



JOURNEYS: HIGHLIGHTS OF THE PYRENEES TO TOULOUSE

8 days, Biarritz to Toulouse

Trip code EFBNG

WHAT'S INCLUDED

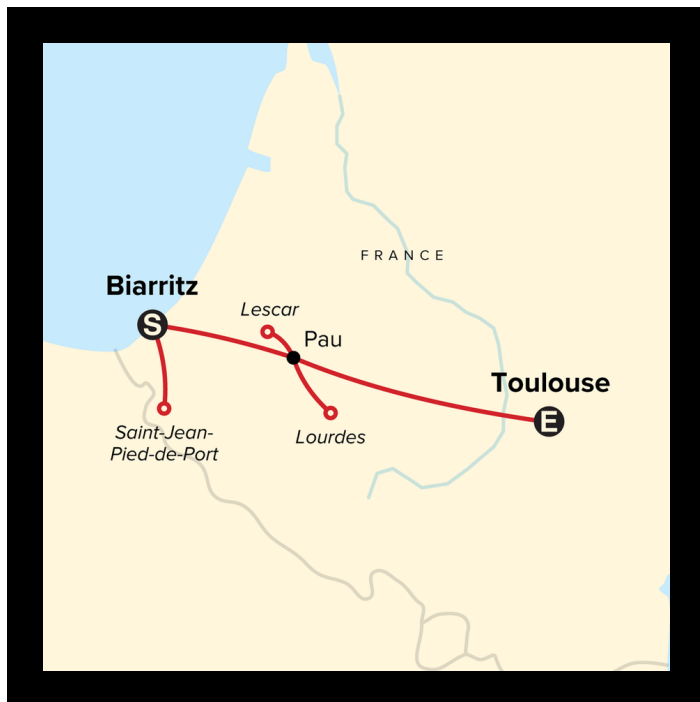
- Your Journeys Highlight Moment: Secrets of Jurançon wine, Gan
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group
- Your Foodie Moment: Lunch at Les Bistrot des Halles, Pau
- Your Foodie Moment: Toulouse Walking Tour and Lunch at Victor Hugo Market, Toulouse
- Les Halles Market in Biarritz
- Explore the Sanctuary of Our Lady of Lourdes, a sacred pilgrimage site set against the mountains
- Delve deeper into the secret Jurançon wine district during a winery visit and tasting
- Visit Toulouse, the vibrant "Pink City"
- All transport between destinations and to/from included activities

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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 June 24th, 2026 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

BIARRITZ

Arrive at any time.

Please make your own way to the joining hotel.

We recommend arriving a day or two early to fully explore this world-renowned city.

Check-in time at hotel is approximately 3:00pm.

TODAY'S ACTIVITIES

ACTIVITY

Your opportunity to meet your National Geographic Expedition Leader 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.

Expedition Leader Led Orientation Walk

Biarritz

30m

Set off alongside your Expedition Leader for an orientation walk through the elegant coastal town of Biarritz. Stroll past grand Belle Époque architecture, admire sweeping views over the ocean as Atlantic breezes sweep off the water, and get comfortably oriented around your hotel

Day 2

BIARRITZ AND THE FRENCH BASQUE COUNTRYSIDE.

Begin the morning alongside your National Geographic Expedition Leader on a walk through the bustling Les Halles Market in Biarritz. Then, venture inland into the green fields and rolling hills of the Basque Pyrenees. Visit a local farm in Espelette to learn about the town's famous fiery red peppers and taste traditional specialties. Break for lunch on your own in Espelette before visiting St. Jean Pied de Port, a fortified medieval town set against the mountain foothills.



Meals included

Breakfast



TODAY'S ACTIVITIES

Morning Les Halles Stroll

Biarritz

45m

As the morning ocean breeze sweeps off the Atlantic, step into the lively Halles de Biarritz alongside your Expedition Leader. Experience the vibrant rhythms of daily Basque life as local vendors display freshly caught seafood, artisanal cheeses, and traditional gâteau basque.

Private Vehicle

Biarritz - Espelette

30m-45m

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

Piment Espelette Farm Visit & Tasting

Espelette

1h

Join a local family at L'Atelier du Piment to uncover the secrets of the iconic Basque Espelette chili pepper. Trace its journey from fields to workshop, discovering traditional farming methods before enjoying a tasting of spice-infused regional delicacies.

Private Vehicle

Espelette - Saint-Jean-Pied-de-Port

45m

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

Expedition Leader Led Orientation Walk

Saint-Jean-Pied-de-Port

1h30m

Explore Saint-Jean-Pied-de-Port alongside your Expedition Leader, discovering a medieval gem set at the foot of the Pyrenees. As an iconic starting point of the Camino de Santiago pilgrimage, this historic town offers a rich blend of mountain geography, centuries of pilgrimage heritage, and distinct cross-border Basque culture.

Private Vehicle

Saint-Jean-Pied-de-Port – Biarritz

1h

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

Day 3

BIARRITZ/PAU

Travel from Biarritz to Pau, a city sitting high above the Gave de Pau river, framed by distant Pyrenean peaks. Join your Expedition Leader for an orientation walk through the historic centre, pausing along the Boulevard des Pyrénées for sweeping mountain views before heading into the bustle of Les Halles market. Settle in for an included lunch of fresh regional specialties. The remainder of the day is free to explore on your own or consider an optional visit to the Château de Pau, birthplace of King Henry IV.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

Private Vehicle

Biarritz – Pau

1h30m

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

Storied Strolls Through Pau

Pau

45m

Join your Expedition Leader on a walking tour of Pau to uncover its unique British heritage. Explore the charming old town, stroll along the scenic Boulevard des Pyrénées, and wander through lush gardens before concluding at the vibrant Les Halles market for an included lunch.

ACTIVITY

Savor a classic French lunch directly in the bustling heart of the covered market. Sitting among local vendors and colorful stalls, guests enjoy a fresh daily menu (Formule du Jour)—featuring seasonal ingredients—all while immersed in the vibrant sights, sounds, and energy of daily market life.

Free Time

Pau

Spend a relaxing afternoon strolling along the palm-lined Boulevard des Pyrénées for sweeping mountain views, exploring the Renaissance birthplace of King Henry IV at the Château de Pau and other city sights.

Day 4

DAY TRIP TO LOURDES.

Set out after breakfast and head through the lush Pyrenean foothills from Pau to Lourdes. Upon arrival, join your guide to explore the Sanctuary of Our Lady of Lourdes, a sacred pilgrimage site set against the mountains. Walk past the Neo-Gothic Basilica of the Immaculate Conception perched dramatically above the grotto, view the intricate mosaics of the Basilica of Our Lady of the Rosary, and descend into the vast Underground Basilica of Saint Pius X, built to hold thousands of pilgrims. Afterward, head into Lourdes town to enjoy lunch on your own before returning to Pau.



Meals included

Breakfast



TODAY'S ACTIVITIES

Private Vehicle

Pau – Lourdes

45m

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

Guided Visit of the Sanctuary of Our Lady of Lourdes & Basilica

Lourdes

3h

Discover the Sanctuary of Our Lady of Lourdes on a guided exploration of one of the world's most significant pilgrimage sites. Experience the dramatic, cliffside Basilica of the Immaculate Conception, the intricate Basilica of Our Lady of the Rosary, and the vast underground Basilica of Saint Pius X. Framed through a neutral, cultural lens, this tour offers travelers of all backgrounds a respectful, immersive look into a powerful living tradition of faith and community.

Free Time

Lourdes

1h30m

Enjoy free time for lunch on your own in Lourdes.

Private Vehicle

Lourdes – Pau

45m

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

Free Time

Pau

Enjoy a free evening to relax and explore on your own.

Day 5

FULL DAY EXPLORING LESCAR AND JURANÇON.

Spend another morning taking in the mountain vistas surrounding Lescar on a relaxing walk. Transfer to Gan to delve deeper into the secret Jurançon wine district, known for its rich history and small-scale producers. Meet with local winemakers to walk through their vine rows, step into quiet cellars, and sample regional vintages alongside a light lunch of local produce. Return to Pau, where the evening is yours to spend as you like.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

Private Vehicle

Pau – Lescar

1h

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

Expedition Leader Led Orientation Walk

Lescar

1h

Join your Expedition Leader and step back in time in Lescar, an off-the-beaten-path historic jewel and the ancient Gallo-Roman capital of Béarn. Uncover centuries of hidden history and local legends while wandering through this former bishopric and marvel at its magnificent Romanesque cathedral, which serves as the final resting place for the last kings and queens of Navarre.

Private Vehicle

Lescar – Gan

30m

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

ACTIVITY

Set against the backdrop of the Pyrenees, a visit to a local Domaine offers an intimate look into the unique terroir of the Jurançon wine region. Stroll through steep, terraced vineyards nourished by warm mountain foehn winds, where ample sunshine creates ideal conditions for high-altitude viticulture. Guided by local hosts, explore the winemaking process before sitting down to a wine tasting accompanied by locally sourced light lunch paired with the estate's wines.

Private Vehicle

Gan - Pau

30m

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

Day 6

PAU/TOULOUSE

This morning, head east toward Toulouse, the vibrant "Pink City" known for its rosy terra-cotta brick architecture. Upon arrival, step out with your Expedition Leader for an orientation walk through grand plazas, past historic churches, and along the banks of the Garonne River. The rest of the afternoon and evening are completely yours to discover cozy neighbourhood cafés, visit local museums, or explore the sunny riverside promenade. In the evening enjoy an included dinner.



Meals included

Breakfast | Dinner



TODAY'S ACTIVITIES

Private Vehicle

Pau - Toulouse

2h

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

Free Time

Toulouse

Savor a relaxed afternoon lunch on your own in Toulouse, whether pulling up a chair at a bustling bistro on Place du Capitole or enjoying a quiet waterfront bite along the promenade.

Expedition Leader Led Orientation Walk

Toulouse

1h

Set off through the "Pink City" (La Ville Rose) alongside your Expedition Leader for an immersive orientation walk through Toulouse's atmospheric old town. Get comfortably oriented around your hotel before exploring the city's iconic terracotta-brick architecture, grand plazas, before concluding with a leisurely stroll along the picturesque promenade bordering the Garonne River.

Day 7

TOULOUSE

Walk with your Expedition Leader from the hotel to the bustling Victor Hugo Market, where the air carries the scent of ripening cheese and fresh bread. Follow a guided food tour through the stalls, meeting vendors who know every wheel and cure by name, tasting local cheeses, meats, and regional treats along the way. Afterwards enjoy a free afternoon to explore Toulouse at your own pace. In the evening perhaps gather with your group for an optional dinner.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

ACTIVITY

This curated walking tour is a sensory immersion into the architecture and flavors of Toulouse. After exploring the Place du Capitole the journey culminates at the iconic Victor Hugo Market. Here, you'll experience a true "market-style" lunch amidst the hustle and bustle of this historic marketplace. Weaving past bustling stalls, meet passionate artisan vendors, hear the stories behind age-old Southwestern traditions, and savor generous, lunch-style tastings of regional delicacies.

Free Time

Toulouse

Enjoy time to explore the city on your own.

Day 8

TOULOUSE

Depart at any time.

We recommend staying a few extra days to experience all this city has to offer.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Day

Toulouse

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

What's included

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What are the main highlights of this trip?

Basque foothills and fields, Storied strolls through Pau, Secrets of Jurançon wine, Les Halles Market in Biarritz, Visit to the Château de Pau, Sanctuary of Our Lady of Lourdes, Underground Basilica of Saint Pius X, built to hold thousands of pilgrims, Toulouse, the vibrant "Pink City".

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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 a travel disclaimer for my itinerary I should review before booking this trip?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

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

YOUR National Geographic Expedition Leader

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.

LUGGAGE

In Europe it is very rare to find elevators in train stations, hotels or other public places. The carrying of your luggage remains your responsibility at all times.

COMBO TRIP

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.

ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

OPTIONAL ACTIVITIES NOTE:

During high season in Europe (May-October) we highly recommend booking reservations for any popular optional activities/museum tickets etc. in advance to avoid encountering sold-out activities on the ground while on tour.

What is the role of the group leader during this trip?

All National Geographic Journeys with G Adventures group trips are accompanied by one of our National Geographic Expedition Leader. The aim of the National Geographic Expedition Leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

What is the maximum and typical number of participants on this tour?

Max 16, avg 12.

What meals are included in this trip?

7 breakfasts, 3 lunches, 1 dinner

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 – 7 nts.

If I choose to purchase *My Own Room*, are there any exceptions during the trip?

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?

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

From Paris airport (CDG), you can reach the city centre in a few ways. You can take the RER B Train from the airport to the main stops in Paris, including Paris Gare du Nord. Alternatively, you can take the bus (Roissybus).

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 National Geographic Expedition Leader. 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 National Geographic Expedition Leader 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 National Geographic Expedition Leader will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What should I do if I can't find my airport transfer or experience arrival issues?

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 do I contact for arrival issues or in the event of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

EMERGENCY CONTACT NUMBERS

G Adventures Office London, United Kingdom

During Office hours (Weekdays, 9am-5:30pm Local Time)

+44 20 7243 9870

For absolute emergencies after office hours please contact: +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, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1300 796 618

Calls from New Zealand: 0800 333 307

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

What are the packing guidelines and luggage restrictions?

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, as well as on and off transportation.

What should I pack for this trip?

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:

- Footwear (required) (Closed toe suggested)
- 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
- 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.)

Smart Dress:

- Smart outfit (For evenings out)

Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

Where can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge or ask your National Geographic Expedition Leader 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 should I consider when planning my personal expenses and discretionary spending for this itinerary?

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

What should I know about currency, credit cards, and exchanging money while on this tour?

Credit cards and debit cards are very useful for cash advances but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs). Both Cirrus and Plus system cards are the most widely accepted debit cards. Visa cards are the most widely accepted credit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work - 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 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.

What emergency funds do I need access to 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!

What are the tipping guidelines for this 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 National Geographic Expedition Leader will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €3-5 per day, depending on the quality and length of the service; ask your National Geographic Expedition Leader for specific recommendations based on the circumstances and culture.

At the end of each trip, if you felt your National Geographic Expedition Leader did an outstanding job, tipping is expected and appreciated. The precise amount is a personal preference, however €8-10 per person, per day can be used as a guideline.

What activities are optional on this trip?

- No optional activities

What general safety tips and free-time guidelines should I follow?

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 mandatory group rules regarding laws and behaviour?

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.

What are the mandatory travel insurance requirements for this 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?

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.

What are the age restrictions for 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.