



In the Wake of the Vikings: Orkney, Shetland & the Faroe Islands

16 days, Glasgow to Tromsø

Trip code XVSTNX

What's included

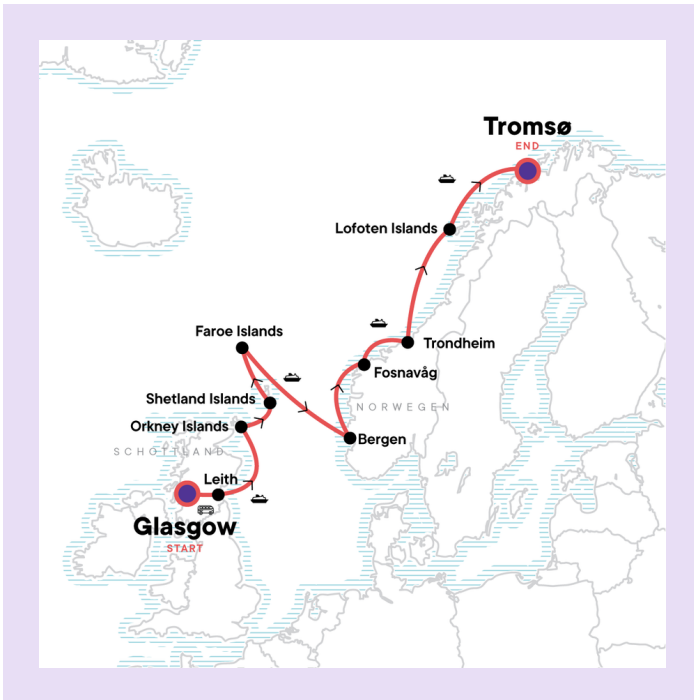
- 15 nts aboard the Expedition
- Lectures and educational programs
- Arrival transfer
- Insulated, waterproof boots supplied for USA sizes 4 - 16
- Zodiac excursions with our expert expedition team
- Expedition parka

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 May 30th, 2025 and onwards

Itinerary



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

Day 1

Glasgow/Leith

Arrive to Glasgow and enjoy an included transfer to the ship. Embark aboard the Expedition in the afternoon and depart Leith shortly after.

Please make sure you drop your checked luggage off at the meeting point between 9am - 12pm. A local representative will be in the luggage storage room. They can provide general information about the town or your embarkation process.

All passengers will be transferred to the ship as a group for embarkation at 4pm. Please ensure that for embarkation you have your passport accessible (not in your luggage which is being transferred separately to the ship).

Please ensure your flight arrives by 11am at the latest in order to be on time for today's 4pm embarkation.



Meals included

Dinner



Today's Activities

Arrival Transfer

Glasgow Airport - Leith

1h45m

95km

You will be met at the airport and transferred to the hotel to start your adventure.

Embarkation of the Expedition

Leith

In the afternoon, join your fellow passengers to take your group transfer and begin your journey on the Expedition. Please refer to your welcome letter or the joining instructions posted in the lobby of the start hotel. Make sure you have your passport handy as you are about to embark on the adventure of a lifetime.

Days 2–3

Orkney Islands

Sail north to the Orkney Islands, known for their unique blend of rich history, gorgeous natural landscapes, and some of the oldest, best-preserved Neolithic sites in Europe. Visit Kirkwall, the ‘Heart of Neolithic Orkney’ where a group of 5,000-year-old sites reside. Enjoy time to explore here and see places like Skara Brae and Maeshowe. Make sure to also search for a diverse array of wildlife. You will also be able to discover other important sites like, Scapa Flow and Ring of Brodgar.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Zodiac Excursion

Scotland

Jump into a Zodiac, and head out to explore. Keep an eye out for wildlife. The expert Expedition staff will teach the group about the flora and fauna along the way. This activity depends on weather conditions.

Expedition

Leith – Kirkwall

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Days 4–5

Shetland Islands

Sail to the Shetland Islands where dramatic landscapes, deep Viking and Scottish heritage, diverse wildlife, and unique cultural traditions await. Over the course of the next two days the ship will visit different parts of the islands like Lerwic and Hermaness National Nature Reserve. Search for wildlife and see ancient Viking settlement sites like Jarlshof and Old Scatness, where you can walk among the ruins and imagine how communities lived during the Viking Age. Enjoy time on your own and choose to visit the Shetland Museum which has an incredible display of the human history of these islands. On the ship cruise in Hermaness look to spot gannets and basking sharks.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Expedition

Shetland Islands - Orkney Islands

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Zodiac Excursion

Scotland

Jump into a Zodiac, and head out to explore. Keep an eye out for wildlife. The expert Expedition staff will teach the group about the flora and fauna along the way. This activity depends on weather conditions.

Days 6–9

Faroe Islands

Travel farther north to the mystical atmosphere of the Faroe Islands where steep cliffs, cascading waterfalls, and lush green hills await. Encounter traditional Faroese homes with grass roofs and close-knit communities with a strong emphasis on fishing and art. Over the next few days, spend time getting to know this stunning destination. Visit Suðuroy, the southernmost island with its own rich history and legends. Head ashore near the community of Vágur. Pass through other small communities and enjoy the landscape. Visit Thorshavn, the largest town on the islands, where you will be able to explore important historical sites on your own like Magnus Cathedral. And finally travel to Streymnes on the island of Streymoy and go by vehicle to Saksun, a small community to the Northwest where you will visit a heritage farm and admire the beautiful scenery. Spend a full day at sea when travelling between the Faroe Islands and Norway.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Faroe Island Land Excursions

Faroe Islands

Known for its green landscapes, dramatic scenery, and abundant birdlife, the Faroe Islands often feel like another world entirely. Spend a few days traveling between the islands onboard the ship. Disembark the ship in a few different places and get an authentic sense of the wide scale of beauty evident in this stunning landscape.

Expedition

Shetland Islands - Faroe Islands

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Days 10–12

Southern Coast of Norway

Spend a few days cruising along the southern coast of Norway between Bergen and Trondheim. The Norwegian coast is renowned for its stunning fjords and charming fishing villages. Enjoy time off the ship in Bergen, Fosnavåg, and Trondheim. Choose to hike, see puffins, or ride a cable car. There are plenty of opportunities to make your time here as active or relaxing as you choose. From museums to trails through Norwegian forests to small mountain lakes, these next few days will be full of adventure.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Zodiac Excursion

Norway

Jump into a Zodiac, and head out to explore. Keep an eye out for wildlife. The expert Expedition staff will teach the group about the flora and fauna along the way. This activity depends on weather conditions.

Expedition

Norway

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Days 13–15

Northern Coast of Norway

Continue north along the coast of Norway. Visit the island of Lovund and walk through a small Norwegian village out to their puffin colony. Learn more about the salmon industry here. Then, visit the Lofoten Islands that stretch dramatically out into the Norwegian Sea. See the Viking Museum here and learn about the area's history and importance to the Viking Age. Enjoy an after-dinner ship cruise into Troll Fjord. Take advantage of a day to enjoy Tromsø, where you can hike, hop on a bus tour, or tour museums if you choose.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Zodiac Excursion

Norway

Jump into a Zodiac, and head out to explore. Keep an eye out for wildlife. The expert Expedition staff will teach the group about the flora and fauna along the way. This activity depends on weather conditions.

Expedition

Trondheim - Tromsø

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Shortly after breakfast, disembark at the Port of Tromsø. From here, you will need to transfer to the airport for your departing flight.

For guests departing on disembarkation day, G Adventures will provide a complimentary transfer at 8:00am to the airport.

For guests who are planning on staying in Norway post trip, taxis will be available for hire at the port to transfer them to their accommodations.

All transfer arrangements will be confirmed while on board prior to departure, to ensure that all needs are met.

Please do not book onward travel prior to 12:00pm.



Meals included

Breakfast



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

- 15 nts aboard the Expedition
- Lectures and educational programs
- Arrival transfer
- Insulated, waterproof boots supplied for USA sizes 4 - 16
- Zodiac excursions with our expert expedition team
- Expedition parka

What are the main highlights of this trip?

Take in the wild beauty and windswept charm of the Scottish Isles, Stroll through fishing villages and embrace the unhurried pace of life in the Faroe Islands, Cruise through Norway's iconic fjords and dramatic waterways, Explore Lerwick and its fascinating blend of Scottish and Scandinavian heritage, Witness some of the world's most breathtaking scenery along Norway's rugged coastline

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

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

Is there 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?

Please note: While it is our intention to adhere to the route described above, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. On the first day of your tour, your Expedition Leader will give you an expedition overview.

- The Expedition is an adventure Expedition ship and does not offer an elevator

BOOTS FOR ZODIAC LANDINGS:

- Complementary used waterproof boots will be supplied in the following sizes:

- USA size 4 - 16

- EURO size 35 - 49

Please be advised that there are limited numbers of the smallest and largest sizes.

If you wish to bring your own boots, you should follow the guidelines below:

Rubber, waterproof boots that are just below your knees (12-16" high or 30-41cm) with a strong, ridged non-skid sole are essential for wet landings via Zodiac. You usually have to step from the Zodiac into water, which can be up to 1 ft or 30 cm high on most landings. Do not bring heavy, cumbersome boots that make it difficult to walk. Do not bring boots with metal cleats as they cannot be used for the landings. Try out your boots before your voyage.

- The electricity onboard is 220AC electrical outlets, with European 2 pin round holes, as well as 110-volt shaving sockets in the bathroom for electric razors only. You may wish to bring an international adapter. A limited supply of electrical adapters are available to borrow free of charge at the Purser's Desk.

What is the group leader like?

A carefully chosen team will lead our voyage. Our expedition ship boasts an international team of professional naturalists and lecturers. Their goal is to provide an informed and balanced interpretation of the destination, accomplished through stimulating lectures, day-to-day briefings, and informal discussions. Your lecturers and Expedition Leader will cover all aspects of the voyage including ornithology, marine biology, geography, geology, history and the environment, as well as practical things like photography. The Expedition Staff work conscientiously with you on deck and in the field, improving your observational skills to allow you to experience all that the destination has to offer. Their strong sense of ethics and ecological knowledge make for stimulating and mindful conversation whether onshore or at the dinner table. The expedition staff will pilot the Zodiac landing craft used for shore landings and Zodiac cruises; they are experienced drivers who operate the Zodiacs in a responsible manner.

How large will the group be?

Max 128 aboard the Expedition.

What meals are included in this trip?

15 breakfasts, 14 lunches, 15 dinners

What are the meals like on this trip?

Onboard our expedition ship you'll find a diversity of gourmet international cuisines prepared and catered by professional chefs; all meals are included in the price of your expedition. Dining is casual, tables are unassigned and the dining room is capable of seating the entire passenger complement at one time. There is always a selection of different meals available, and vegetarians will find plenty of options. Special dietary requirements can be accommodated with advance notice, please advise us at time of confirmation. Coffee, tea and water are all provided free of charge. All other beverages, alcoholic and non-alcoholic are not included and can be purchased in the dining room, pub, or in the lounge.

What are the modes of transportation on my trip?

Expedition, Zodiac, 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?

Aboard the Expedition in triple-, twin-share cabins, or suites (all with en suite bathrooms and porthole or window, 15 nts). Please note that all cabins consist of twin-size berths and are ocean-facing. Suites have one queen-size bed.

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

What are the joining instructions?

*Please be aware the joining point and included transfer for this tour starts/is in Glasgow.

We are happy to offer you a complimentary airport transfer from Glasgow International Airport if you are arriving on Day 1 of the tour or have booked pre-night accommodation through G Adventures.

We advise travellers to arrive by 11AM to Glasgow International Airport.

Depending on your arrival time you will either be transferred to a meeting point or directly to the ship. Embarkation begins at 4pm.

Upon arrival into Glasgow International Airport please collect your luggage and look for a G Adventures representative who will direct you to the bus. Please make sure you have advised your booking agent of your arrival flight details into Glasgow so we are expecting you. Be sure to keep all your important documents (i.e. passport) and medication in your hand luggage, as your main luggage will be transferred separately to the ship or hotel.

On Day 1 of the tour, there will be a baggage drop available for all passengers who are already in Glasgow. Please make sure you drop your checked luggage off at the meeting point between 9:00am - 1:00pm. A local representative will be in the luggage storage room. They can provide general information about the town or your embarkation process. All passengers will be transferred to the ship as a group for embarkation at 4:00pm. Please ensure that for embarkation you have your passport accessible (not in your luggage which is being transferred separately to the ship).

For those passengers arriving on Day 1, on a flight which lands after midday, please note that bags will be transferred with you to the ship at 4.00pm.

If for some reason you cannot arrive at the meeting point, please make your own way to the Port of Leith no earlier or later than 4:00pm. Embarkation time is set for 4:00pm and passengers will not be able to board the ship before that time due to refuelling, provisioning, and preparing the ship for your stay.

On embarkation day, you may have to board the ship via Zodiac. You should bring clothing suitable for cold and wet conditions. Waterproof pants are recommended. Once aboard, you will find your luggage stored in your assigned cabin, please ensure that all your luggage is accounted for on arrival.

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 Operator (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 or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. 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.

EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (Longyearbyen, Norway): +44 1858 378000

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.

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

What instructions should I follow at the finishing point?

Disembarkation will occur shortly after breakfast at the port in Tromsø.

We recommend booking departing flights no earlier than 12pm on the day of disembarkation.

For guests departing on disembarkation day, G Adventures will provide a complimentary transfer at 8am to Tromsø International Airport from the port.

For guests who are planning on staying in Tromsø post trip, taxis will be available for hire at the pier to transfer them to their accommodations.

All transfer arrangements will be confirmed while on board prior to departure, to ensure that all needs are met.

What should I take on my trip?

Most airlines allow one checked bag and two carry-on per person. To avoid any problems on check-in and with possible excess baggage charges, please consult the airline for specific restrictions.

Dress on board is informal. Plan to bring comfortable, casual clothing for all activities. Bring wind and waterproof outer layers. Beware of tight clothing that leaves no room for trapped air, which is an excellent insulator. Wool, silk and some of the new synthetic fibers, like polar fleece, retain heat better than cotton. When packing, we suggest that you do not weigh yourself down with too many clothes or too much gear. Select informal, practical attire that can be worn in layers.

In the world's most remote destinations that the Expedition travels to we cannot offload our plastics, glass or tin waste for recycling. Therefore, we try to reduce what single use items that we use. You will see on the ship that every effort is being used to stop the use of single use plastic containers, bags and other items. In an effort to prevent plastic waste from entering the waste stream, we are asking for your help. We offer exceptional drinking water on the ship with refilling stations for your re-useable water containers. You will be provided a complimentary water bottle to fill up as needed. Plastic items such as single use shampoo/conditioner plastic containers cannot be recycled, so please plan to bring any plastics back to your home countries for recycling. Please do not bring single use items that you intend to leave behind such plastic bags and throw away razors. Your participating in helping to prevent pollution and promote recycling is greatly appreciated.

What should be on my packing list?

Documents:

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

Expedition:

- Waterproof pants (required) (Mandatory for all Zodiac landings, preferably with elastic cuffs to avoid any water seeping in during landings.)
- Binoculars (highly recommended)
- Camera (With extra memory cards and batteries)
- Credit cards (Please note the Expedition is cashless and only accepts credit cards for payment.)
- Day pack (Used for daily excursions or short overnights)
- Drybag (To protect your camera and belongings on Zodiac landings)
- 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 (Recommended for Antarctic camping)
- Fleece jacket or warm layer
- Fleece top/sweater
- Footwear (good gripping) (Please note that open toed shoes are not allowed in public spaces on the Expedition.)
- Hat
- Long pants/jeans
- Moisturizer/lip balm
- Moneybelt
- Motion sickness tablets
- Outlet adapter (Electricity onboard is 220AC electrical outlets, with European 2 pin round holes, as well as 110-volt shaving sockets in the bathroom for electric razors only.)
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Scarf (Or neck warmer.)
- Shirts/t-shirts
- Sleepwear
- Sunblock (Antarctica is a desert!)
- Sunglasses
- Swimwear
- Thermal base layer
- Thermal underwear
- Toiletries (Shampoo and shower gel are provided aboard the Expedition.)
- Walking poles (if desired)
- Warm hat
- Warm waterproof gloves
- Watch and alarm clock
- Wool/Heavy socks

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?

Aboard the Expedition, laundry is available to be serviced by our shipboard team at an additional charge.

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](#)

As of February 2026, dual British citizens travelling to the United Kingdom should carry either a valid British passport, or a Certificate of Entitlement to the Right of Abode, held digitally through a UKVI account and linked to a foreign passport. An ETA is not an alternative option. British citizens are not eligible for ETA's, even if they are travelling on a non-UK passport.

Last updated: March 13th 2026

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?

Before and after the cruise:

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work overseas. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash 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.

While on board our Expedition ships, major credit cards (VISA, Mastercard and AMEX) are used to clear incidental bills at the end of the cruise by the ship's Purser (ie. bar bills, laundry, crew tips, etc.). Please note the Expedition is a cashless ship.

We recommend bringing USD in cash for the Argentinean portion of this tour as it is easier than using a credit card or withdrawing ARS from an ATM. USD currency is accepted in travel agencies for booking optional activities.

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?

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. It is an expression of satisfaction with the persons who have assisted you on your expedition. The industry standard and suggested amount is USD \$10 - 15 per person per day spent on board. Of course, tipping is a personal choice and the suggested amount is set only as a guideline. Crew tips may be settled using most major credit cards (VISA, Mastercard and AMEX) by the ship's Purser. The money is collected by the Hotel Manager at the end of the voyage and distributed amongst the crew and Expedition Staff. The Officers choose not to participate in the tipping pool.

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.

Please consult your doctor for up-to-date medical travel information well before departure. We require all passengers traveling on any one of our expeditions to review our medical questionnaire. The questionnaire can be found online at:

www.gadventures.com/medical_form

Passengers with preexisting medical conditions are required to submit a medical form signed by a physician to their booking agent. It is very important that we are advised of any special meal requirements, food allergies, or prescribed medication when you confirm your tour. The ship is equipped with a small infirmary with typically required medications and limited equipment. The ship's doctor is available for visits during the day and is available 24 hours per day for emergencies.

In case of an emergency, please also bring with you a signed and dated letter from your physician (to be given to our doctor on board, as well as for any medical authorities) stating any health problems and dosage requirements.

International health regulations do not currently require any inoculations for the countries that you will visit on our voyage. We suggest that you confer with your own physician to be sure your routine immunizations, such as tetanus, diphtheria and hepatitis A, are up-to-date before traveling. Older travelers, in particular, may wish to consider preventive measures against influenza and pneumonia.

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.

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 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/

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.

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.