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Sorry! There are no remaining departures for "Local Living Italy - Tuscany Garfagnana" (EITL), [but here are some similar trips](#).



Local Living Italy - Tuscany Garfagnana

7 days, Rome to Garfagnana

Trip code EITL

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Garfagnana Wine Tasting, Garfagnana

- Orientation walks of Rome, Castelnuovo di Garfagnana and Lucca
- Local hikes
- Bread making demonstration

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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 January 1st, 2018 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

Rome

Arrive at any time.

We highly recommend arriving a day early to experience everything that this incredible city has to offer.

There is a welcome meeting at 6pm; check in the hotel lobby or ask at reception for more details.



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.

Day 2

Rome/Garfagnana

Enjoy a local Italian breakfast before taking an orientation walk around Rome. Travel by train to Tuscany and transfer to the local villa, which is home for the rest of the week. Take a short walk to the village of Sambuca.

Take a private transfer to the local villa.

Please note the home cooking experience will take place on a best suited day for your specific group.



Meals included

Breakfast | Dinner



Today's Activities

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Free Time

Rome

Free time in one of the world's most beautiful cities.

Train

Rome - Garfagnana

5h

Climb aboard, take a seat, and enjoy the ride.

Sambuca Village Visit

Sambuca

Take a short walk to the village of Sambuca and sample some of the local Italian flavour.

Day 3

Garfagnana

Enjoy an orientation walk of Castelnuovo with your CEO and explore this charming Tuscan village. Take time for an optional village lunch and return to the villa in the afternoon. In the evening, enjoy a wine tasting with a local sommelier.

Settle in and explore Castelnuovo di Garfagnana. Enjoy the daily Tuscan village life at your own pace. Choose from the many trattorias in town to try some delicious rustic Italian fare, or opt to visit the Rocca dell'Ariosto castle, the local Duomo, or the fortress of Mont'Alfonso d'Este.

Afterwards return to the villa in the afternoon for a tasting of local wines paired with typical foods from the region with a sommelier before dinner. Salute!



Meals included

Breakfast | Dinner



Today's Activities

Free Time

Garfagnana

Take time to explore this rural town. Make sure to try some local specialities along the way!

ACTIVITY

Gather together for a local wine tasting that takes place on the villa grounds. A local sommelier joins the group, bringing a variety of local wines from nearby local village cellars. Learn about local grape varieties and the process of traditional Tuscan wine making before sitting down for dinner.



Optional Activities - Day 3

Rocca della Ariosto Castle

Garfagnana

Free

Duomo of Castelnuovo di Garfagnana Visit

Garfagnana

Free

Fortress of Monte Alfonso d'Este

Garfagnana

Free

Day 4

Garfagnana

After a short transfer, hike through the open countryside in the Apuan region. Stop and enjoy a picnic lunch along the way.

After arriving at Pania della Croce, explore the town before starting your hike in the Apuan region.

This easy hike takes you through the Tuscan countryside along different paths following a natural stone wall enjoying the view en route. Enjoy a picnic lunch of local produce.

We take along our picnic lunch of local produce during our hike.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Garfagnana - Pania della Croce

30m

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

Garfagnana Hiking

Pania della Croce - Colle di Favilla

5h

Today spend the day taking in the fresh mountain air while walking through different mountain trails and villages. Begin the hike downhill before stopping for a picnic lunch. Continue to Isola Santa - a medieval town by a tranquil lake nestled in the mountainous valley; stop to take in the incredible scenery. Continue for the last stretch of the hike before finishing at Colle di Favilla.

Private Vehicle

Colle di Favilla - Garfagnana

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

Day 5

Garfagnana

Travel into the mountains toward the charming medieval village of San Pellegrino - the highest in the Appenini Alps. Opt to wander the town or head off for a short hike in the afternoon. Learn the craft of bread making from a local farmer.

Take in the breathtaking views of historic San Pellegrino. Opt to continue wandering around town, visit the museum, or visit the Sanctuary of San Pellegrino and San Bianco. Alternatively, head off for a 2 hour easy-moderate hike along rolling terrain in the afternoon. Afterwards, travel to meet a local farmer, learn how bread is made, and pair fresh samples with local olive oil. Return to the villa to unwind with a glass of wine.



Meals included

Breakfast | Dinner



Today's Activities

Bread Making Demonstration

Garfagnana

Learn from a local farmer how Tuscan Italian bread is made. Learn how the dough is immersed with local herbs and then baked in a wooden oven over the fire. Pair the fresh bread with some local olive oil, and discover the beauty of simplicity.



Optional Activities - Day 5

Hiking around San Pellegrino

San Pellegrino in Alpe

1h-2h

Head off for a short hike in the scenic countryside around this beautiful region. San Pellegrino in Alpe is surrounded by beech trees and grazing cattle and is the perfect place for a stroll through the country.

Sanctuary San Pellegrino in Alpe

San Pellegrino in Alpe

Free

Take a visit to this beautiful medieval church in this hilltop town, built as a patronage to Saint Pellegrino who travelled from Rome along the pilgrimage route.

Day 6

Garfagnana

Enjoy a day trip to Lucca including an orientation walk with the CEO.



Meals included

Breakfast | Dinner



Today's Activities

Local Train

Garfagnana - Lucca

Climb aboard, take your seat, and get around like the locals do.

Lucca Excursion

Lucca

Medieval Lucca is perfect to explore on foot. Stroll atop the 17th-century city wall, still fully intact! Visit the 12th-century Cathedral of San Martino and the Duomo. Climb to the roof garden of the Guinigi Tower or see Puccini's birthplace.

Local Train

Lucca - Garfagnana

Climb aboard, take your seat, and get around like the locals do.



Optional Activities - Day 6

Lucca Bike Rental

Lucca

3-5EUR

Cycle along the top of the stunning medieval city walls, zoom down into one of the many cobblestone piazzas for an espresso and a revitalizing slice of pizza, and pedal around, taking in some of the fantastic culture and architecture this little city offers, including many palazzos, churches, and towers.

Piazza dell'Anfiteatro Visit

Lucca

Free

Take a stroll around the Piazza dell'Anfiteatro. Historically the base of a former amphitheater in its place, the square is now home to quaint shops and restaurants.

Botanical Gardens of Lucca

Lucca

1h-2h

Wander around this elegant botanical garden. The grounds are nearly 200 years old, and hosts just as many species of plants.

Day 7

Garfagnana

A transfer back to Castelnuovo di Garfagnana train station is provided in the morning. Depart in the afternoon.

This trip ends at approximately 10am at train station Castelnuovo Di Garfagnana. Castelnuovo Di Garfagnana is about 5h from Rome and 4h from Milan by train, with trains running frequently between these stations. Please book any onward travel from these major cities after 3:00pm.



Meals included

Breakfast



Today's Activities

Departure Day

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

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Garfagnana Wine Tasting, Garfagnana
- Orientation walks of Rome, Castelnuovo di Garfagnana and Lucca
- Local hikes
- Bread making demonstration

What are the main highlights of this trip?

Enjoy the stunning Tuscan countryside, mountain walks, taste local specialties, savour home-cooked meals, relax at the authentic countryside accommodations.

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

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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.

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?

1. 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.

2. In Europe it is very rare to find elevators in train stations, hotels or other public places. We use public transport on this trip, which means you will need to carry your luggage from platform to platform, in and out of trains and buses etc. and also possibly up several flights of stairs. You will also need to be able to stow your luggage safely on trains and buses. It is therefore essential that you pack light and bring luggage which is compact and lightweight, and which you can easily transport. The carrying of your luggage remains your responsibility at all times.

What is the group leader like?

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

How large will the group be?

Max 12, Avg 10

What meals are included in this trip?

6 breakfasts, 1 lunch, 5 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. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Walking, train, minivan/car

Are local flights included in the cost of the trip?

If required all local flights are included in the cost of your tours unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

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 villa (5 nts)

What kind of accommodation can I expect on this trip?

Our accommodation is a charming, traditional Tuscan three story stone home located in a field in the countryside with wonderful views, and a private swimming pool to enjoy.

The property is comprised of two different buildings, and we may have rooms in either of these. The rooms are very simple with a homely and welcoming feel. Most rooms are twin-share, with shared bathroom facilities. All meals will be enjoyed in the kitchen and dining room areas of the property; this space will also be used for the cooking demonstrations.

The real highlight of our stay is our wonderful hosts, Enrico and Davide, who will go out of their way to highlight their local area for you and make sure you have a wonderful stay.

What is the joining hotel?

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

What are the joining instructions?

Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation with us), please make your way to the joining hotel (note that check-in time will be in the afternoon). Once you arrive at the hotel, 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.

GETTING TO HOTEL STELLA:

By Bus from the Airport:

Shuttle buses run from Fiumicino airport and Ciampino Airport to Termini station in the city centre approximately every half hour. Look for the Terravision stand at the arrival terminal. Cost is €5 one way and takes approximately 1 hour.

By Train from the Airport:

The Leonardo Express is the name of the train that will shuttle you from Rome's main international airport, Fiumicino, to central Rome's Termini station. A Leonardo Express train leaves every half hour in each direction.

Trains to Roma Termini Station start at 6:35 in the morning with trains running at 5 and 35 minutes after the hour. The last train of the day departs at 11.35pm. The train station is open 4am to 1am and covers 35 km in around 30 minutes. Cost is 14 Euros per person. Tickets for Leonardo Express are available at rail ticket office, newspaper seller, tobacconist's, and self-service tellers, each located in the railway station atrium.

NOTE: You must always stamp tickets in the machines on the platform before starting your journey.

To find the hotel, exit Termini train station via the right hand exit, if you have your back to the trains, and walk toward the sign posted Via Marsala. Cross the street into Via Marghera and then take the third street on your left, Via Varese. Continue straight across piazza Indipendenza. At the end of the piazza, the street will become Via Castelfidardo. Hotel Stella is at number 51.

By Taxi from the Airport:

Taxis run fixed rates to and from airports. The rate is 40 EUR. The rate for designated Fiumicino taxi drivers is 60 EUR and are inclusive of luggage, for a maximum of four passengers.

We always recommend printing out the address of the hotel (in the native language as well as English if available), to show to your taxi driver.

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

Choose from a range of transport options including both private and shared transfers at a discounted rate.

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

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 CEO, 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 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 UK office:

+447817262559

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

For absolute emergencies after office hours please contact +44 7817 262559

If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, and your call will be returned as soon as possible.

What information should I be aware of as the itinerary draws to a close?

The owner of the local villa will transfer you down the to the train station of Castelnuovo di Garfagnana at 9.30am. Castelnuovo Di Garfagnana is about 5h from Rome and 4h from Milan by train, with trains running frequently between these stations.

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?

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:

- 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.)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: When packing your gear, the best clothing for trekking is either wool or synthetic materials, as this is quick-drying and can keep heat in better. The optimum clothing for trekking is layering, as it allows for easy temperature regulation as you ascend or descend. We suggest a base-layer, then a mid-layer such as a sweater, followed by a fleece jacket or similar, then a windproof and waterproof jacket. For your bottom half, thermal underwear, hiking pants then windproof and waterproof layers are recommended.

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. 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 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](#)

All visitors to the EU (European Union) and EEC (European Economic Community) countries require a valid passport (with a minimum 6 months validity). USA, Canada, Australia and New Zealand passport holders do not need a visa to visit the Schengen area (see below), however they may not stay longer than three months in any 6-month period.

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.

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?

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 Italy - 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!

Should I be tipping on my trip?

It is customary in Europe to leave a small tip for service providers, such as waiters, if you are pleased with the service (€1-2).

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.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline €30-40 per person, per week can be used.

What activities are optional on this trip?

Garfagnana

- Rocca della Ariosto Castle (Free)
- Duomo of Castelnuovo di Garfagnana Visit (Free)
- Fortress of Monte Alfonso d'Este (Free)

San Pellegrino in Alpe

- Hiking around San Pellegrino
- Sanctuary San Pellegrino in Alpe (Free)

Lucca

- Lucca Bike Rental (3-5EUR per person)
- Piazza dell'Anfiteatro Visit (Free)
- Botanical Gardens of Lucca

Are there any health considerations I should know before travelling?

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

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings in this dossier for trip specific information. For travellers over 70 years a completed Medical Form is required. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/ or the rest of the group.

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

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

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 should be covered while visiting churches and cathedrals. 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.