



## **Hiking Northern Greece**

7 days, Thessaloníki to Préveza

Trip code EGHG

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Locally-Foraged Dinner at Taverna, Zagori

- Two-day Mount Olympus Hike including treks to Skala and Skolio Summits
- Zagori Mountain Villages and Bridges Hike
- Hiking in Meteora
- Hiking Vikos Gorge

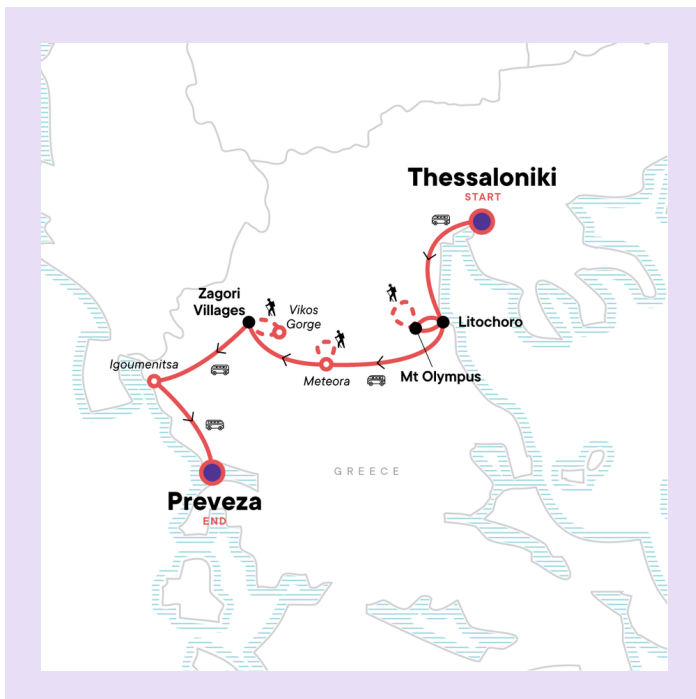
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one 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 December 8th, 2020 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

## Thessaloníki/Litóchoro

Arrive in Thessaloniki by 3pm to meet your fellow travellers. From our meeting point, hop in a private transfer to Litochoro. Meet your CEO, an experienced local hiking guide, at tonight's welcome meeting. Opt to head out for dinner with the group.

Please note that if you wish to opt-out of the included group transfer, you may travel to Litochoro independently and join your CEO and fellow travellers at tonight's welcome meeting. Litochoro is accessible by train from Athens or from Thessaloniki.



### Accommodation

Guesthouse Papanikolaou (or similar)

Guesthouse



### Today's Activities

Private Vehicle

Thessaloníki - Litóchoro

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

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. 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

## Litóchoro/Mount Olympus

Transfer to Príonia, where our Mount Olympus ascent begins. On today's half-day hike, travel along a section of the famous E4 path. Trek through lush forests of pine, beech and fir trees on one of the mountain's most well-travelled routes. Enjoy dinner at the refuge and prepare for tomorrow's summit hikes.

Please note: you must bring a daypack for tonight's overnight trek on Mt. Olympus. Your main luggage will be left at the guest house in Litochoro, where we will return to stay the following night.



### Meals included

Breakfast | Dinner



### Accommodation

Spilios Agapitos Refuge (or similar)

Refuge



### Today's Activities

Private Vehicle

Litóchoro - Príonia

30m-45m

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

Mount Olympus Hike Day 1

Mount Olympus

3h-4h

Begin the hike in Prionia, at an altitude of 1,100m. Today's route will take us through a part the E4 path that connects multiple long-distance trails from Spain to Greece. Hike along winding paths and sloped trails surrounded by thick forests until we reach the Spilios Agapitos mountain refuge at 2,100m.

Elevation change: + 1,000m

Day 3

## Mount Olympus/Litóchoro

With an early morning start, head out to climb the Skala and Skolio summits – two of the highest among Mount Olympus' many peaks. En route back to the refuge, cross under the "Throne of Zeus" and over the Muses plateau. After a short rest, descend via the E4 and end the day in Litochoro.



### Meals included

Breakfast



### Accommodation

Guesthouse Papanikolaou (or similar)

Guesthouse



### Today's Activities

Trek to Skala and Skolio Summits

Mount Olympus

5h-6h

Begin today's first hike as the sun rises. Set out to reach the summits of Skala (at 2,882m) and Skolio (at 2,911m), the second-highest of Mount Olympus' peaks. Some scrambling will be required as we hike along narrow paths to the top.

Elevation change: +/- 800m

Mount Olympus Hike Day 2

Mount Olympus

3h-4h

From the mountain refuge, take same route along the E4 back to Prionia.

Elevation change: - 1,000m

Private Vehicle

Príonia – Litóchoro

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

Day 4

## Litóchoro/Zagori

Travel to Meteora and see its famous cliff-top monasteries. Learn about the area's history and unique geological features as you hike along local trails with unparalleled views. Pass by the ruins of Pantokrator and the "hidden" monastery of Ypapanti to reach the magnificent Varlaam and Great Meteoron towering over the valley. Transfer to Zagori.

Please note that if you wish to enter the Great Meteoron monastery, you must pack suitable clothing (i.e. an additional shawl, long pants) with you on this day. Entrance is €3.



### Meals included

Breakfast



### Accommodation

Archontiko Zarkada (or similar)

Lodge



### Today's Activities

Private Vehicle

Litóchoro - Meteora

2h

150km

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

Hiking in Meteora

Meteora

3h

7km

Today's hike starts and ends in the village of Kastraki, and follows a lot of the same paths local monks have used since the 15th century. From the monastery of St. Nicolas, wind your way through tall rock towers to reach the Pantokrator ruins. Continue into the heart of the forest to Ypapanti, seemingly wedged into the cliffs. Hike up to an elevated viewpoint to see the monasteries of Varlaam and Great Meteoron - the oldest and grandest in Meteora.

Elevation change: +/- 472m

Private Vehicle

Meteora - Zagori

3h15m

160km

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

Day 5

## Zagori

Explore the quaint stone villages of Zagori, a region of made up of over 45 remote villages and hamlets tucked into the Pindus mountain range. Discover the area's beautiful arched stone bridges and cobbled paths, built to link dozens of mountainous communities together – centuries before roads! Today, it's a hiker's paradise.



### Meals included

Breakfast



### Accommodation

Archontiko Zarkada (or similar)

Lodge



### Today's Activities

Zagori Mountain Villages and Bridges Hike

Zagori

6h

15km

Our trek follows a circular route through some of the best-preserved traditional villages of central Zagori. From Vitsa we follow a downhill path to the Misios bridge and continue to Koukouli, then onto the village of Kipi with its triple-arched Plakidas bridge. Get a glimpse into Vickaki Gorge before hiking through dense forest to reach Dilofo. The Zagori region is famous for its local stone craftsmanship and traditional architecture, offering a true window into the past.

Elevation change: +/- 538m

Day 6

## Zagori

Trek through the stunning Vikos Gorge, known as the "Greek Grand Canyon" and part of the Vikos-Aoos National Park. Carved by the Voïdomatis River over millions of years, the Vikos Gorge is the world's deepest canyon in proportion to its width, according to the Guinness records. Hike to some excellent viewpoints framed by striking limestone and dolomite formations. Later, enjoy dinner at a taverna that specializes in locally-foraged ingredients.



### Meals included

Breakfast | Dinner



### Accommodation

Archontiko Zarkada (or similar)

Lodge



### Today's Activities

Hiking Vikos Gorge

Vikos

6h-7h

12km

Hike through one of Europe's most impressive gorges at 12km long and 900m deep, with vertical cliffs that rise up to 1,700m high. From the village of Monodendri, follow the trail into the canyon as it ascends and descends through the rocks and forest, filled with deciduous trees and over 1800 plant species. Stop by the Voidomati Springs and opt to dip into its extremely cold waters before ending at the village of Vikos.

Elevation change: +/- 300m

#### ACTIVITY

Visit a local restaurant, regarded as one of the best in the Zagori region, for a dinner that features foraged ingredients like wild mushrooms and other seasonal ingredients. Learn about the history and variety of foods picked by local farmers, including more than 30 types of mushrooms sourced from the forests of Zagori.

Day 7

## Zagori/Préveza

After breakfast, take an included group transfer to the port of Igoumenitsa (for the Corfu ferry) or Preveza (for Aktion Airport).



### Meals included

Breakfast



### Today's Activities

Private Vehicle

Zagori - Préveza

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

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Locally-Foraged Dinner at Taverna, Zagori
- Two-day Mount Olympus Hike including treks to Skala and Skolio Summits
- Hiking in Meteora
- Zagori Mountain Villages and Bridges Hike
- Hiking Vikos Gorge

## What are the main highlights of this trip?

Spend a night on Mt Olympus before hiking to the summit, Visit Meteora and marvel at its monasteries built atop massive natural pillars, Wander through the wild beauty of Zagori in the Northern Pindos National Park, Sit down for a hyper-local foraged mushroom farewell dinner

## What are the main highlights of this trip?

Spend a night on Mt Olympus before hiking to the summit, Visit Meteora and marvel at its monasteries built atop massive natural pillars, Wander through the wild beauty of Zagori in the Northern Pindos National Park, Sit down for a hyper-local foraged mushroom farewell dinner

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

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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?

### LUGGAGE

Please note that you must bring a backpack for the overnight trek to Mt. Olympus on day 2. Your main luggage will be left at the guest house in Litchoro, where we will return to stay the following night.

### 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 Chief Experience Officers (CEOs). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

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. If you wish to take a guided city tour in any location where this is not already included in the itinerary, your CEO will do their best to help you arrange this and pay locally.

## How large will the group be?

Max 16, Avg 12.

## What meals are included in this trip?

6 breakfasts, 2 dinners

## 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.

## 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/guesthouses (6 nts).

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

Night 2 at the refuge in Mt. Olympus.

## **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?

MEETING POINT:

THESSALONIKI:

Complimentary transfer from Thessaloniki:

If you are flying into Thessaloniki, the closest international airport to Litochoro, a complimentary group transfer from Thessaloniki town to Litochoro is available for you at 3:00pm.

To take this transfer, please be at the E. Venizelos statue on Aristotelous square in Thessaloniki by 2:30pm on day 1 of the tour, from where you will be transferred to Litochoro with the rest of your G Adventures group in time for the welcome meeting.

You can pre-book an airport transfer from Thessaloniki airport to the E. Venizelos statue in Thessaloniki with G Adventures, taxis are available outside the airport, or you can take the X1 airport shuttle bus to downtown Thessaloniki for about €2.

E. Venizelos statue on Aristotelous square Address:

Egnatia 78, Thessaloniki 546 24, Greece.

Rail transport options:

If you are not able to take advantage of the group transfer departing Thessaloniki at 3:00pm, you can also take the train from downtown Thessaloniki to Litochoro, which will cost approximately €20 and take between 1 and 2.5 hours depending on the route. Please meet the group at the Papanikolaou Guesthouse in the historical centre of Litochoro by 6:00pm on day 1 for the welcome meeting.

ATHENS:

From Athens, you can take a train to Larissa, then transfer to a local train to Litochoro in Larissa. This journey will cost approximately €45 and take between 4 and 7 hours depending on the route. Please meet the group at the Papanikolaou Guesthouse in the historical centre of Litochoro by 6:00pm on day 1 for the welcome meeting. See the address above.

DEPARTURE:

On departure day, a group transfer from Zagori is included in the trip programme. The transfer will go firstly to Igoumenitsa, from where you can catch a ferry to Corfu for Corfu Airport (CFU) and then on to Aktion Airport (PVK) in Preveza.

## 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 instructions should I follow at the finishing point?

On departure day, a group transfer from Zagori is included in the trip programme. The transfer will go firstly to Igoumenitsa, from where you can catch a ferry to Corfu for Corfu Airport (CFU) or to join our Corfu Trail Hiking Highlights tour, and then secondly on to Aktion Airport (PVK) in Preveza.

Please ensure your flights depart after 4:00pm.

## What should I take on my trip?

Please note: You will be responsible for carrying your own luggage at all times, including when embarking and disembarking ferries, and up and down stairs. Most hotels in Greece also do not have elevators.

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)
- 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.)

### **Light Hiking:**

- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

## **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 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

## 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?

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!

## Do I need to pay a departure tax?

Usually included in international air ticket.

## Should I be tipping on my trip?

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

Tipping is an expected - though not compulsory - component of your tour program, and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €6-8 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 €30-€40 per person, per week can be used as a guideline.

## What activities are optional on this trip?

- No optional activities

## 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?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

## 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.