



## **Iceland Adventure: Northern Lights & Snæfellsnes Peninsula**

7 days, Reykjavik to Reykjavik

Trip code ELWS

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Wellness Moment: Sky Lagoon Geothermal Hot Springs, Reykjavik
- Lava caving (Leiðarendi Cave)
- Golden Circle sightseeing
- Þingvellir National Park visit
- Geysir Hot Spring visit
- Gullfoss waterfall visit
- Northern Lights viewing opportunities (2 nts)
- Southern coast drive including Skógarfoss waterfall and Seljalndsfoff waterfall
- Day tour of the Snæfellsnes Peninsula
- Sky Lagoon entrance
- Reykjavik CEO-led City Tour
- Transport to/from all included activities and between all destinations

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 24th, 2025 and onwards

# Itinerary



## Itinerary Notes

Please note that due to high demand there may be limited availability when booking optional activities during the tour. Many of these can be pre-booked and we recommend that they are purchased in advance in order to secure space as they are quite popular. See the Available Extras below for details and add them in the Tour Extras section when confirming your trip.

Please also note that the weather near the Arctic Circle can be variable, especially in winter. Occasionally this will mean that we need to amend our itinerary to keep you safe. We will always endeavour to deliver a tour as close to the itinerary described as possible and ensure you see as much as possible, despite any bad weather.

**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

## Reykjavik

Arrive at any time.

Make your way to Reykjavík today to start your tour.

There are pre-bookable activities available for this tour. Check out the "Available Extras" section of the Overview page for more information on these activities, and cost-saving bundles.



### Accommodation

Hotel Cabin (or similar)

Hotel



### Today's Activities

#### ACTIVITY

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



### Optional Activities - Day 1

Harpa Concert Hall

Reykjavik

Harpa Concert Hall and Conference Centre is one of Reykjavik's greatest and most distinguished landmarks. Situated by the old harbour, the award-winning building serves as a concert hall and boasts a wide variety of hosted events where all musical genres play a part.

Travel from Reykjavík to explore a lava cave and see the natural power of volcanoes first-hand. In the afternoon, get up close and personal with the famous Icelandic horse before returning to Álftröð. In the evening, you will have your first chance to see the Northern Lights out in the countryside.

The Northern Lights are a natural phenomenon, and sightings will be dependent on weather conditions. G Adventures cannot guarantee that travellers booked on this tour will experience the Northern Lights.



## Meals included

Breakfast | Dinner



## Accommodation

Alftrod Guesthouse (or similar)

Guesthouse



## Today's Activities

Private Vehicle

Reykjavik - Thingvellir

45m

40km

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

Lava Caving by the Blue Mountains

Thingvellir

Go beneath the earth's surface to discover how Iceland was created. Walk and crawl through the Raufarhólshellir cave that was carved out by flowing volcanic lava, and marvel at the multi-coloured rock formations left in its path.

Private Vehicle

Raufarhólshellir - Fludir

2h

95km

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

Private Vehicle

Fludir - Álftröð

30m

20km

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

Meet Icelandic Horses at a Farm

Álftröð

The Icelandic horse is a very unique breed. Although small and at times pony-sized, Icelandic horses are long-lived and hardy. At our guesthouse, stop by the farm and learn all you need to know about the Icelandic horse, with a focus on its gait and unique character.



## Optional Activities - Day 2

Secret Lagoon

Fludir

4600ISK

The Secret Lagoon natural hot springs are the Golden Circle's best kept secret. The pool's natural surroundings and steam rising into the air gives the place a magical feeling. Warm water stays at 38-40 celsius all year. There are several geothermal spots and a little Geysir which erupts every 5 minutes. Swimsuit and towel rentals are available.

Day 3

## Álftröð

Travel to Sólheimajökull glacier and take some time to explore the area, visit the Skogar Museum or opt for a stunning hike. Drive the scenic southern coast and visit the Skógafoss and Seljalandsfoss waterfalls on the way back the guest house, before enjoying a homemade dinner.

The Northern Lights are a natural phenomenon, and sightings will be dependent on weather conditions. G Adventures cannot guarantee that travellers booked on this tour will experience the Northern Lights.



### Meals included

Breakfast | Dinner



### Accommodation

Alftrod Guesthouse (or similar)

Guesthouse



### Today's Activities

Private Vehicle

Álftröð - Sólheimajökull

1h30m

113km

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

Skogar Museum

Skogar

2h

Visit Skogar Museum and take a tour of one of Iceland's most iconic sights, a traditional turf house. Named after the turf used to create the walls and the roof, these cheap but effective houses helped the early Icelandic people to survive the region's harsh seasons. Learn about the construction of these homes, the families who lived there and how a unique culture evolved out of these humble communities.

Private Vehicle

Sólheimajökull - Seljalandsfoss

45m

38km

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

Skógafoss Waterfall Visit

Skógafoss

1h

Visit Skógafoss, one of the largest and most recognizable waterfalls in Iceland. The 60m (200 ft) high falls forms a constant mist that floats in the air, if viewed in the sunlight the mist can create rainbows. The sound and view of the thundering water cutting through the green hills make the falls a must-see on any trip to Iceland.

Sejalandsfoss Waterfall Visit

Sejalandsfoss

30m-1h

Sejalandsfoss is a 60m (196 ft) tall waterfall located along the popular ring road. Behind the flow of water is a path, allowing visitors to peek behind the curtain of water cascading over the rocks above.

Private Vehicle

Sejalandsfoss - Álfröð

1h15m

76km

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



### Optional Activities - Day 3

Sólheimajökull Glacier Hike

Sólheimajökull

3-4km

Equipped with crampons and an ice axe, hike through the dramatic glacier valley and along the black sand flood plains to the edge of the ice. Enjoy stunning, panoramic views of the surrounding mountains, glaciers and the Eyjafjallajökull volcano. The guide will explain the volcanic history of the area and the effects of global warming.

Head to Þingvellir National Park. Visit sights like the Geysir Hot Spring and Gullfoss waterfall before transferring back to Reykjavík for one final evening with your new friends.



## Meals included

Breakfast



## Accommodation

Hotel Cabin (or similar)

Hotel



## Today's Activities

Private Vehicle

Álftröð - Gullfoss

45m

49km

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

Gullfoss Waterfall Visit

Gullfoss

45m

Discover one of the most impressive waterfalls in Iceland, Gullfoss, and complete the circuit known as the Golden Circle. This massive waterfall cascades over three “steps” before spilling into a large crevice. Fed by a glacier lake, the water passing through the falls can be a dark grey depending on how much sediment gets pushed through the river.

Geysir Visit

Geysir

30m-45m

See a variety of geothermal pools and the erupting hot spring Strokkur. Geysir is one of the oldest geysers recorded in the world, but is most often dormant. Strokkur erupts a spray of boiling hot water straight into the air about every ten minutes.

Private Vehicle

Efstidalur - Thingvellir

45m

31km

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

Thingvellir National Park Visit

Thingvellir

1h

Stop at Thingvellir National Park, a UNESCO world heritage site, to see the tectonic faults created by North American and Eurasian tectonic plates shifting apart. The Oxara river cuts through the largest rift in the valley, Almannagja, and leads to the Oxarafoss waterfall. Iceland's parliament was also established in the area in 930. The park was later created to protect the remains of the open-air assembly grounds.

Day 5

## Reykjavik

This morning join an optional snorkeling to the Thingvellir Silfra (where the tectonic plates meet). Spend free time in Reykjavik before an evening a guided tour through the city with your CEO and some time at the beautiful Sky Lagoon for a warm soak.



### Meals included

Breakfast



### Accommodation

Hotel Cabin (or similar)

Hotel



### Today's Activities

Reykjavik City Tour

Reykjavik

Take a tour of the city, learning more about its history, architecture, people and culture.

#### ACTIVITY

Enjoy a uniquely Icelandic experience, a warm geo thermal bath overlooking the water near the city.

Free Time

Reykjavik

Enjoy free time to further explore Reykjavik on your own. Maybe opt to float between the tectonic plates.



### Optional Activities - Day 5

Snorkelling in Thingvellir National Park

Thingvellir

17490ISK

Float between the American and Eurasian continental plates and explore the incredible rock formations.

Located in the heart of Þingvellir National Park, with clear, narrow blue water channels, Silfra Fissure is one of Iceland's most incredible spots for snorkelling and regularly rated as one of world's top ten dive sites.

Travellers with certain medical conditions cannot participate in this activity and it is non-refundable. Please read the following document to verify you are able to meet the activity requirements, as no refund can be issued if you are declined participation due to one of these conditions: <https://adventures.is/media/230104/arctic-adventures-snorkeling-silfra-guide.pdf>

Day 6

## Snæfellsnes Peninsula

Today explore Snæfellsnes Peninsula. Made famous by Jules Verne's Journey to the center of the Earth, the region is known to features many of Iceland's unique landscapes on one peninsula. Stop in small fishing towns and discover beautiful vistas along the way. Today you get Iceland in a nutshell.

Winter or summer, the Snæfellsnes peninsula is one of the most scenic destinations in Iceland. This place is magical and spellbinding with moss-covered lava fields, picturesque mountains, gorgeous black sand beaches, roaring ocean waves, charming little villages, and great vistas from sea cliffs. It's a long day, but well worth it.



### Meals included

Breakfast



### Accommodation

Hotel Cabin (or similar)

Hotel



### Today's Activities

Explore Snæfellsnes Peninsula

Snæfellsnes

11h

400km

Explore the Snæfellsnes Peninsula, visiting places such as Kirkjufell, or 'Church Mountain', on the north shore, Ólafsvík and Arnarstapi villages, and Djúpalónssandur pebble beach.

Private Vehicle

Reykjavik

11h

400km

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

Depart at any time.

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## Meals included

Breakfast

## What's included

- Your Welcome Moment: Meet Your CEO and Group
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## What are the main highlights of this trip?

Keep your eyes peeled for dazzling displays of the Northern Lights, Explore the Golden Circle and meet the famous Icelandic horse, Spend time soaking in the Sky Lagoon outside of Reykjavik, Enjoy an immersive day tour of the Snæfellsnes Peninsula.

## Itinerary Notes

Please note that due to high demand there may be limited availability when booking optional activities during the tour. Many of these can be pre-booked and we recommend that they are purchased in advance in order to secure space as they are quite popular. See the Available Extras below for details and add them in the Tour Extras section when confirming your trip.

Please also note that the weather near the Arctic Circle can be variable, especially in winter. Occasionally this will mean that we need to amend our itinerary to keep you safe. We will always endeavour to deliver a tour as close to the itinerary described as possible and ensure you see as much as possible, despite any bad weather.

## What are the main highlights of this trip?

Keep your eyes peeled for dazzling displays of the Northern Lights, Explore the Golden Circle and meet the famous Icelandic horse, Spend time soaking in the Sky Lagoon outside of Reykjavik, Enjoy an immersive day tour of the Snæfellsnes Peninsula.

## 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.

## Are there Itinerary notes?

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

1. The landscape of Iceland is unique and unlike most things you've seen. So is the weather. It is unpredictable and changeable, so be prepared to experience a variety of conditions during your time in Iceland. It's not uncommon to experience rain, sun, wind and snow all in the same visit, so please pack accordingly.
2. If you wish to visit the Blue Lagoon, please know that this activity must be done before or after your tour. As this activity is very popular, we recommend booking it in advance.
3. The Northern Lights are a natural phenomenon, and sightings will be dependent on weather conditions. G Adventures cannot guarantee that travellers booked on this tour will experience the Northern Lights.
4. Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.
5. 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.

Please note, if the start or finish accommodation for your trip is Hotel Cabin (Reykjavík); Standard rooms will be booked for Single occupancy only (including My Own Room) and Superior rooms will be booked for Twin/Double occupancy. This information also relates to any Pre/Post night bookings at Hotel Cabin.

### 6. 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.

**SNORKELLING IN THINGVELLIR NATIONAL PARK:** Travellers with certain medical conditions cannot participate in this activity and it is non-refundable. Please read the following document to verify you are able to meet the activity requirements, as no refund can be issued if you are declined participation due to one of these conditions: <https://adventures.is/media/230104/arctic-adventures-snorkeling-silfra-guide.pdf>

## What is the group leader like?

This G Adventures group trip is accompanied by one of our group leaders, known as a CEO (Chief Experience Officer). 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.

## 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?**

Please be very specific about your food preferences and allergies as included dinners contain onion, mushrooms, fish etc.

## **What are the modes of transportation on my trip?**

Walking, Private vehicle.

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

Private van/mini-buses are used on this trip.

## **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 (4 nts), Icelandic guesthouse (2 nts).

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

Night 2 and night 3 at the guest house.

## **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.

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 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 Keflavik airport (KEF), you can reach the city centre in a few ways. You can take the Airport Shuttle (Fly Bus) - larger shuttle buses will take you to a bus terminal outside Reykjavik initially. From there, you'll transfer to smaller buses that will take you directly to your hotel.

For more information, please click [here](#)

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

We advise that you book both your arrival and departure transfers in advance. Please make sure you have the following details before booking:

- Flight number
- Flight Arrival Time and Date
- Flight Departure Time and Date
- Passenger's Name
- Number of Passengers
- Email
- Valid Mobile Telephone Number
- Drop off and/or Pick Up Address

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

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

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

## What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call 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: +44 7817 262559

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, from calls within North America only: 1 888 800 4100

Calls from within UK: 0344 272 0000

Calls from within Germany: 0800 365 1000

Calls from within Australia: 1 300 796 618

Calls from within New Zealand: 0800 333 307

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

## What should I take on my trip?

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

Dressing in layers is recommended as weather can change dramatically, without notice.

# What should be on my packing list?

## Cold weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers

## 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:

- 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
- Hiking pants (Please bring long pants that are not jeans or cotton in fabric. We suggest hiking pants, windproof pants, or waterproof pants in order for you to be comfortable.)
- Locks for bags
- 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
- Toiletries (Preferably biodegradable)
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

## Health & Safety:

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

### **Winter Weather:**

- Warm winter coat
- Waterproof pants
- Waterproof gloves
- Winter boots/shoes

## **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](#)

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?**

The currency in Iceland is the Icelandic Krona (ISK).

It is recommended to bring a combination of cash, credit and debit cards.

## **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?

Tipping in Iceland is not customary. In many cases, a service charge is added to the bill which means that it is not necessary to add a tip. If you wish to express your satisfaction with the service in a bar or restaurant, then a gratuity of 10% or to round up the amount of the bill is perfectly acceptable.

Tipping during the tour program is similarly not expected, but it can be a way to express satisfaction with the persons who have assisted on your tour. Recommendations for tipping local guides would range from the equivalent of \$3-5 USD 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 appreciated. The amount is entirely a personal preference, however as a guideline €30-40 per person, per week can be used.

## What activities are optional on this trip?

### Reykjavik

- Harpa Concert Hall

### Fludir

- Secret Lagoon (4600ISK per person)

### Sólheimajökull

- Sólheimajökull Glacier Hike

### Thingvellir

- Snorkelling in Thingvellir National Park (17490ISK per person)

## Are there any health considerations I should know before travelling?

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

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 in this dossier for trip specific information. For travellers over 70 years a completed Medical Form is required. 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 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?

Weather can change dramatically so it's best to layer clothing to ensure you are prepared for any extremes.

## 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.