



Local Living Italy—Sorrento

7 days, Naples to Naples

Trip code EISO

What's included

- Your G for Good Moment: Migrantour with Co-op Casba, Naples
- Your Welcome Moment: Meet Your CEO and Group

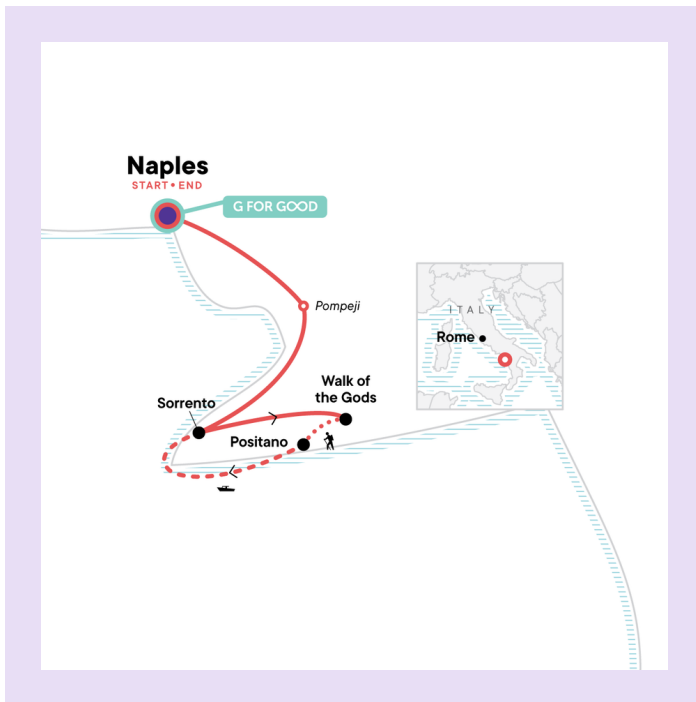
- Your Local Living Moment: Agriturismo Tour, Sorrento
- Your Foodie Moment: Limoncello Making Demonstration, Sorrento
- Guided tour of Pompeii
- "Path of the Gods" hike
- Scenic boat ride from Positano to Sorrento
- One evening cooking demonstration
- Orientation walks in Naples and Sorrento
- Transport between destinations and 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 May 28th, 2026 and onwards

Itinerary



Itinerary Notes

Please note that during the winter months (Nov-Mar) the ferry scheduled on day 4 will be replaced by a bus service. While ferries do operate during the winter months, they are more unreliable due to weather conditions.

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

Naples

Arrive at any time.

Welcome to Naples, home to the best pizza of the world. As your fellow travellers are arriving throughout the day, there are no planned activities until your group meeting at 6pm this evening, so check in to the hotel (check in time is approx 3pm) and enjoy the city.

If you wish to explore Naples before your tour begins, consider booking pre-tour accommodation with us. Please speak to a G Adventures representative about booking accommodations in Naples before Day 1 of this itinerary. In addition, special meal requirements cannot be accommodated on the optional Naples Food Tour.



Today's Activities

ACTIVITY

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



Optional Activities - Day 1

Naples Food Tour

Naples

3h30m-4h

Take a trip back in time to when royalty first enjoyed the delicacies locals still love today. Hear the legends and lore of iconic neighborhoods as you taste your way through history.

Savor real Neapolitan pizza directly at the historic site where it was first invented.

Walk through the famous Spanish Quarters (Quartieri Spagnoli), a captivating labyrinth that offers an authentic journey through time and timeless charm.

Experience local delicacies like deep-fried pasta and fresh, handmade buffalo mozzarella. Along the route, you'll see the Royal Palace and the Teatro San Carlo, the oldest continuously active opera house in the world and the Mount Vesuvius.

Indulge in the iconic Sfogliatella, a flaky pastry whose nearly 300-year-old recipe originated on the Amalfi Coast, while you sip a cappuccino or espresso.

Please note that this activity takes place on the morning of day one of your tour, so it will only be available to travellers who have booked pre-accommodations or will be arriving before 10 am. Should you desire to book this activity, be sure to contact your GCO before your arrival.

Archaeological Museum Naples

Naples

18EUR

1h-3h

Visit the museum's outstanding collection of pieces from ancient Rome, as well as stunning mosaics and murals discovered in Pompeii.

Spaccanapoli Street

Naples

Free

30m-2h

Immerse yourself in the heart of Naples' old city with a walk down the narrow Spaccanapoli street. Wander into quirky shops, grab a slice of pizza, or sample some limoncello.

Underground Naples Visit (Napoli Sotterranea)

Naples

10EUR

Journey 40 metres under Naples' Historic Centre to a labyrinth of caves and tunnels that holds more than 150 cavities, hollowed by the Greeks to build the city's walls and temples.

Start the day with a G Adventures supported Migrant tour of Naples. Transfer to Sorrento and your home for the week, an organic lemon farm. Enjoy a guided tour of Pompeii en route.

We head off by private transport to our accommodation, an agriturismo just outside of Sorrento. En route, visit the famed site of Pompeii, at the foot of Mount Vesuvius. After a tour with an expert local guide, there will be some free time to explore on your own before heading to our accommodation.

For the duration of our trip, we stay at the same agriturismo. Located about a short taxi ride uphill from Sorrento, our accommodation is at a working lemon farm that has opened its doors to tourism. The 'agriturismo' is surrounded by open terraces and groves of lemon trees protected by wooden pergolas made with chestnut.



Meals included

Breakfast | Dinner



Today's Activities

ACTIVITY

Catch a glimpse of another side of Naples - through the eyes of a newcomer to Italy. This unique tour combines historic sites with landmarks important to the wide variety of migrant groups that call Naples home. Travellers are not just receiving a tour they'll never forget, they're also supporting an organization dedicated to help migrants integrate into a more accepting society.

Private Vehicle

Naples - Pompeii

30m

26km

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

Pompeii Guided Tour

Pompeii - Pompeii

Walk through the ruins of Pompeii, which was buried under ash and pumice when Mount Vesuvius erupted in 79 AD. The forum, the baths and many houses remain well preserved and provide us with a glimpse of what life was like in the first century.

Private Vehicle

Pompeii - Sorrento

1h

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

Day 3

Sorrento

Tour the agriturismo's lemon groves then enjoy free time to fill however you wish. Perhaps try your hand at learning the art of pizza with a pizza making demonstration.

Start off the day with a tour of the agriturismo to learn the history of the property and more about lemon cultivation. Later, take some time to explore further with free time.



Meals included

Breakfast | Lunch



Today's Activities

ACTIVITY

Stroll through fragrant lemon groves and enjoy an introductory tour of the agriturismo, including the history of the property. Get to know your hosts and start making this slice of heaven feel like home.

Free Time

Sorrento

There is plenty to see and do; now is your time to explore. Either relax and take in the stunning scenery or opt to take part in a pizza making demonstration.



Optional Activities - Day 3

Pizza Making Demonstration

Sorrento

Dig right into the dough and learn how to make pizza, Italian-style. Naples is the birthplace of pizza, and it's basically just right up the road (or up the coast), so this is just about as authentic as you're going to get. Guess what's for dinner? A delicious 3-course pizza dinner. Buon appetito!

Day 4

Sorrento

Set off on the beautiful "Path of the Gods" trail that climbs along ridges high above the coastal towns of Positano and Praiano. Finish in Positano, then take a scenic public boat ride back to Sorrento. End the day with a limoncello tasting.

The path can be rough underfoot and a little exposed, but well worth it for the spectacular scenery and the chance to be so close to nature and "the Gods". The outstanding beauty of the Amalfi Coast can only be fully appreciated on foot.

The walk finishes in Positano where you will have time to explore the bustling resort if you wish. Take a scenic public boat ride back to Sorrento.

Wind down the day with a limoncello tasting before heading back to the agriturismo.



Meals included

Breakfast | Dinner



Today's Activities

Path of the Gods Hike

Furore - Positano

5h-6h

11km

Set off from the agriturismo to Bomerano and follow the path along the Amalfi Coast. This trail offers panoramic views of the Coast, with its dramatic cliffs and azure sea below. As you walk, you'll pass through fragrant Mediterranean vegetation and ancient stone pathways. This is a well-marked trail with rocky, uneven sections, dirt paths, and steep steps.

Note that hikes are accessible for all travellers, but there can be sections that are more strenuous and challenging due to terrain. Please ensure you have proper closed-toe hiking footwear.

Free Time

Positano

Explore the shops and narrow streets of beautiful Positano.

Boat

Positano - Sorrento

1h-2h

Climb aboard and get your float on.

ACTIVITY

Learn all about limoncello production (and tasting!) at a local limoncello factory. Southern Italy is known specifically for the giant lemons they use to make limoncello. These lemons can easily grow to be larger than one's head; see them in person today.

Day 5

Sorrento

Enjoy an orientation walk of Sorrento before a free day to do as you please. Opt to visit local villages, explore Sorrento, or to spend some time on the beach.

For those looking to take a stroll around town, start at the Piazza Tasso to get a feel for the hustle and bustle of local life. Make your way to the Basilica, shop for handmade goods such as ceramics and lace-work, or stop at one of the lively restaurants around the square for a bite of Neapolitan fare (seafood, anyone?). Then head down to the marinas for some time by the sea.



Meals included

Breakfast



Today's Activities

Sorrento Orientation Walk

Sorrento

Walk with your CEO down the streets of Sorrento. This small resort town is full of lemons, friendly locals, and cliffs plunging into the sea. Learn about the history and get the lay of the land before you are set loose on this free day in Sorrento.

Free Time

Sorrento

Do as much or as little as you'd like today.



Optional Activities - Day 5

Cooking Class

Refine your culinary skills with an optional cooking class. Discover the secrets of the delicious local cuisine.

Correale Museum Visit

Sorrento

7EUR

Take a tour of the extensive collection of Neapolitan art and crafts, with bonus additions of ancient Roman and Greek artifacts. History not your thing? A visit to this 18th-century villa is worth it just for the breathtaking coastal views and a walk through its floral gardens.

Basilica di Sant'Antonino

Sorrento

Free

15m-30m

Built in the 11th century, Basilica di Sant'Antonino is the oldest church in town and is dedicated to the city's patron Saint Anthony the Abbot. The church boasts a collection of medieval artefacts, along with St. Anthony's bones, and two whale bones to commemorate this rescue of a child from a whale.

Marina Grande

Sorrento

Wander along this picturesque stretch of sand to and get a feel for local life on the sea. Lined with pastel coloured houses and colourful fishing boats, this is the perfect place to sit down for the catch of the day.

Day 6

Sorrento

Enjoy some down time to explore the area or just kick back and relax at the agriturismo. Today is a free day for you to enjoy more sites of your choice along the Coast.

Choose to spend the day exploring the famous island of Capri. Hop on board the 'funicolare' to explore Capri Town's piazza. The Caprese salad is named after this town, and, of course, there is also locally produced limoncello, made with the island's lemons. Walk along the trails on the island, go swimming, or brush shoulders with the more well-off island inhabitants at fancy shops.



Meals included

Breakfast | Dinner



Today's Activities

Free Time

Sorrento

Take the day to explore however you wish. Enjoy the agriturismo or head off to explore Capri and all the island has to offer.



Optional Activities - Day 6

Funicular to Monte Solaro

Capri

12EUR

Hop on a bus toward Anacapri to reach the chairlift that will take you to the summit of Monte Solaro (Solaro Mountain). From here, enjoy amazing views of the Bay of Naples, and surrounding Salerno. Opt to hike down, or take the chairlift.

Via Camerelle

Capri

Take a stroll down colourful Via Camerelle. Sip espresso and window shop the boutiques along the way.

Villa Jovis (Tiberio House)

Capri

4EUR

1h-2h

Built in the first century B.C., this cliff-top villa is the grandest of all island residences that once belonged to Emperor Tiberius.

Blue Grotto

Capri

14EUR

Take a visit to the Blue Grotto, or 'Grotta Azzurra' - Capri's most impressive natural wonder. To enter, lay back in a wooden rowboat and glide into the cave. Take in the fantasy-like blue waters as you float on the surface.

Capri Excursion

Capri

100-120EUR

6h-9h

Take a catamaran or hydrofoil to see the jewel of the Amalfi islands. Stroll through the town, or simply relax and take in views of the blue water and striking limestone sea stacks.

Day 7

Sorrento/Naples

Transfer to the Naples train station in the morning where the tour ends upon arrival.

This tour ends upon arrival at the Naples train station at approximately 11am. If you opt to stay at the agriturismo in Sorrento until checkout time at 11am, we will gladly help you to arrange any onward transport at your own cost. If departing from Naples, please book onward travel for no earlier than 2pm.

Upon arrival in Naples, consider booking post-tour accommodation with us if you wish to extend your stay. Please speak to a G Adventures representative about booking accommodations in Naples after your tour ends.



Meals included

Breakfast



Today's Activities

Private Vehicle

Sorrento - Naples

1h30m

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

Departure Day

Not ready to leave? Your CEO can help with any onward travel arrangements you require.



Optional Activities - Day 7

Archaeological Museum Naples

Naples

18EUR

1h-3h

Visit the museum's outstanding collection of pieces from ancient Rome, as well as stunning mosaics and murals discovered in Pompeii.

Spaccanapoli Street

Naples

Free

30m-2h

Immerse yourself in the heart of Naples' old city with a walk down the narrow Spaccanapoli street. Wander into quirky shops, grab a slice of pizza, or sample some limoncello.

Herculaneum Visit

Herculaneum

13EUR

1h-3h

Explore the well-preserved ruins of this ancient Roman town, lost in the same volcanic eruption as Pompeii. A UNESCO World Heritage site, much of Herculaneum's wooden roofs, beds, doors and food can be seen in their near-original state. Wealthier than Pompeii, view the fine houses of Aristides, Argus, Genius and Alcove.

Underground Naples Visit (Napoli Sotterranea)

Naples

10EUR

Journey 40 metres under Naples' Historic Centre to a labyrinth of caves and tunnels that holds more than 150 cavities, hollowed by the Greeks to build the city's walls and temples.

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What are the main highlights of this trip?

Make yourself at home at an Italian agriturismo outside of Sorrento for a week, Hike the famous "Path of the Gods", Explore chic resort towns and historic villages, Savour delicious home-cooked Italian food made from local ingredients, Explore the historic roads of Pompeii

Itinerary Notes

Please note that during the winter months (Nov-Mar) the ferry scheduled on day 4 will be replaced by a bus service. While ferries do operate during the winter months, they are more unreliable due to weather conditions.

What are the main highlights of this trip?

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

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Is there an itinerary Disclaimer?

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

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

Are there Itinerary notes?

Please note that during the winter months (Nov-Mar) the ferry scheduled on day 4 will be replaced by a bus service. While ferries do operate during the winter months, they are more unreliable due to weather conditions.

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

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.

Please note that the Amalfi Coast experiences variable weather conditions, particularly during the winter season. While we make every effort to ensure a smooth and enjoyable experience for our travellers, it's important to note that weather-related disruptions may occur, if that's the case a similar excursion will be provided

What is the group leader like?

This G Adventures group trip is accompanied by one of our CEOs (Chief Experience Officer). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. For our Pompei visit we also use an expert local guide.

How large will the group be?

Max 12, Avg 8.

What meals are included in this trip?

6 breakfasts, 1 lunch, 3 dinners

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. On this trip, you have included 6 continental breakfasts, 1 lunch, and 5 hearty farmhouse dinners, home-cooked by the family who run the Agriturismo using local and often organic ingredients.

What are the modes of transportation on my trip?

Minibus, boat, walking.

What transportation will we take on this trip?

On this trip we will mostly use private vans but also a public ferry or two. The scenery along this part of Italy is dramatic, but the cliffs and mountains of the coastline make for some extremely windy and occasionally precipitous roads - pack some motion sickness medicine if you think you'll need it!

Is there an extra cost for travelling solo?

We believe single 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 single travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotel (1 nt), locally-owned agriturismo/guesthouse (5 nts).

What kind of accommodation can I expect on this trip?

For the duration of our trip we stay at the same agriturismo. Located about a 30-minute walk uphill from Sorrento, our accommodation is at a working lemon farm that has opened its doors to tourism. The 'agriturismo' is surrounded by open terraces and groves of lemon trees protected by wooden pergolas made with chestnut. Enjoy meals in an open-air dining area that overlooks the crystalline waters of the Mediterranean Sea. The rooms are comfortable and welcoming, all with ensuite bathroom and lovely rural views.

PLEASE NOTE: All rooms listed as "TWIN" can be requested as a "DOUBLE". Please let your GCO (Global Connection Officer) know at time of booking if you would like a Double Room.

If you would like to share a room with your travelling companion, please make sure you book together, selecting twin or double room according to your preference. Available room types are always shown on each particular tour, and we cannot guarantee your room type will be able to be changed at a later date. If you are unable to book at the same time as your travelling companion, please contact us directly as soon as possible so that we can check availability and, if possible, assign you to the correct room type.

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 Naples airport (NAP), you can reach the city centre in a few ways. You can take the Alibus from the airport to the Central Station.

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

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

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

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

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

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

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call 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 instructions should I follow at the finishing point?

We recommend departing from the Naples airport, however if you choose to depart from Rome airport you can catch a train from Naples to Rome Termini (around 3hrs). From there you can catch a train or bus to the airport - please allow 1 hour from Rome Termini station to the airport. We do not recommend booking a flight before 4pm. We suggest you do NOT pre-book train/bus tickets in advance - your CEO will be there to organize it when the trip starts.

Are there any additional packing suggestions I should consider?

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 be on my packing list?

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

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

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

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

Light Hiking:

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

Warm Weather:

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

When can I do my laundry on this trip?

As our Agriturismo is in the countryside, there is no convenient self-service laundry. We recommend you bring biodegradable washing soap for any hand-washing you may need to do.

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

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?

Italy is in the Eurozone and the unit of the currency is the Euro.

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 in Greece - Check with your bank. You should be aware when purchasing products or services on a credit card, that a fee usually applies.

Do not rely on credit or debit cards as your only source of money. A combination of Euros, traveller's cheques and cards is best. Avoid relying on traveller's cheques alone as these are less and less readily cashed as clients use them very little.

Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates:
www.xe.com

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Do I need to pay a departure tax?

Usually included in international air ticket

Should I be tipping on my trip?

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

Tipping is an expected - though not compulsory - component of your tour program, and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €3-5 per day, depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

At the end of each trip, if you felt your G Adventures CEO did an outstanding job, tipping is expected and appreciated. The precise amount is a personal preference, however €6-8 per person, per day can be used as a guideline.

What activities are optional on this trip?

Naples

- Naples Food Tour
- Archaeological Museum Naples (18EUR per person)
- Spaccanapoli Street (Free)
- Underground Naples Visit (Napoli Sotterranea) (10EUR per person)

Sorrento

- Pizza Making Demonstration
- Cooking Class
- Correale Museum Visit (7EUR per person)
- Basilica di Sant'Antonino (Free)
- Marina Grande

Capri

- Funicular to Monte Solaro (12EUR per person)
- Via Camerelle
- Villa Jovis (Tiberio House) (4EUR per person)
- Blue Grotto (14EUR per person)
- Capri Excursion (100-120EUR per person)

Herculaneum

- Herculaneum Visit (13EUR per person)

Are there any health considerations I should know before travelling?

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

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your 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 or 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 judgment 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.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

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.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

What are the trip specific safety considerations?

Like anywhere in the world, major cities have areas safer than others, use common sense, be aware of your surroundings and mind your personal belongings

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

Travel Insurance: 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 CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. 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?

In Italy, shoulders and knees should be covered while visiting churches and cathedrals.

Beachwear is not acceptable in towns.

Ask your CEO for more specific advice.

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.

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

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

Itinerary Disclaimer

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

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