



## **Winter in Finland: Lapland & Northern Lights**

7 days, Helsinki to Rovaniemi

Trip code EWHR

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Helsinki Orientation Walk

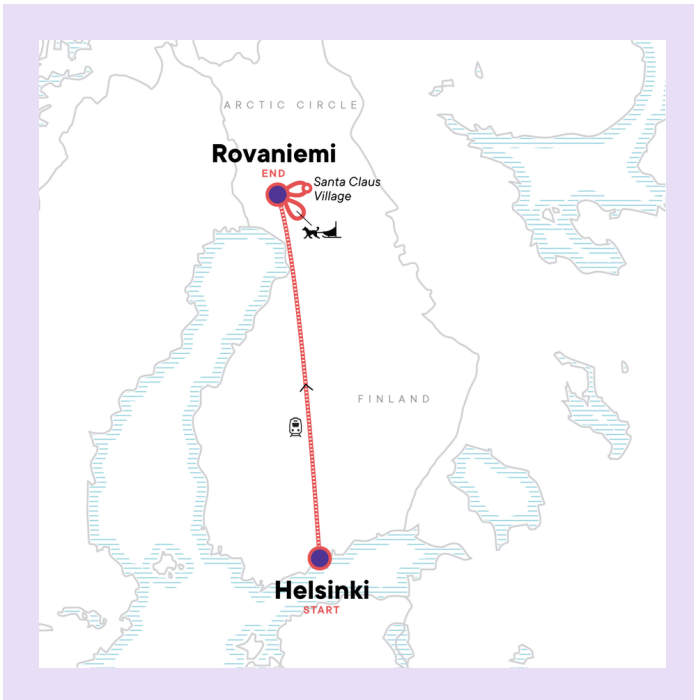
- Helsinki Library Visit
- Orientation Walk Rovaniemi
- Kuoska Reindeer Farm and Husky Experience
- CEO-led northern lights hunt
- Visit Santa Claus Village and the Arctic Circle line
- Campfire and northern lights experience
- Choice of ice fishing or snowshoeing excursion
- Handicraft demonstration
- 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 17th, 2025 and onwards

# Itinerary



## Itinerary Notes

Please note that due to high demand there may be limited availability when booking optional activities during the tour. Many of these can be pre-booked and we recommend that they are purchased in advance directly from the supplier in order to secure space as they are quite popular. Please also note that the weather near the Arctic Circle can be variable, especially in winter. Occasionally this will mean that we need to amend our itinerary to keep you safe. We will always endeavour to deliver a tour as close to the itinerary described as possible and ensure you see as much as possible, despite any bad weather. Likewise, the Northern Lights are seasonal and sightings cannot be guaranteed.

**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

## Helsinki

Arrive at any time. After settling into your hotel, attend a welcome meeting with your CEO before enjoying short orientation walk and an optional dinner out with the group.

Welcome to Helsinki, a city known for its modern and classical design, urban sophistication alongside natural beauty.



### Accommodation

Hobo Hotel Helsinki (or similar)

Hotel



### Today's Activities

#### ACTIVITY

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



### Optional Activities - Day 1

Ateneum Art Museum

Helsinki

20EUR

1h-2h

Visit Finland's best-known art museum, considered the home of Finnish art. Located in Helsinki's city centre, the Ateneum Art Museum was first opened in 1888. With over 20,000 works on display, spend a few hours getting acquainted with the landscapes, portraits, still-lives, and abstract art of this unique Nordic region.

Seurasaari Open-Air Museum

Helsinki

9EUR

1-2km

After wandering through Helsinki's chic design district, see another side of Finland on Seurasaari Island. Hop on a bus or tram to visit the Seurasaari Open-Air Museum and experience what rural Finnish life was like over a hundred years ago. Each of the island's 87 cottages, cabins, farmsteads and manors are unique to a region of Finland - in fact many were transported here from their original locations, and are complete with traditional objects, furniture, and dress.

Suomenlinna Sea Fortress

Helsinki

3EUR

2h-4h

The Suomenlinna Sea Fortress is one of Finland's most popular attractions for a reason. Built in 1748 as a military fortress to protect Helsinki - first as a part of Sweden, then Russia, and finally, Finland - this UNESCO World Heritage site stretches over six islands and is easily accessible from the Helsinki harbour by ferry (€3/person for 15 minute ride). Opt for a guided tour to further explore the tunnels, dockyard, museums and local history of this fascinating fortress.

Day 2

## Helsinki, Overnight Train

Head out on the town this morning and learn what your CEO loves so much about Helsinki with an orientation walk. Wander down the Mannerheimintie, stroll to the newly built Helsinki library, and finish up at the fascinating Lutheran Church. Explore on your own with some free time before boarding an overnight train for the journey north to Rovaniemi, Lapland.



### Meals included

Breakfast



### Today's Activities

Helsinki Orientation Walk

Helsinki

1h30m

2km

Head out on a walking tour with your CEO and learn about what makes Helsinki so special. See the city highlights like Parliament, the National Museum, and the iconic Old Market Hall. You'll also visit the Helsinki Central Library, Oodi, where you can enjoy the quiet solitude in a space where locals go to enjoy totally free amenities and relax in this uniquely Finnish space.

Immerse yourself in history and marvel at the unique architecture as you familiarize yourself with the city.

Free Time

Helsinki

Get out and explore this Scandinavian city.

Overnight Train (beds)

Helsinki - Rovaniemi

10h

824km

Experience overnight travel like a local. Sit back and get some well-earned (and likely much-needed) rest en route to your next stop.



### Optional Activities - Day 2

Ateneum Art Museum

Helsinki

20EUR

1h-2h

Visit Finland's best-known art museum, considered the home of Finnish art. Located in Helsinki's city centre, the Ateneum Art Museum was first opened in 1888. With over 20,000 works on display, spend a few hours getting acquainted with the landscapes, portraits, still-lives, and abstract art of this unique Nordic region.

Seurasaari Open-Air Museum

Helsinki

9EUR

1-2km

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Disembark in Rovaniemi and transfer to the hotel, our base of exploration for the next four nights. Visit a local husky kennel to spend time with the dogs and their mushers and personally experience what they do best - pull. Next, transfer to a traditional reindeer farm for a chance to interact with the animals and to engage with the indigenous herders. Savour a traditional lunch before returning to Rovaniemi for some free time. In the evening, check out a local handicraft workshop and if conditions are right, set off with your CEO to try and glimpse the northern lights in the dark sky.



## Meals included

Breakfast | Lunch



## Accommodation

Grand Post Hotel Rovaniemi (or similar)

Hotel



## Today's Activities

Orientation Walk Rovaniemi

Rovaniemi

45m

1km

Breathe in the fresh Lapland air and take in the views of Santa's "official" home town while getting your bearings around this interesting city.

Husky Experience

Rovaniemi

1h30m

Welcome to the wild wonderland of Kuoksa where you'll join the huskies on an exhilarating sleigh ride. The experienced husky musher will teach you the ins and outs of this exciting craft before taking you out on an exhilarating sleigh ride. Enjoy the snowy, unspoiled nature of Lapland and, if you're lucky, have a chance to cuddle the dogs.

Kuoksa Reindeer Farm

Rovaniemi

1h30m

Meet the reindeer of Kuoksa, the walking, breathing, heart and soul of the region. These gentle and majestic creatures have played a vital role in Lappish culture for generations. You'll have the chance to interact with them and learn from the indigenous herders, an opportunity that's not only unique but also deeply authentic. Take part in a short reindeer safari through the wilderness before saying goodbye to your new antlered friends.

## Northern Lights Walk

Ranua

1h30m

1km

Head out with your CEO and try to find the famous Aurora Borealis, more commonly known as the Northern Lights. Although not guaranteed, the Northern Lights are an incredible natural phenomenon dancing across the sky.

Day 4

## Rovaniemi

The capital of Lapland, Rovaniemi is also known for being home to Santa Claus himself. Today, cross the Arctic Circle and visit Santa Claus Village to pen your holiday wishes and mail them from Santa's very own post office. Enjoy some free time in the village for lunch and perhaps to meet the big guy himself before returning to Rovaniemi. Later, transfer from town to the wilderness of Kuoksa for a one-of-a-kind campfire experience and if you're lucky, the northern lights will light up the sky.



### Meals included

Breakfast



### Accommodation

Grand Post Hotel Rovaniemi (or similar)

Hotel



### Today's Activities

Santa Claus Village visit

Ranua

Free Time

Rovaniemi

There's plenty to see and do, and now is your chance to explore on your own.

Northern Lights at The Campfire

Rovaniemi

2h

Settle in and enjoy the warmth of a crackling campfire, sample some local snacks and hot beverages, and take a walk to hunt for the Northern Lights. Cross your fingers that the greens, blues, and pinks bless the sky with their stunning presence. This is the quintessential Lapland experience.

Day 5

## Rovaniemi

Choose your own adventure today; a choice between two included excursions that take you into the local wilderness. Don your warmest winter gear and decide whether you'd prefer to try your hand at ice fishing or tromp through the snow on snow shoes. Enjoy free time this afternoon and evening to relax at the hotel or get out to further explore this interesting town.

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### Meals included

Breakfast | Lunch

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### Accommodation

Grand Post Hotel Rovaniemi (or similar)

Hotel

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### Today's Activities

Ice Fishing or Snowshoeing

Rovaniemi

2h30m

Choose between joining a local expert for a spot of ice fishing or head out on a snowshoeing excursion.

Delve into this centuries-old tradition connecting you with the country's heritage and awe-inspiring natural beauty. Not only will you have the opportunity to catch fish but also to understand the techniques and skills that have been passed down through generations. Alternatively, explore the enchanting landscapes of Finland on snowshoe. This immersive journey will take you deep into the heart of the Arctic wilderness.

Both include a Finn-Lappish style light barbecue of sausages and cookies, with a warm blueberry juice around the campfire.

Free Time

Rovaniemi

There's plenty to see and do; now is your time to explore on your own.

Day 6

## Rovaniemi

Today is yours to explore on your own! Relax in town, re-visit Santa's Village or perhaps visit a private sauna in the woods. This evening join your CEO for an optional farewell dinner in town.



### Meals included

Breakfast



### Accommodation

Grand Post Hotel Rovaniemi (or similar)

Hotel



### Today's Activities

Free Time

Rovaniemi

It's your final day in Rovaniemi, take some free time to tick off any last minute bucket list items in this incredible town.



### Optional Activities - Day 6

Wooden Heated Sauna and Ice Swimming

Rovaniemi

249EUR

Enjoy the Finnish sauna tradition in a private, recently renovated wooden sauna. It's a chance to relax, rejuvenate, and leave with a sense of well-being, all while immersing yourself in the culture and natural beauty of Finland. Let the sauna, ice swimming, and local treats invigorate your body and soul.

Northern Light Tour Reindeer Safari

Rovaniemi

189EUR

Venture into the enchanting Lapland forests in search of the mesmerizing auroras. During our nighttime expedition, we'll savor a magical sleigh ride with reindeer through the serene, moonlit woods, all while keeping our eyes peeled for the celestial spectacle. If fortune smiles upon us, we might witness a celestial wonder above.

Depart at any time.

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## Meals included

Breakfast

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## Today's Activities

Departure Day

Not ready to leave? Your CEO can help with any onward travel arrangements you require.

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Helsinki Orientation Walk
- Helsinki Library Visit
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## What are the main highlights of this trip?

Stroll through Helsinki: where history meets cutting-edge design, Travel across Finland's scenic landscape aboard an overnight train, Relax by a crackling fire as you watch for the iconic northern lights, Experience pristine wilderness on an exhilarating husky-pulled sleigh ride, Go ice fishing or snowshoeing in Lapland

## Itinerary Notes

Please note that due to high demand there may be limited availability when booking optional activities during the tour. Many of these can be pre-booked and we recommend that they are purchased in advance directly from the supplier in order to secure space as they are quite popular.

Please also note that the weather near the Arctic Circle can be variable, especially in winter. Occasionally this will mean that we need to amend our itinerary to keep you safe. We will always endeavour to deliver a tour as close to the itinerary described as possible and ensure you see as much as possible, despite any bad weather. Likewise, the Northern Lights are seasonal and sightings cannot be guaranteed.

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## 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 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. 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?**

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

### 1. ACCOMMODATION NOTE:

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

### 2. OPTIONAL ACTIVITIES NOTE:

During high season in Europe (May-October) we highly recommend booking reservations for any popular optional activities/museum tickets etc. in advance to avoid encountering sold-out activities on the ground while on tour.

## **What is the role of the group leader during this trip?**

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. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

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

Max 16, avg 12.

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

6 breakfasts, 2 lunches

## **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.

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?**

Overnight train, private transport, local bus, walking

## **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 (5 nts), overnight train (1 nt)

## **Do any exceptions apply to Rooming or “My Own Room” on my tour?**

Night 2 (Overnight train).

## **What kind of accommodation can I expect on this trip?**

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 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.

## What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

From Helsinki airport (HEL), you can reach the city centre in a few ways. You can take the VR train directly to the city centre. Alternatively, you can take the Flixbus.

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

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

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## 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: +441858378000

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

# 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

## 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.)

## Winter in Lapland:

- Casual clothes (required) (for indoor use)
- Fleece top/sweater (required)
- Neck gaiter, buff, or scarf (required) (For covering face during cycling around the lake in cold weather)
- Snow pants (required) (snow pants or waterproof lined pants)
- Swimwear (required) (for sauna/spa)
- Thermal base layer (required)
- Warm gloves (required) (or mittens)
- Warm hat (required) (must cover ears)
- Warm Socks (required)
- Warm winter coat (required) (insulated and waterproof)
- Winter boots/shoes (required) (insulated and waterproof)

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

Laundry facilities are offered by some of our hotels for a charge. 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 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](#)

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.

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?**

Credit cards and debit cards are very useful - 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. 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 and one or two cards is best. Avoid relying on traveller's cheques as these are less and less readily cashed as clients use them very little, though bring one or two may be worthwhile in case of emergencies. If you bring USD or EUR, please ensure they are new bills, with no rips or tears. Money exchanges are very particular about which bills they will accept, so when purchasing USD or EUR before your trip, please specify you need new, crisp bills.

Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

## **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?**

All departure taxes should be included in your international flight ticket.

## Should I be tipping on my trip?

While conventions can vary from country to country, tipping is customary in Europe. A general rule is 10% of the bill for wait staff, and a smaller amount (€1 or €2) for other service providers.

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.

At the end of each trip, if you felt your G Adventures CEO did an outstanding job, tipping is expected and appreciated. The precise amount is a personal preference, however €6-8 per person, per week can be used as a guideline.

## What activities are optional on this trip?

### Helsinki

- Ateneum Art Museum (20EUR per person)
- Seurasaari Open-Air Museum (9EUR per person)
- Suomenlinna Sea Fortress (3EUR per person)

### Rovaniemi

- Wooden Heated Sauna and Ice Swimming (249EUR per person)
- Northern Light Tour Reindeer Safari (189EUR 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.

There are no specific health requirements for this trip. However, you should consult your doctor for up-to-date medical travel information about 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 we are in remote areas and away from medical facilities for some time during this trip, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc.

## **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 leader 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 judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

## **What are the trip specific safety considerations?**

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.

## **What rules should I know before joining this trip?**

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

## **Is travel insurance required for my trip?**

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency repatriation. 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?

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/](http://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.