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Sorry! There are no remaining departures for "Highlights of Ladakh" (AHDL), [but here are some similar trips](#).



## Highlights of Ladakh

15 days, Delhi to Delhi

Trip code AHDL

### What's included

- Your G for Good Moment: City Walk, Delhi
- Your Welcome Moment: Meet Your CEO and Group

- Walking tour with a guide from the G Adventures-supported Delhi Streetkids project
- Old and New Delhi tour
- Orientation walk of Dharamsala with temples of Masrur
- Bhagsunag visit and hike
- Old Manali Manu Temple and Hidimba Temple visits (Manali)
- Kardang Monastery (Keylong)
- Shey Thikse and Hemis Monastery visits
- Gya village and Miru village visit
- Stok Palace and museum visit
- Internal flight
- All transport between destinations and to/from included activities

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

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

**VALIDITY:** Valid for all trips departing January 1st, 2015 and onwards

# Itinerary

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

Day 1

## Delhi

Arrive at any time.

There are no activities planned until an evening welcome meeting.



## 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.

Take a morning walk through the city with a young adult from the G Adventures-supported New Delhi Streetkids Project. Later, visit Old Delhi, explore the spice markets, and check out Jama Masjid and Connaught Place. Opt to visit Akshardham temple before boarding an overnight train to Pathankot Cantt.



## Meals included

Breakfast



## Today's Activities

ACTIVITY

2km

Explore the streets of Delhi with a youth-led tour guide from the G Adventures-supported City Walk project. As a former at-risk youth, your local guide will have a unique perspective on the city and can provide more information on the life of a child in India. The guided tour helps support the guide's college or university tuition.

Jama Masjid Visit

Delhi

30m-1h

Travel through the winding roads of Old Delhi to visit the gorgeous Jama Masjid, the Great Mosque of Delhi. Commissioned by Shah Jahan, the Mughal emperor who also commissioned the Taj Mahal, it is the best-known and largest mosque in India. Explore the stately structure, which was completed in 1656, and enjoy its massive courtyard, which can hold 25,000 worshippers.

Connaught Place Visit

Delhi

1h

3km

Explore the Victorian architecture of Connaught Place, which is a giant circle at the centre of any map of Delhi. Buy trinkets and textiles at the market on Janpath, which came into being when refugees from Pakistan began peddling their wares on this road after Partition in 1947. It remains one of Delhi's most colourful markets, and is very popular with tourist and locals alike.

Basic Overnight Train (beds)

Delhi - Pathankot

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

Akshardham Temple Visit

Delhi

Free

1h-3h

Get ready to be dazzled by this stunning, elaborately carved Hindu temple made entirely of Rajasthani pink sandstone and Italian marble. The complex displays millennia of traditional Hindu and Indian culture, spirituality, and architecture. It's a relatively recent temple, and was opened to the public only in 2005.

Day 3

## Pathankot/Dharamshala

Arrive to Pathankot Cantt and continue by van to Dharamshala. Enjoy an orientation walk of the city and tour the temples of Masroor.



## Today's Activities

Private Vehicle

Pathankot - Dharamshala

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

Orientation With CEO

30m-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.

Masrur Rock Temples Excursion

Dharamshala

Still a mystery, as to their origins, the Masrur Temples, also referred to as Masroor Temples or Rock-cut Temples are an early 8th-century complex of rock-cut Hindu temples in the Kangra Valley. The main shrines contain the stone idols of Rama-Laxman and Sita. and it is claimed that all 15 temples are carved out of a single rock. Initially, there were 19 structures, and now only 15, plus the reservoir. Enjoy a tour of this enigmatic and mysterious place.

Take a morning excursion to Bhagsunag. Later, enjoy free time with the option to visit the Norbulingka Institute, dedicated to preserving Tibetan culture.

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## Meals included

Breakfast

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## Today's Activities

Bhagsunath Temple Excursion

Dharamshala

Hike to Bhagsunag temple, a sacred place for Hindus and the Gorkha community where worshippers pray to Shiva, the Hindu god of destruction. There are two pools in the temple complex that are believed to have healing properties. This ancient Shiva Temple is connected to a mythological legend and is believed to have been built by King Bhagsu.

Free Time

Dharamshala

Enjoy some free time to explore this mystical city or to sit back and relax with a cup of chai.

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## Optional Activities - Day 4

Kangra Art Museum Visit

Dharamshala

This hidden gem of a museum in Kotwali bazaar boasts a collection of artifacts dating back to 5th century, which display the rich past of the Kangra Valley. It includes a gallery of Kangra's famous miniature paintings, sculptures, pottery, and anthropological items.

Tibetan Institute of Performing Arts Show

Dharamshala

Take in a performance of "Lhamo," a colourful and unique folk opera from Tibet, at the Tibetan Institute of Performing Arts. It's well worth it.

Norbulingka Institute Visit

Dharamshala

Explore a treasure trove of Tibetan culture in exile at the Norbulingka Institute. Many books, precious statues, and monasteries in Tibet were destroyed following the Chinese invasion in 1950, making the

Norbulingka Institute one of the best places to learn about Tibetan culture and art anywhere in the world.

Day 5

## Dharamshala/Manāli

Enjoy the scenery during a long travel day on the road towards Leh. En route to Manali, explore Palampur, a green hill station surrounded by tea gardens and forests. Drive through the Kullu Valley in the Himachal Pradesh region, marvelling at the rivers, mountain villages, orchards, and forests.



### Meals included

Breakfast



### Today's Activities

Private Vehicle

Dharamshala – Manāli

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

Palampur Visit

Palampur

2h-3h

Have a cup of chai tea or a bowl of rice while visiting the tea estates or rice fields that surround the small town of Palampur.

Kullu Valley Visit

Explore the bustling bazaars of Kullu. Experience one of the largest celebrations of the Hindu festival of Dussehra, where over 200 idols from neighboring temples are paraded through the town. Visit the Raghunath Temple, and check out the statue of the mighty Lord Raghunath housed there.

Day 6

## Manāli

Enjoy visits to the old Manali Manu Temple and the Hidimba Temple. Spend a free afternoon exploring the area.

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### Meals included

Breakfast

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### Today's Activities

Manu Temple Visit

Manāli

1h

Visit the Manu Temple, which is dedicated to the Hindu sage Manu and is a site for many pilgrims.

Hidimba Temple Visit

Manāli

Visit the Hidimba Devi Temple, which is built around a cave. Walk around in the cedar forest that surrounds the temple.

Free Time

Manāli

Get out and explore this beautiful area.

Day 7

## Manāli/Keylong

En route to Keylong, drive through the Rohtang Pass, known for its spectacular scenery. Spend the afternoon in Keylong exploring the town and visiting the Kardang Monastery.

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### Meals included

Breakfast | Dinner

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### Today's Activities

Private Vehicle

Manāli - Keylong

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

Kardang Monastery Visit

Keylong

Visit the Buddhist monastery, which is surrounded by prayer flags and houses a large, golden statue of the Buddha.

Day 8

## Keylong/Sarchu

Depart on another scenic drive to reach Sarchu. Cross the Bara-lacha Pass before relaxing in a tented camp in the middle of the Himalayas. Enjoy one night in this remote location.

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### Meals included

Breakfast | Dinner

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### Today's Activities

Private Vehicle

Keylong - Sarchu

Cross the scenic Bara-lacha Pass at 4890m.

Free Time

Sarchu

Enjoy some free time and take in the fresh Himalayan air.

Day 9

## Sarchu/Leh

Continue on, crossing the Zaskar Range, travelling through the Lachlung Pass and the Taglung Pass, to reach the town of Leh. Settle in and spend some free time visiting the town.

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### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Sarchu - Leh

Travel through the Zaskar Range, crossing the Lachlung Pass at 5,060m (16,601 ft) and the Taglung Pass at 5,330m (17,487 ft). Reach Leh at a 'lower' elevation of 3,524m (11,562 ft).

Days 10–13

## Leh

Over the next four days, explore Leh and the surrounding region. Visit the Shey Thikse and Hemis Monastery, take a day trip to the Gya and Miru villages, and enjoy the scenic meadows on the way. Visit the Stok Palace and Museum. With free time, opt for a rafting excursion, take part in a yoga or meditation session at a nearby centre, or go mountain biking.

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### Meals included

Breakfast

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### Today's Activities

Shey, Thikse and Hemis Monastery Visit

Leh

Visit these three Tibetan Buddhist monasteries. Check out the massive, three story statue of the Buddha in Shey monastery and admire the beauty of the Thikse monastery. Explore around the Hemis monastery -- it's one of the most famous and largest monasteries in the region.

Stok Palace and Museum Visit

Leh

Get a taste of the life of Indian royalty by visiting Stok Palace, home of the former royal family of Ladakh. Explore the palace and its adjoining museum, and see the queen's ancient turquoise and gold crown and a photo of the young king wearing sneakers.

Gya and Miru Villages Excursion

Leh

Experience the beauty of two authentic Indian villages for a taste of rural life in India.

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### Optional Activities - Days 10–13

Mountain Biking

Leh

Take to two wheels to explore Leh's surrounding countryside.

Rafting Excursion

Leh

Enjoy a ride on a raft.

Get in touch with your spiritual side in the Himalayas with a yoga or meditation class.

Day 14

## Leh/Delhi

Catch a morning flight back to Delhi with some free time to explore the bustle of this capital city.



### Meals included

Breakfast



### Today's Activities

Plane

Leh - Delhi

1h30m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Free Time

Delhi

Enjoy some free time to explore this lively city.

Day 15

## Delhi

Depart at anytime.



### Meals included

Breakfast

## What's included

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- Internal flight
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

See Delhi from a new perspective with a former streetkid-led walking tour, learn more about Tibetan culture in Dharamsala, soak in the dramatic mountain scenery, visit small villages and beautiful temples.

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## Is there an 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.

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

## 1. CULTURE

India is a country which is very different to anything you will have experienced before. Although this means it is not the easiest place to travel, this is also what makes it so special. Pollution, poverty and the crowds can result in initial culture shock but should be seen as an exciting new challenge. During our time here we have come to love this large and wonderfully different country but we know that we should always expect to encounter some difficulties along the way.

In India there are very different attitudes to time keeping, public cleanliness, privacy and service. Trains will sometimes be late, plumbing can sometimes be temperamental and power will often just vanish. Optimistic menus turn out to have only one dish available and everyone, just everyone, will want to know your name. If you are able to travel with a lot of patience and a healthy sense of humor, then we know that you - like all of us - will be captivated by what India has to offer.

## 2. RAMADAN

Depending on the lunar cycle, Ramadan will fall between June 18th to July 17th, 2015. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. Only about 20% of Indians are Muslim, but it is important to note that there may be some limitations to services and disruptions to schedules during Ramadan. Generally our tours still operate effectively during this period and food is available to non-muslims throughout the day. It is important to display increased cultural sensitivity during Ramadan in predominately Muslim areas of India. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

# What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). 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 15, avg 10.

# What meals are included in this trip?

13 breakfasts, 2 dinners

## **What are the meals like on this trip?**

Eating is a big part of travelling. 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. Vegetarians will be able to find a huge range of different foods - India is vegetarian heaven. 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?**

Plane, private van, walking.

## **Are local flights included in the cost of the trip?**

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Please Note: Only 1 piece of luggage that weighs up to 15kgs will be permitted on our internal flights in India. For any extra weight the airline may charge an additional fee at the time of check-in.

## **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 (8 nts), guesthouse (5 nts), permanent camp (1 nts).

## **What is the joining hotel?**

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

## What are the joining instructions?

If this is your first trip to India an arrival transfer is recommended. The arrival transfer will be provided by our G Adventures-supported project Women on Wheels. This program provides safe and reliable transport for travellers, while providing a dignified livelihood for a local woman from a resource poor community. You will be greeted by a trained driver from the project with a G Adventures sign with your name on it. Please check carefully once you exit the baggage hall as there seem to be hundreds of people waiting outside in the arrival area. If you have any questions, please feel free to call our transfer representatives in Delhi. Our airport representatives can be reached at the Sakha Call Centre at +91 92787-08888.

Taking a taxi from New Delhi airport is convenient, but taxi drivers are famous for tampering with their meters and overcharging. Use the prepaid taxi service offered at the airport. You can make the arrangements at designated counters outside the baggage-claim area of the domestic terminals and international terminal. Unfortunately scammers have set up similar services, so make sure the counter is operated by the Delhi Traffic Police. Your destination, the time of your arrival and the amount of luggage determine the rate, which you pay in advance at the counter, but should be between INR200-300. Take the receipt and locate your assigned taxi. Taxis are black with yellow tops and have yellow number plates. Once you get into the taxi, don't give the driver the payment slip until you reach your destination. If the driver demands more rupees, politely refuse, although if they have driven safely, you may like to tip INR10-20.

Be aware also, of touts at the airports, even at hotel-reservation counters. They may try to trick you into booking a hotel room by claiming that your prior reservation is invalid. Ignore them.

Your CEO will contact you at the hotel on Day 1 and make sure you are settled comfortably. If you arrive late, they will leave you a message detailing what time and where you should meet the next morning. Your CEO will organize a short meeting soon after arrival, during which you will meet other tour participants and receive some general and specific information about aspects of the trip.

## 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.

### AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications please call our local G Adventures Transfer providers directly at:

New Delhi Airport:

Sakha Call Center

From outside India: +91 9278708888

From within Delhi: 9278708888

From outside Delhi: 09278708888

Airport Representative

From outside India: +919599193260 or +919599051397

From within Delhi: 9599193260 or 9599051397

From outside Delhi: 09599193260 or 09599051397

### EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Delhi)

G Adventures South Asia Manager, Rishab (Delhi, India)

>From outside of India: +91 88 5180 6614

>From within Delhi: 88 5180 6614

>From within India, but outside Delhi: 088 5180 6614

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

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: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

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

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bag which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in home stays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

## What should be on my packing list?

### 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.)

## 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](#)

All travellers must have a valid Indian visa prior to the start of their tour. Please note that visas for India are the responsibility of the individual traveller.

To obtain a visa for India, you may either apply for an e-Visa using the link below, or alternately visit the Indian embassy or consulate nearest you to apply for a physical visa on your passport.

India is now offering e-Visas for some nationalities. Please visit this link for further information, and to check if your nationality is eligible for an e-Visa: <https://indianvisaonline.gov.in/visa/tvoa.html>

As there are many fake websites, please only use the link above to apply for your e-Visa and for any additional information.

Please use the start hotel of your tour as a reference for your visa application. Contact us or your travel agent if you need further information.

## How much spending money do I need for my trip?

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

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com) As of Feb 2012 the exchange rate for INDIA was 1 USD = 49.00 INR (Indian Rupees). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

## 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?

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people 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 or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from USD1-2 per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline USD20-30 per person, per week can be used.

## What activities are optional on this trip?

### Delhi

- Akshardham Temple Visit (Free)

### Dharamshala

- Kangra Art Museum Visit
- Tibetan Institute of Performing Arts Show
- Norbulingka Institute Visit

### Leh

- Mountain Biking
- Rafting Excursion
- Yoga and Meditation Classes

## 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 sometimes 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. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. 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?

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 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?

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting small rural communities or visiting temples or mosques or other holy sites as this may restrict your entry.

India is very conservative and you should dress accordingly. As a general guideline shoulders and knees should be covered at all times. The wearing of shorts is not allowed as it will restrict your entry into buildings of a religious nature and family homes. A light water and windproof jacket is useful and a hat essential.

NB: WE STRESS THAT IT CAN BE VERY COLD IN THE HILLS DURING THE MONTHS FROM DECEMBER TO FEBRUARY.

NB: During our trip there will be many opportunities for you to meet and "talk" with locals. One way to start any conversation is with pictures. We recommend that you bring some photos/postcards of your family, home, city or country where you live, animals peculiar to your country etc.

## 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.