík. Its black sand and ominous rock formations offshore make for stunning photos. Take some time to watch the foaming white waves crash over the black sand (but don't get too close, the waves here can be extremely powerful), explore the shallow cave if weather and time permits, and get a photo of the basalt sea stacks.

Continue exploring the south shore, past sandy plains and moss-covered lava fields, stopping along the way at various historical and geological sites. Visit Crystal beach and Jökulsárlón glacier lagoon, to view icebergs which get carried out to sea, often washing back ashore on the black sand beach. Later, visit the Thorbergur Cultural Heritage Museum and enjoy a traditional dinner. Opt for a boat ride on the lagoon (May-October).

We make various stops today along the South shore including; The Church Floor underground basalt columns, Dverghamrar "Dwarf Rocks" basalt columns, Eldhraun "Fire Lava" lava field (created in one of the greatest eruptions in recorded history in 1783-1784, affecting not only Icelanders but Europeans as well), Fjaðrárgljúfur canyon, Skeiðarábrú twisted bridge (the remains of the bridge destroyed in a massive flood, caused by an sub-glacier eruption, that brought huge icebergs - some as big as a house).



Meals included

Breakfast | Dinner

TODAY'S ACTIVITIES

Private Vehicle **Vík - Skaftafell** 5h 230km

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

Jökulsárlón Glacier Lagoon Visit **Jökulsárlón** 1h-2h 3km

Visit the Jökulsárlón Glacier Lagoon with views of the ice cap. The lake is the lowest point in the country and filled with icebergs drifting towards the sea, often with seals lounging on top. The blocks of ice coming off the glacier are typically 30m high, in dramatic shades of white and bright blue. Stop by Diamond Beach, which gets its name from chunks of the Breiðamerkurjökull glacier that float down to the coast's black sand shores.

Total distance: 3km.

Thorbergur Cultural Heritage Museum and Local Meal **Skaftafell**

Pórbergsetur is a unique exhibition which takes you on a journey through the life and ideas of one of Iceland's most original thinkers and writers, Þórbergur Þórðarson. Considered a 'new generation' of museums it offers a unique look into local history and culture. After enjoy dinner at the centres restaurant which features a selection of local foods.

Optional Activities - Day 4

Jökulsárlón Glacier Lagoon Boat Ride **Jökulsárlón** **5700-9800ISK** 30m-1h

Opt to take a boat ride around the lagoon to get closer to the floating icebergs with their seal passengers. The lagoon can be appreciated from the shore, but joining an amphibian boat tour allows you to get up close to the beautiful and unusually coloured icebergs floating in the water.

This activity is offered from 1 May to 30 October, and is subject to availability.

Day 5

SKAFTAFELL

Embark on a scenic glacier hike in Skaftafell National Park with an expert guide. Take in the impressive icy formations and hike to a water fall to learn more about the Vatnajökull glacier and National Park.

Visit Skaftafell National Park for an incredibly scenic hike on the glacier, feeling the ancient ice under our feet. Above us rises the massive Vatnajökull glacier in all its magnificence. Walking on crampons (metal spikes for the soles of our shoes), we'll safely traverse the ice viewing ice formations, deep sink holes and rugged crevasses. On winter departures (November - March), depending on weather conditions we also will visit an ice cave on our hike. Our highly qualified glacier guides will educate you about the Vatnajökull Glacier and the rough outlet glaciers, such as Virkisjökull, which descend from the main hub, towards the ocean.



Meals included

Breakfast



TODAY'S ACTIVITIES

Private Vehicle

Skaftafell

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

Skaftafell National Park Glacier Hike

Skaftafell

4h

Glacier Wonders is a superb glacier hiking tour from Skaftafell into the magnificent ice world of Falljökull glacier, a tongue of the mighty Vatnajökull, the largest glacier in Europe. Your certified glacier guide will show you astonishing crevasses which wind through the ice and incredible glistening ice formations. During this tour, you will learn how a living glacier moves and why this magical ice kingdom is constantly changing.

Total distance: 6km.

WHAT TO BRING

- Warm outdoor clothing
- Waterproof jacket & pants
- Headwear
- Gloves
- Good hiking boots are essential (rental boots available ISK 1000 extra)

Hike to Svartifoss waterfall

Skaftafell

2h-2h15m

Enjoy a hike in Vatnajökull National Park to view Svartifoss waterfall. Also known as the black falls, the stunning site is surrounded by dark basaltic lava columns.

Day 6

SKAFTAFELL/REYKJAVIK

Travel back to Reykjavik stopping to visit the Skogarsafn Museum, and the famous Skogafoss waterfall. Opt to climb the 400 steps next to the falls and take in spectacular views.

In the summer months, keep your eyes open for Reindeer, who come down to the lowlands and can often be seen grazing with sheep and cows.



Meals included

Breakfast



TODAY'S ACTIVITIES

Private Vehicle

Skaftafell - Reykjavik

7h

350km

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

Skógafoss Waterfall Visit

Skógafoss

1h

Visit Skógafoss, one of the largest and most recognizable waterfalls in Iceland. The 60m (200 ft) high falls forms a constant mist that floats in the air, if viewed in the sunlight the mist can create rainbows. The sound and view of the thundering water cutting through the green hills make the falls a must-see on any trip to Iceland.

Skógasafn Museum

Skógafoss

Skogar Museum, is a cultural heritage collection of 15,000 regional folk craft artifacts exhibited throughout 6 historical buildings.

Depart at any time.



Meals included

Breakfast

What's included

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- Your Journeys Highlight Moment: Hellisheiði Geothermal Power Plant Visit, Selfoss
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- Visit Jökulsárlón Lagoon
- Visit Skogafoss waterfall
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Tour the Golden Circle and see the geological wonders here, Head to Jökulsárlón glacier lagoon and view the icebergs floating by, Hike in Skaftafell National Park, Explore the beautiful city of Reykjavík.

What are the main highlights of this trip?

Tour the Golden Circle and see the geological wonders here, Head to Jökulsárlón glacier lagoon and view the icebergs floating by, Hike in Skaftafell National Park, Explore the beautiful city of Reykjavík.

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

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

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

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

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

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

1. PACE OF TOUR

Please note that this is a busy tour and there are some long drive days.

2. BLUE LAGOON

If you wish to visit the Blue Lagoon, please know that this activity must be done before or after your tour. As this activity is very popular, we recommend booking it in advance.

What is the group leader like?

This G Adventures group trip is accompanied by one of our group leaders, known as a CEO (Chief Experience Officer). The aim of the group leader 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 16, Avg 12.

What meals are included in this trip?

6 breakfasts, 1 lunch, 1 dinner

What are the modes of transportation on my trip?

Private minivan/bus, walking.

What transportation will we take on this trip?

Private van/mini-buses are used on this trip.

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 (6 nts).

Will I get my own room?

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

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?

In Iceland we use small hotels, guest houses and Inns. They are comfortable and clean but do not have many amenities.

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), 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.

GETTING TO FOSSHOTEL REYKJAVIK:

From Keflavík International Airport:

Upon exiting the airport, there are shuttle bus services available. The Flybus is recommended and pricing is as follows:

Return ticket to go directly to the hotel: 6950 ISK per person

One way ticket to go directly to the hotel: 3950 ISK per person

Please note that a larger shuttle bus will drive you to the Bus Terminal first, and travellers will get split into smaller busses depending on which hotel they are going to.

As another option, you can always hop in a taxi located just outside the arrivals exit. The taxi ride from the airport to the city center costs around 16000 - 18000 ISK.

Fosshotel Reykjavík is located at Höfðatorg, a short walk from Höfði House where the famous Reykjavík summit between Gorbachev and Reagan took place in 1986.

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 not on a group tour please refer to the emergency contact details provided in this dossier). 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 NUMBER

G Adventures Berlin office: +4915203076785

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

Are there any additional packing suggestions I should consider?

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, as well as on and off transportation.

Dressing in layers is recommended as weather can change dramatically, without notice.

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)

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

Hiking/Trekking:

- Gloves
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets)
- Socks (Trekking socks – woollen or synthetic, not cotton)
- Thermal base layer (Woollen or synthetic, not cotton)
- Walking poles (Highly recommended)

Smart Dress:

- Smart outfit (For evenings out)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: The landscape of Iceland is unique and unlike most things you've seen. So is the weather. It is unpredictable and changeable, so be prepared to experience a variety of conditions during your time in Iceland. It's not uncommon to experience rain, sun wind and snow all in the same visit, so please pack accordingly. An Icelandic summer is also not what most people consider as summer temperature and in the highlands it can get quite cold.

When can I do my laundry on this trip?

Laundry facilities are not easily accessed. If you anticipate needing to do laundry we suggest you bring non-polluting/biodegradable soap for hand washing.

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](#)

As of 2025, various European countries are introducing ETIAS travel authorisation as an entry requirement for visa-exempt nationals.

We highly recommend you checking in advance how your nationality and country/s you are visiting may be affected. Further details can be found [here](#)

Last updated: January 27th 2025

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

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

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

It is recommended to bring a combination of EURO cash, credit and debit cards.

How much emergency money should I bring on this trip?

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

Should I be tipping on my trip?

Tipping in Iceland is not customary. In many cases, a service charge is added to the bill which means that it is not necessary to add a tip. If you wish to express your satisfaction with the service in a bar or restaurant, then a gratuity of 10% or to round up the amount of the bill is perfectly acceptable.

Tipping during the tour program is similarly not expected, but it can be a way to express satisfaction with the persons who have assisted on your tour. Recommendations for tipping local guides would range from the equivalent of \$3-5 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

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?

Jökulsárlón

- Jökulsárlón Glacier Lagoon
Boat Ride (5700-9800ISK 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 in this dossier for trip specific information. For travellers over 70 years a completed Medical Form is required. 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 rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

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

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

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

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

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

How should I dress to respect local customs during the tour?

Weather can change dramatically, even in the summer months. It is best to layer clothing to ensure you are prepared for any extremes.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

How old must I be to join this trip?

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

Are international flights included in this trip?

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

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

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

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

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

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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