



Local Living Iceland— Bakkagerði

6 days, Egilsstaðir to Egilsstaðir

Trip code ELEE

What's included

- Your Foodie Moment: Icelandic Cooking Class, Bakkagerði
- Your Wellness Moment: Vök Baths Visit, Egilsstaðir

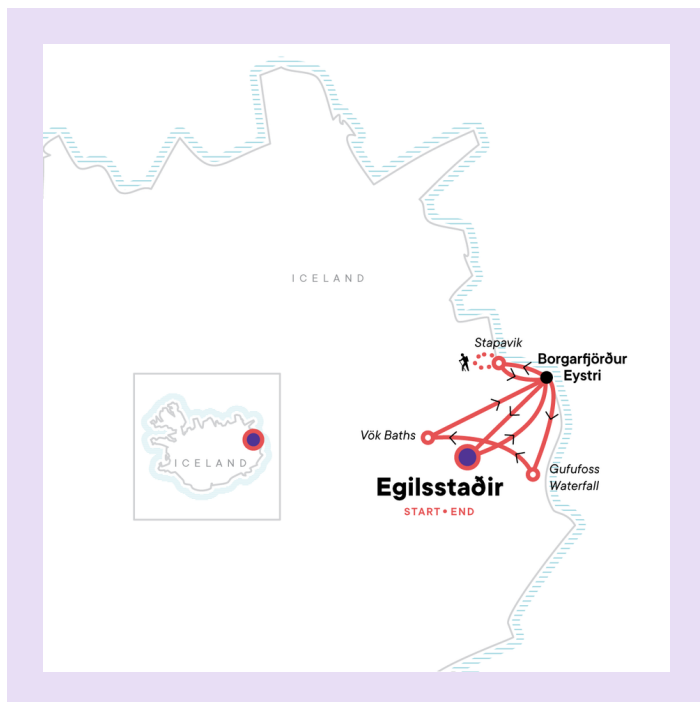
- Arrival transfer
- Borgarfjörður eystri Village Walk
- Borgarfjörður Valley Nature Walk
- Visit to the historic Lindarbakki Turfhouse
- Fish factory visit to learn about the industry
- Visit to a traditional eiderdown company
- Scenic birdwatching walk at a nesting cliff
- Hike from Stapavík along the Selfljót river
- Horse farm visit with the chance to ride
- Gufufoss waterfall visit
- Departure transfer
- 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 April 11th, 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.

Arrive at the Egilsstaðir airport in the morning and transfer to our local guest house, home for the next 5 nights. Visit the fishing village of Borgarfjörður eystri which offers a glimpse into daily life and enjoy lunch at a local fish soup restaurant. Settle into the accommodations and get to know your fellow travellers at a welcome meeting followed by a delicious farm-to-table dinner prepared by our host.

This centre-based trip offers a chance to connect with our local hosts in a family-run guest house. In their words, this is your home away from home and their warmth and hospitality will make it hard to leave. Here we enjoy our included breakfasts and dinners which offer a true immersion into local cuisine. Our hosts focus on fresh, local ingredients and support their neighbours; small-scale farmers and fishermen, much to the delight of our palate.

While difficult to see, the "hidden people" make Borgarfjörður eystri their home and the area is thought (according to folklore) to hold a large population of elves. The elves make their home in the many interesting rock formations and they have no concern with hikers walking by, so long as you respect their homes and nature. On occasion, they are known to help humans, in particular those being bullied, so be kind to each other.

This trip starts at the Egilsstaðir airport - domestic flights from Reykjavik and accommodation in Reykjavik are NOT included. Please speak to your GCO or agent to assist in booking these arrangements.



Meals included

Lunch | Dinner



Accommodation

Alfheimar Guesthouse (or similar)

Guesthouse



Today's Activities

Private Vehicle

Egilsstaðir Airport - Bakkagerdi

1h

70km

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

Borgarfjörður eystri Village Walk

Bakkagerdi

1h

1km

Join your CEO and get acquainted with your new surroundings. Learn about Álfaborg, a rocky hill believed to be the dwelling place of the Elf Queen and her court. This iconic site is central to Icelandic folklore and spiritual tradition, offering a unique insight into the country's mystical heritage.

Set off into Borgarfjörður Valley this morning for a nature walk with your CEO. Wander through the Icelandic wilderness, taking it all in before returning to Borgarfjörður Eystri for lunch. Enjoy a free afternoon with the opportunity to visit the local microbrewery or take time for yourself and wash away the stress of travel with a spa and wellness experience. Cap off a perfect day with a home-cooked dinner of fresh and traditional flavours.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Alfheimar Guesthouse (or similar)

Guesthouse



Today's Activities

Free Time

Bakkagerdi

There's plenty to see and do; now is your time to explore. Choose to visit the local microbrewery or relax at an Icelandic spa.

Borgarfjörður Valley Nature Walk

Borgarfjörður

2h-3h

Join your CEO on a walk around Urðarhólar Lake, a peaceful and relatively untouched area nestled between dramatic rhyolite mountains. The trail offers a mix of lush meadows, serene lake views, and chances to spot local birdlife.



Optional Activities - Day 2

Bakkagerði Brewery

Bakkagerdi

Visit the local microbrewery to learn about small-scale Icelandic craft brewing, enjoy tastings, and meet the brewers. The atmosphere is cozy, and the flavors are as wild and local as the surrounding landscape.

Musterid Spa & Wellness

Bakkagerdi

Unwind with a soak, sauna, or massage. The spa offers modern facilities in a peaceful setting, blending wellness with the area's deep connection to nature. An advanced booking recommended.

Today is about culture and tradition with a hands-on flair. Begin by visiting the Lindarbakki turfhouse, a historic, grass covered cottage, then continue onward to a local fish factory to learn about the industry. Join a cooking class to try your hand at creating some traditional staples, using fresh and local ingredients. Next, visit an eiderdown company to learn about one of Iceland's beloved sea birds before taking a scenic walk for the opportunity to see them in their natural habitat.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Alfheimar Guesthouse (or similar)

Guesthouse



Today's Activities

Lindarbakki Turfhouse Visit

Bakkagerdi

45m

Visit a charming red-roofed, grass-covered cottage that's become a symbol of the area. Learn about traditional ways of life in Borgarfjörður Eystri, and how modern life blends with centuries of resilience and self-sufficiency.

Local Fish Factory Visit

Bakkagerdi

30m

See the daily catch come in and learn how it's prepared and preserved. Discover local delicacies like Harðfiskur (dried fish) and possibly Hákarl (fermented shark), if available. This is also where the fresh fish for your cooking class is sourced—truly sea-to-table!

ACTIVITY

This hands-on class prepares three local staples: a traditional cake, hearty bread, and a regional fish dish. Learn how to prepare and cook fresh local catch using Icelandic techniques and ingredients.

Eider Duck Company Visit

Bakkagerdi

30m

Learn about the sustainable collection of eiderdown, one of Iceland's most unique natural exports, and how locals protect bird habitats.

Bird Viewing

Bakkagerdi

1h

Enjoy a short scenic walk to see the local seabird population flocks at a nesting area along the nearby cliffs.

Day 4

Bakkagerdi

Stretch your legs on a hike from Stapavík, along the Selfjót river before a scenic drive back to Borgarfjörður Eystri where you'll refuel with a lunch of home-style Icelandic dishes. In the afternoon, enjoy free time to relax or choose to check out a nearby working farm - an opportunity to experience the daily life in the picturesque Icelandic community, before another delicious home-cooked dinner in the evening from our hosts.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Alfheimar Guesthouse (or similar)

Guesthouse



Today's Activities

Stapavík Hike

Stapavík

3h-4h

8km

Walk a beautiful trail with views of dramatic coastline and gentle meadows. While the route is mostly flat, it's rugged and remote, giving you a glimpse into the raw, isolated nature that once made this route too tough for locals to settle long-term.

Free Time

Bakkagerdi

Decompress however you wish with a free afternoon.

Head out to a local Icelandic horse farm this morning and learn about what makes the horses so unique. Choose to take part in a ride through the countryside or take some free time to explore on foot or relax. Next, stop at the Gufufoss waterfall for incredible photo opportunities before lunch in the charming village of Seyðisfjörður. Finish up the day at Vök Baths, a geothermal spa where you can soak any lingering real life stress away before returning to our guesthouse for the evening.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Alfheimar Guesthouse (or similar)

Guesthouse



Today's Activities

Private Vehicle

Bakkagerdi - Egilsstaðir

1h

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

Local Horse Farm Visit

Egilsstaðir

1h30m

Learn about the uniquely gaited Icelandic horse, known for its friendly temperament

Private Vehicle

Egilsstaðir - Gufufoss

30m

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

Gufufoss Visit

Gufufoss

15m-30m

Gufufoss is one of East Iceland's most photogenic waterfalls. Nestled in a mossy gorge just before entering Seyðisfjörður.

ACTIVITY

East Iceland's premier geothermal spa built on a lake. Soak in floating pools with views over Lake Urriðavatn, experience contrast therapy with hot and cold pools, or try herbal teas made from locally foraged ingredients.

Private Vehicle

Egilsstaðir – Bakkagerdi

1h

70km

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

Day 6

Bakkagerdi/Egilsstaðir

Enjoy one last breakfast at the guesthouse before a 6 AM transfer to the Egilsstaðir airport where the tour ends.

When booking departure flights from Egilsstaðir to Reykjavik, we suggest a morning flight from Egilsstaðir airport.



Meals included

Breakfast



Today's Activities

Departure Transfer

Bakkagerdi – Egilsstaðir

1h

70km

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

What's included

- Your Foodie Moment: Icelandic Cooking Class, Bakkagerdi
- Your Wellness Moment: Vök Baths Visit, Egilsstaðir

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What are the main highlights of this trip?

Savour delicious home-cooked meals from fresh local ingredients prepared by our hosts, Walk through the village of Borgarfjörður eystri with your CEO and hear stories of Icelandic folklore, Try your hand at local cuisine in an Icelandic cooking class, Hike along scenic coastlines and peaceful meadows, Soak and unwind at the Vök Baths with hot and cold pools floating on a serene lake

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Savour delicious home-cooked meals from fresh local ingredients prepared by our hosts, Walk through the village of Borgarfjörður eystri with your CEO and hear stories of Icelandic folklore, Try your hand at local cuisine in an Icelandic cooking class, Hike along scenic coastlines and peaceful meadows, Soak and unwind at the Vök Baths with hot and cold pools floating on a serene lake

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 is the role of the group leader during this trip?

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.

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

Max 16, avg 14

What meals are included in this trip?

5 breakfasts, 5 lunches, 5 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?

Private Vehicle, walking.

How will we travel between destinations?

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?

Guesthouse (5 nts).

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

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

What should I expect from the accommodations 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 is the joining hotel?

Alfheimar Guesthouse

Address: V/Merkisveg, Borgarfirdi Eystra, 720 Borgarfjörður Eystri, Iceland

Phone: +354 861 3677

What are the joining instructions?

In order to arrive in time for your included group airport pickup on day 1, please take the first morning flight from Reykjavik to Egilsstaðir Airport (EGS). This is generally scheduled for an 8:30am departure, arriving in Egilsstaðir by 09:35am. Please note the flight departs from Reykjavik (domestic) Airport (RKV), not Keflavik (international) Airport (KEF).

Your CEO will meet you at Egilsstaðir airport. Group arrival transfer is included for 09:35am arrival flight.

If you do not arrive at Egilsstaðir airport for the scheduled group transfer, you will need to book a private transfer as transport options are limited in Egilsstaðir and Borgarfjörður, and taxis may not be easily available.

ARRIVING EARLY:

If you would like to book additional nights in either Borgarfjörður or Reykjavik, please contact our Sales team who can assist you.

Please note if you book a pre-night in Borgarfjörður, the arrival transfer will not be included. Please contact our sales team in advance to book a private airport transfer.

You can then meet the group at the property's reception at 10:30am on Day 1.

ARRIVING LATE:

If you will be arriving late into Egilsstaðir, please contact our sales team to book a private airport transfer. Please note that taxi service may not be available upon arrival.

PLEASE NOTE:

If you land in Keflavik you will need to travel to Reykjavik Domestic Airport to continue to your final destination (EGS). The journey between airports takes around 45–60 minutes. The most convenient option is a taxi (approx. ISK 20,000–25,000). Alternatively, you can take the Flybus or Airport Direct shuttle to Reykjavik city (approx. ISK 4,000–5,000), followed by a short 10–15 minute taxi ride to the domestic airport.

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 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 details should I be aware of when planning my departure day?

When booking departure flights from Egilsstaðir to Reykjavik, select the morning flight (09:05am) to take advantage of the included group transfer to Egilsstaðir airport.

What should I pack for this trip?

Cold Weather:

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

Documents:

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

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- 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)
- Locks for bags
- Binoculars (optional)
- Flashlight/torch (Headlamps are ideal)
- Long pants/jeans
- Camera (With extra memory cards and batteries)
- Fleece top/sweater
- Moneybelt
- Cash, credit and debit cards
- Footwear
- Outlet adapter
- Day pack (Used for daily excursions or short overnights)
- Hat
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Ear plugs
- Headphones (Noise-cancelling recommended)
- 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.)

Winter Weather:

- Warm winter coat
- Waterproof gloves
- Waterproof pants
- Winter boots/shoes Note: Note: 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. An Icelandic summer is also not what most people consider as summer temperature and in the highlands it can get quite cold.

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

For other nationalities, travelling in Europe has been simplified with the introduction of the Schengen visa. As a visitor to the Schengen area (Austria, Germany, Netherlands, Belgium, Greece, Norway, Denmark, Iceland, Portugal, Finland, Italy, Spain, France, Luxembourg, Sweden, Czech Republic, Hungary, Estonia, Latvia, Lithuania, Malta, Poland, Slovakia, Slovenia and Switzerland) you will enjoy the many advantages of this unified visa system. Generally speaking with a Schengen visa, you may enter one Schengen country and travel freely throughout the Schengen region during the validity of your visa. There are limited border controls at Schengen borders, if any at all.

Please note that the UK and Ireland are NOT part of the Schengen agreement.

A Schengen visa is applied for at the Embassy or Consulate of the Schengen country in which you will be spending the most nights on your trip to the Schengen space. If you are only visiting one country on your trip then you apply for your visa at the Consulate of this Schengen country.

As of 2025, various European countries are introducing ETIAS travel authorisation as an entry requirement for visa-exempt nationals.

We highly recommend you checking in advance how your nationality and country/s you are visiting may be affected. Further details can be found [here](#)

Last updated: January 27th 2025

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?

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

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

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?

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 €6-8 per person, per day can be used.

What activities are optional on this trip?

Bakkagerdi

- Bakkagerði Brewery
- Musterid Spa & Wellness

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 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.

Are there any specific safety considerations for this itinerary?

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 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.

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/

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.

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.