



France to Spain: A Cultural Crossing

8 days, Paris to Barcelona

Trip code EFFS

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Farm-to-Table Lunch, Argilliers

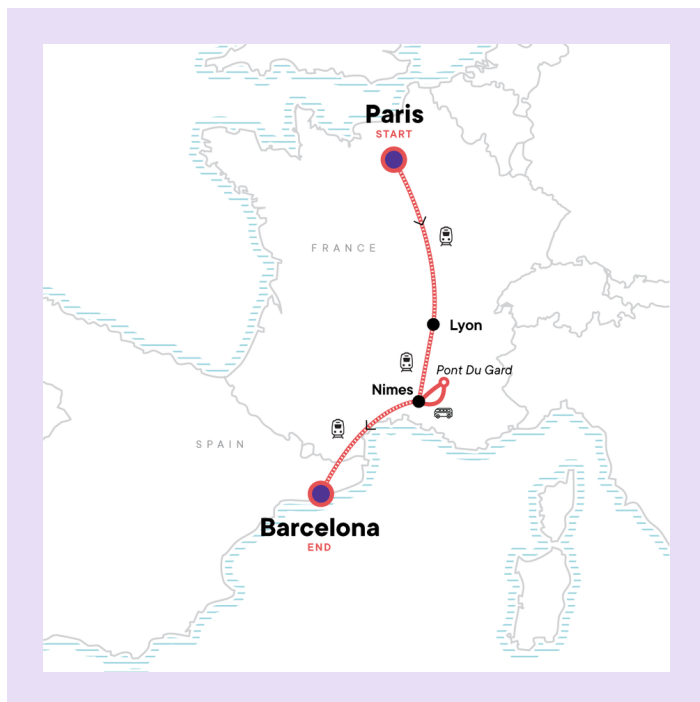
- Paris-by-night orientation walk
- CEO-led walking tour of Paris
- Lyon walking tour
- 48-hour Lyon metro card
- Guided walking tour of Nîmes' Old City and Amphitheatre visit
- Visit Pont Du Gard
- Guided walking tour of Barcelona
- 24-hour Barcelona metro ticket
- All transport between destinations 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 April 11th, 2025 and onwards

Itinerary



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

Day 1

Paris

Arrive at any time. After a welcome briefing, set off with your CEO on a orientation walk to explore Paris at night on the way to an optional dinner out.



Accommodation

Mama Shelter Paris East (or similar)

Hotel



Today's Activities

Paris Orientation Walk by Night

Paris

1h

1km

Join your CEO on a short walk through the streets of Paris at night. With the buildings illuminated and the daytime tourist crowds out of the way, you're free to photograph the French capital from her best possible angles. The leisurely nighttime route takes you past Opera Garnier, the Champs Elysees, Les Invalides, and much more.

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

Paris

Set off by public transport this morning for a trip to Montmartre, where artists thrive and city views are abundant. Sample a mouth-watering croissant or pain au chocolat, then take to the streets with a CEO-led orientation walk. Once oriented, explore however you wish with a free afternoon - perhaps book onto a river cruise to see the city from a different perspective, visit the colossal Louvre, or get your blood pumping with a walk up the Eiffel Tower.

Due to lines and wait times we recommend purchasing tickets in advance for popular landmarks that you wish to visit on your own.



Meals included

Breakfast



Accommodation

Mama Shelter Paris East (or similar)

Hotel



Today's Activities

Montmartre Walking Tour

Paris

1h

2km

Take in the Abbesses Métro Montmartre Line 12 station and enjoy Hector Guimard's Art Nouveau entrance; one of only three remaining original métro constructions in Paris. Move onward to Picasso's studio, where Cubism was born, and finish up at Toulouse Latrec's last address.

Free Time

Paris

There's plenty to see and do; now is your time to explore. Tick the Eiffel Tower off your bucket list, scan the scenery from a boat cruise, or sit at one of the Parisian cafes and watch the world go by.



Optional Activities - Day 2

Eiffel Tower Visit

Paris

16EUR

2h-4h

Visit the most famous landmark in France, the Eiffel Tower. Opt to climb the stairs or take an elevator to the top for a stunning view over the city. Hang out at dusk and watch the tower light up.

Bateaux Parisiens cruise from Eiffel Tower

Paris

Climb aboard and set sail, enjoying the stunning Parisian architecture by water.

The Louvre Visit

Paris

12-16EUR

1h-5h

Examine the massive collection at the Louvre, home to the Mona Lisa and the Winged Venus. While it might take a lifetime to view everything in the museum, one of the largest in the world, make the most of the time you have and try to spend at least a few hours wandering around.

Day 3

Paris/Lyon

Enjoy a leisurely morning for any last sightseeing before boarding a local train bound for Lyon. Check into your hotel and then set off to explore some of the city's highlights with a local guide, culminating at the Basilica of Notre Dame de Fourvière for great views over the city. The rest of the evening is free to choose from a breadth of amazing restaurants in the city for dinner.

Lyon is considered to be an economic and cultural hub in France and is home to several historical landmarks; ancient Roman theatres, the Medieval-Renaissance District of Old Town, etc. Picture cobblestone streets, secret passage ways called 'Traboules', and picturesque viewpoints.



Meals included

Breakfast



Today's Activities

Free Time

Paris

Take in any last-minute sightseeing in Paris this morning before boarding the train to Lyon.

Local Train

Paris - Lyon

2h

Climb aboard, take a seat, and watch the world go by.

Lyon Walking Tour

Lyon

2h

3km

Set out on foot exploring Lyon and take in the historic Roman and Renaissance architecture and UNESCO World Heritage Sites. Finish up at the Basilica of Notre Dame of Fourvière where you can enjoy a beautiful viewpoint.

Day 4

Lyon

Take advantage of a free day to explore Lyon. Wander the picturesque streets and visit some of the historic landmarks of the city, take an optional food tour or just relax at one of the many quaint cafes and watch the world go by. Lyon has become famous as a gastronomical capital of not only France, but of the world.



Meals included

Breakfast



Today's Activities

Free Time

Lyon

There's plenty to see and do in Lyon. Now is the time to explore. Sample local flavours with a local food tour, visit the Musée des Beaux-Arts de Lyon, or sit back and enjoy the view on a river cruise. There's something for everyone.

Day 5

Lyon/Nîmes

Depart Lyon for the Occitanie region of France and to the city of Nîmes, known as the "French Rome." Drop off your bags at the hotel, then set out on a walking tour of the old part of the city. Marvel at the Roman amphitheater, stroll around the UNESCO World Heritage monument of Maison Carrée and observe the Tour Magne, a vestige of Gallic Nîmes overlooking the Jardins de la Fontaine. The rest of the afternoon and evening is free.



Meals included

Breakfast



Today's Activities

Nîmes Old City Tour

Nîmes

2h

Embark on a walking discovery of Dualism: a dialogue between past and present. Explore the Roman ruins, including the Arena of Nîmes, while simultaneously appreciating the thriving street art and architecture scene. A true French experience.

Local Train

Lyon - Nîmes

1h15m

260km

Climb aboard, take a seat, and watch the world go by.

Free Time

Nîmes

There's plenty to see and do in Nîmes; now is the time to explore. Wander through the Jardin de La Fontaine or dive into the culture at the Museum Romanité.

Head out on a drive from Nimes to the magnificent Pont du Gard. Standing at an impressive 49 meters tall, this is the highest Roman aqueduct bridge in the world and is the only example of an ancient three-tier bridge still standing today. Later, stop for a delicious farm-to-table lunch in a small village before returning to Nîmes in time to catch the train to Barcelona.



Meals included

Breakfast | Lunch



Accommodation

Hotel AA Viladomat Barcelona (or similar)

Hotel



Today's Activities

Private Vehicle

Nîmes - Pont du Gard

45m-1h

28km

Settle in and scan the scenery from the convenience of a taxi.

Pont du Gard Visit

Pont du Gard

Dive into Roman history and engineering as you explore the highest Roman aqueduct ever built, aptly named as a UNESCO World Heritage Site. Take in views of the Gardon River and learn about how this feature once supplied water to the city of Nîmes.

Private Vehicle

Pont du Gard - Argilliers

30m

25km

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

ACTIVITY

Savour a delicious farm-to-table lunch from a traditional French restaurant near the Pont du Gard, prepared from fresh and local ingredients.

Private Vehicle

Argilliers - Nîmes

30m

25km

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

Local Train

Nîmes - Barcelona

3h30m

400km

Climb aboard, take a seat, and watch the world go by.

Day 7

Barcelona

Set off on foot with a local guide on a walking tour of Barcelona, enjoying the sights and sounds of this iconic and vibrant Spanish metropolis. The rest of the day is free for individual exploration of the city's many museums, parks and plazas before regrouping in the evening for an optional dinner out.

Due to lines and wait times we recommend purchasing tickets in advance for popular landmarks you may wish to visit on your own.



Meals included

Breakfast



Accommodation

Hotel AA Viladomat Barcelona (or similar)

Hotel



Today's Activities

Barcelona Walking Tour

Barcelona

2h

2km

Discover the enchanting Gothic Quarter of Barcelona, a maze of narrow, winding streets filled with medieval architecture, hidden plazas, and ancient Roman remnants. Stroll past the majestic Barcelona Cathedral, charming shops, and cozy tapas bars, while soaking in the history that dates back over 2,000 years. A captivating journey through the city's oldest and most atmospheric neighbourhood.

Free Time

Barcelona

There's plenty to see and do in Barcelona; now is your chance to explore. Check out the iconic Sagrada Familia, Parque Güell, or wander down Las Ramblas.



Optional Activities - Day 7

Montjuïc Visit

Barcelona

5EUR

1h-1h30m

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

Las Ramblas Visit

Barcelona

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

La Sagrada Família Visit

Barcelona

17-37EUR

1h-2h

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

Parque Güell Visit

Barcelona

10EUR

2h-2h30m

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

Day 8

Barcelona

Depart at any time.



Meals included

Breakfast



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
- Your Foodie Moment: Farm-to-Table Lunch, Argilliers
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What are the main highlights of this trip?

Stroll through Montmartre and admire the hilltop views from the Sacré-Cœur Basilica, Stand beneath the towering Basilica of Notre-Dame de Fourvière in Lyon, Walk in the footsteps of the Romans at the Pont du Gard aqueduct near Nîmes, Wander the winding alleys of Barcelona's historic Gothic Quarter

What are the main highlights of this trip?

Stroll through Montmartre and admire the hilltop views from the Sacré-Cœur Basilica, Stand beneath the towering Basilica of Notre-Dame de Fourvière in Lyon, Walk in the footsteps of the Romans at the Pont du Gard aqueduct near Nîmes, Wander the winding alleys of Barcelona's historic Gothic Quarter

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.

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

1. LOCAL GUIDES

It is important to note that in Europe, all guiding is based around local guides all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places.

2. LUGGAGE

In Europe it is very rare to find elevators in train stations, hotels or other public places. We use public transport on this trip, which means you will need to carry your luggage from platform to platform, in and out of trains and buses etc. and also possibly up several flights of stairs. You will also need to be able to stow your luggage safely on trains and buses. It is therefore essential that you pack light and bring luggage which is compact and lightweight, and which you can easily transport. The carrying of your luggage remains your responsibility at all times.

3. COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

4. 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.

5. 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 group leader like?

This G Adventures group trip is accompanied by one of our group leaders. 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. 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?

7 breakfasts, 1 lunch

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?

Private vehicle, public transport, taxi, train, walking.

What transportation will we take on this trip?

Intercity transport on this trip will be mainly by public bus and train. The bus and train systems in France and Spain are generally very good, most offer seat reservations, some buses have toilet facilities and others don't, but drivers often stop en route for service station breaks.

Please note that we use public transport such as metro and taxis to get to train and bus stations. It is important that you are able to carry your luggage comfortably and that it can be packed into a relatively small space.

Between transport and hotels you may be required to carry your luggage short distances (up to 15mins walk), occasionally the group will take taxis to and from hotels.

Is there an extra cost for travelling solo?

We believe solo 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 solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotels (7 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?

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

Note that most accommodation in Europe does not have air conditioning units in rooms. Air conditioning is not routinely installed in European homes and workplaces. However, nearly all hotels will provide a standing or desk fan for your room on hot nights. If you do not already have one in your room, please ask your CEO to organize one for you with reception.

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 Paris airport (CDG), you can reach the city centre in a few ways. You can take the RER B Train from the airport to the main stops in Paris, including Paris Gare du Nord. Alternatively, you can take the bus (Roissybus).

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, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

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

G Adventures Office London, United Kingdom

During Office hours (Weekdays, 9am-5:30pm Local Time)

+44 20 7243 9870

For absolute emergencies after office hours please contact: +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, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1300 796 618

Calls from New Zealand: 0800 333 307

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

Are there any additional packing suggestions I should consider?

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

What should be on my packing list?

Conservative Dress:

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

Documents:

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

Essentials:

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

Health & Safety:

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

Warm Weather:

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

When can I do my laundry on this trip?

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

What 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 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 in Western Europe. 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 euros, travellers cheques 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.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

How much emergency money should I bring on this trip?

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

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 day can be used as a guideline.

What activities are optional on this trip?

Paris

- Eiffel Tower Visit (16EUR per person)
- Bateaux Parisiens cruise from Eiffel Tower
- The Louvre Visit (12-16EUR per person)

Barcelona

- Montjuïc Visit (5EUR per person)
- La Sagrada Família Visit (17-37EUR per person)
- Parque Güell Visit (10EUR per person)
- Las Ramblas Visit

Are there any health considerations I should know before travelling?

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

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

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What are the trip specific safety considerations?

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

What rules should I know before joining this trip?

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

Is travel insurance required for my trip?

Travel insurance 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 evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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?

When in places of religious worship travellers are expected to dress modestly, with shoulders and knees covered.

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.