



## **Greece & Turkey: Athens to Istanbul Adventure**

7 days, Athens to Istanbul

Trip code EGGI

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Cultural Walk and Tavern Visits with Meze Plates, Vólos
- Visit Thermopylae Battleground Site and Information Centre
- Volos Orientation Walk
- Full-day village-hopping tour from Vilos
- Hike to centaur cave from Milies, Visit a women's coop in Vizitsa
- Visit Pinakates, Agios Georgios and beach time at Kato Gatzea
- Walk in Mount Olympus National Park
- Polycentric Museum of Aigai
- Thessaloniki Orientation Walk
- Walking exploration of Kavala's old town
- Alexandroupoli orientation walk
- 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 20th, 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

## Athens/Vólos

Depart Athens in the morning for the drive to Volos, with a quick stop in Thermopylae on the way for a short visit. Once in Volos, set off on an orientation walk with your CEO, followed by some free time to settle into the hotel and relax. In the evening, meet up with a local guide and head out on a cultural walk to see some of the city's highlights, stopping at 2 different local taverns along the way for small plates of food called 'meze,' truly a local and delicious experience that will serve as a light dinner.

Thermopylae is an ancient battlefield where Greek (mainly Spartan) soldiers held off the Persian army for three days. A battle which acted as inspiration for the movie 300.

This tour departs from Athens on day 1 and it is required to be at the meeting point hotel no later than 8:00am. We recommend that you book a pre-night at our hotel or nearby for the night prior so that you don't miss the group transfer.



### Meals included

Dinner



### Accommodation

Magnes Hotel Volos (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.

Private Vehicle

Athens - Thermopylae

2h30m

200km

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

Thermopylae and Information Center Visit

Thermopylae

45m

Explore the Thermopylae site and Information Center, dedicated to commemorating the historic Battle of Thermopylae, a pivotal event in ancient Greek history. Learn about how Spartan warriors defended against a Persian invasion at this site in 480 BC through exhibits featuring multimedia presentations and artifacts.

Private Vehicle

Thermopylae - Vólos

1h30m

132km

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

Orientation Walk Volos

Vólos

1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, and ATMs, as well as point out some local sites.

## ACTIVITY

Set out on a walk with a local guide, learning of archaeology, mythology, and gastronomy as you sample local drinks and delicious plates of 'meze'. Witness the city's highlights and immerse yourself in Volos' unique culture.

Head out from Volos today on a day of exploration and cultural immersion, hopping village-to-village. Explore Milies and take a short hike to a cave, stop by a women's co-op in Vizitsa then visit the town of Pinakates and have beach time at Kato Gatzzea before returning to Volos in the evening. Each stop provides a unique glance into the daily life in this beautiful corner of the world.



## Meals included

Breakfast



## Accommodation

Magnes Hotel Volos (or similar)

Hotel



## Today's Activities

Private Vehicle

Vólos - Milíés

45m

27km

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

Milíés Visit

Milíés

2h

Explore Milies, a well preserved village known for its stone mansions, cobblestones, and railway. Head out on foot for a short 1-hour hike to visit the Centaur Cave where Chiron lived. Visit the church and take some time to shop for local wares.

Vizitsa Visit

Vizitsa

1h30m

Visit Vizitsa, known for the agricultural co-op owned and run by local women. Opt to sample local goods and enjoy coffee and snacks.

Pinakates Visit

Pinakates

30m

Explore the village square; take in panoramic views of the surrounding landscape.

Kato Gatzzea Visit

Káto Gatzéa

2h30m-3h

Sit back and relax with free time at the beach. Enjoy the golden sand and clear water, or explore the quaint village, home of local tavernas serving truly authentic Greek cuisine.

Private Vehicle

Káto Gatzéa - Vólos

30m

18km

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

Drive north from Volos, stopping at Mount Olympus National Park for a short walk near the mountain that was home to the gods in Greek mythology. Continue to the Polycentric Museum of Aigai to tour the tombs and see the archaeological artifacts before carrying to Thessaloniki. Join your CEO for an orientation walk and enjoy a free evening.

Between November 1, 2025, and March 31, 2026, the Polycentric Museum will be closed. If you are travelling during these dates, the visit will be replaced by the Archaeological Museum of Thessaloniki.



## Meals included

Breakfast



## Accommodation

Queen Olga Hotel (or similar)

Hotel



## Today's Activities

Private Vehicle

Vólos - Mount Olympus

2h

142km

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

Mt Olympus National Park

Olympus National Park

2h

Arrive at the Prioni Refuge and visitor centre for free time over lunch, then take part in a short walk with your CEO through the forest around Mt Olympus, the summit is said to house the mythical Gods. Explore the vast wilderness and several different ecosystems.

Private Vehicle

Mount Olympus - Vergína

1h30m

90km

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

Polycentric Museum of Aigai

Vergína

1h30m

Visit one of the most important archaeological discoveries of the 20th century, the Vergina Royal Tombs. Vergina was the first capital of the ancient kingdom of Macedonia and houses the Royal Tomb of King Phillip, father of Alexander the Great. Tour the tombs and museum and witness the stunning treasure found here.

Private Vehicle

Vergína - Thessaloníki

1h

71km

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

Orientation Walk Thessaloniki

Thessaloníki

1h

1km

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets and ATMs and show you some of the main sites.

Day 4

## Thessaloniki

Take advantage of a free day to explore Thessaloniki. Discover historic landmarks like the Roman Forum, visit museums or take a walking food tour, sampling dishes like Greek 'meze' and other regional specialties. In the evening, head out for an optional dinner at one of your CEO's favourite local spots.

---



### Meals included

Breakfast

---



### Accommodation

Queen Olga Hotel (or similar)

Hotel

---



### Today's Activities

Free Time

Thessaloniki

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

---



### Optional Activities - Day 4

Archaeological Museum of Thessaloniki

Thessaloniki

One of the largest museums in Greece, the Archaeological Museum of Thessaloniki is home to to artifacts from the Prehistoric, Archaic, Classical, Hellenistic and Roman periods.

Nea Paralia

Thessaloniki

Head down to Thessaloniki's waterfront, one of the most beautiful and internationally awarded promenades. Explore the cycle paths, sports fields, culinary outlets, and the attractive seaside.

Day 5

## Thessaloniki/Kavala

Wave goodbye to Thessaloniki this morning and drive to the city of Kavala. Settle in and orient yourself with a CEO-led orientation walk of the old town with the option to walk up to the castle for great views of the city and of the sea. The rest of the afternoon and evening are free to continue exploring or to relax.



### Meals included

Breakfast



### Accommodation

Nefeli Hotel Kavala (or similar)

Hotel



### Today's Activities

Private Vehicle

Thessaloniki – Kavala

2h

153km

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

Orientation Walk Kavala

Kavala

1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Free Time

Kavala

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

Day 6

## Kavala/Istanbul

Depart Kavala in the morning and drive east to the city of Alexandroupoli. Take a short walk with the CEO to explore the area and have some time for lunch before continuing on to the Turkish border and onwards to Istanbul, arriving in the evening.



### Meals included

Breakfast



### Accommodation

Hotel Centrum Istanbul (or similar)

Hotel



### Today's Activities

Private Vehicle

Kavala – Alexandroupoli

2h

150km

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

Alexandroupoli Walk

Alexandroupoli

30m

1km

Wander the old town area with your CEO and learn about the two communities intermingling in their daily lives.

Private Vehicle

Alexandroupoli – Istanbul

4h30m

300km

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

Day 7

## Istanbul

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: Cultural Walk and Tavern Visits with Meze Plates, Vólos
- Visit Thermopylae Battleground Site and Information Centre
- Volos Orientation Walk
- Full-day village-hopping tour from Vilos
- Hike to centaur cave from Milies, Visit a women's coop in Vizitsa
- Visit Pinakates, Agios Georgios and beach time at Kato Gatzera
- Walk in Mount Olympus National Park
- Polycentric Museum of Aigai
- Thessaloniki Orientation Walk
- Walking exploration of Kavala's old town
- Alexandroupoli orientation walk
- All transport between destinations and to/from included activities

## **What are the main highlights of this trip?**

Walk the legendary battlefield of Thermopylae—the origin of the movie 300, Stand in the shadow of mighty Mt Olympus—the mythical home of the gods, Indulge in traditional 'meze' while uncovering ancient myths on a cultural tour of Volos

## **What are the main highlights of this trip?**

Walk the legendary battlefield of Thermopylae—the origin of the movie 300, Stand in the shadow of mighty Mt Olympus—the mythical home of the gods, Indulge in traditional 'meze' while uncovering ancient myths on a cultural tour of Volos

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

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 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?

### 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.

### 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, otherwise known as a Chief Experience Officer (CEO). 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?

6 breakfasts, 1 dinner

## What are the meals like on this trip?

Eating is a big part of traveling. 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. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. 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, walking.

## **What transportation will we take on this trip?**

Transport on this trip will be a mix of private vehicles and an overnight train. The train system in Greece are generally good and comfortable although there will be some windy roads and as with most things on the Mediterranean, timetables are more of a guideline than strict rule! We will also be travelling by way of overnight ferry. Between transport and hotels you will be required to carry your own luggage short distances (up to 15mins walk), so pack light!

## **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 (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?**

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 Athens airport (ATH), you can reach the city centre in a few ways. You can take the metro (M3 line) directly to the centre. Alternatively, you can take a local bus (X95).

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

JOINING HOTEL:

Parnon Hotel Athens

20 Tritis Septemvriou & 21 Chalkokondili St

Athens

Greece

WELCOME MEETING TIME: 08:00am

You will meet your group at the meeting point hotel at 08:00am, before departing Athens. Make sure to arrive to Greece with ample time to arrive at the meeting point to ensure you don't miss the departure time. Enquire about booking a pre-night hotel if you choose to arrive the day before.

## 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 information should I be aware of as the itinerary draws to a close?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

## Are there any additional packing suggestions I should consider?

Space is limited on transportation, so there is a limit of one piece of luggage per person. Please carefully consider your luggage size and weight when packing, and remember that laundry facilities will be available throughout the tour.

Bringing your belongings in a small or medium sized suitcase, preferably a soft bag, will allow you the flexibility to better enjoy your travels on the ground.

# 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.)

### **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](#)

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 commonly available, there are no guarantees that your credit or debit cards will actually work in Greece. Check with your bank. You should be aware when purchasing products or services on a credit card, that a fee usually applies. Do not rely on credit or debit cards as your only source of money. A combination of Euros, traveller's cheques and cards is best. 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](http://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?

### Thessaloniki

- Archaeological Museum of Thessaloniki
- Nea Paralia

## 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?

Like anywhere in the world, major cities have areas safer than others, use common sense, be aware of your surroundings and mind your personal belongings.

## 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 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.