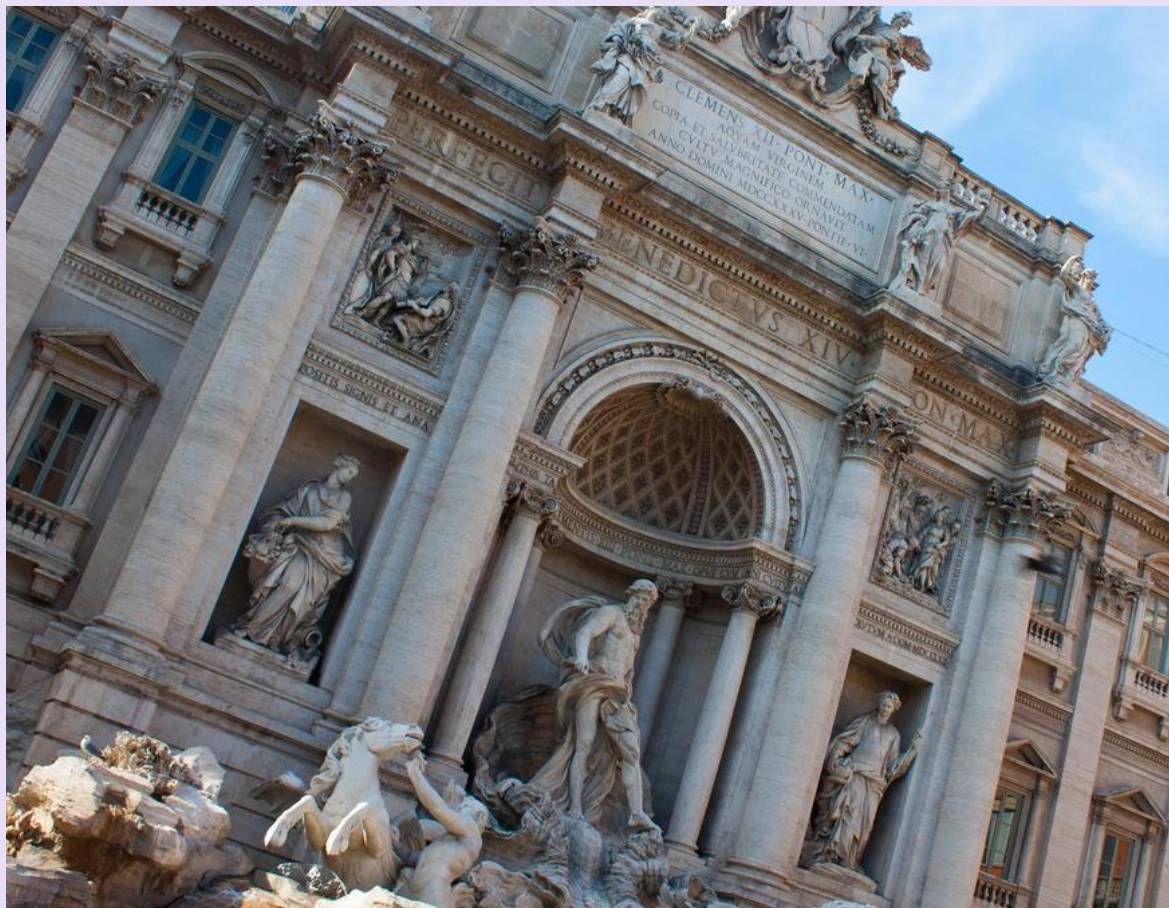


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Sorry! There are no remaining departures for "London to Rome: Picnics & Pizza" (EELR), [but here are some similar trips](#).



## **London to Rome: Picnics & Pizza**

8 days, London to Rome

Trip code EELR

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Paris

- Your Discover Moment: Interlaken
- Your Discover Moment: Rome
- Your Big Night Out Moment: Rome
- Picnic in front of Eiffel Tower (Paris)
- Orientation walks in Interlaken and Milan
- All transport between destinations and to/from included activities

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 January 1st, 2017 - December 31st, 2017

# Itinerary



## Itinerary Notes

**COMBO TRIP:** Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together, prior to Day 1 of your tour. Likewise, some staff and travellers may be continuing together on another G Adventures tour, after your trip concludes.

**ACCOMMODATION:** Please note most of our 18-to-Thirtysomethings accommodation in Europe is multi-share.

**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

## London/Paris

Meet in London before departing for Paris by train.

Please refer to joining instructions for more information on where to meet.

Please note the trip departs London in the evening of Day 1 so it is imperative that you arrive on time for departure soon after the 5:30pm Welcome Meeting. Please allow plenty of time for the journey to London to allow for any possible delays.



### 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.

Train

London - Paris

3h

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

Picnic in front of the Eiffel Tower; opt to visit Notre Dame Cathedral or explore Montmartre.

Explore and discover the “je ne sais quoi” of the City of Lights. Paris has something for everyone and you can use your day here to picnic under the Eiffel Tower, explore the outstanding museums and churches, float down the Seine on a river cruise or people watch at one of the charming cafés.



## Meals included

Lunch



## 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.



## Optional Activities - Day 2

Musée d'Orsay Visit

Paris

11EUR

1h-2h

Tour through The Musée d'Orsay, a must-see museum in Paris. Housed in a former train station, the beautiful building is the perfect setting to display some of the world's most revered Impressionist art. Wander from room to room in awe at the works on display by Monet, Renoir, Cézanne and Gauguin. Marvel at Degas' ballerinas and Van Gogh's swirling colours.

Musée Rodin Visit

Paris

12EUR

1h-2h

Spend some time at The August Rodin Museum, one of Paris' most enjoyable museums. With famous sculptures on display like the Burghers of Calais, The Gates of Hell, The Hand of God, The Kiss and The Thinker, you can wander through this former mansion, marvelling at the architecture as well as Rodin's best work.

Champs-Élysées Visit

Paris

Free

Wander past high end retail shops, cafés and theatres before reaching the famous Arc de Triomphe.

Sacre Coeur Visit

Paris

Free

1h-2h

Visit the Basilique du Sacré-Coeur, located in the Montmartre neighbourhood. This Roman Catholic church was completed in 1914 and stands on the highest point of the city. Climb up 200 stairs to reach the dome of the basilica to get an amazing view of the Paris skyline.

The Louvre Visit

Paris

12-16EUR

1h-5h

Examine the massive collection at the Louvre, home to the Mona Lisa and the Winged Venus. While it might take a lifetime to view everything in the museum, one of the largest in the world, make the most of the time you have and try to spend at least a few hours wandering around.

Day 3

## Paris/Interlaken

Take a train from Paris to Interlaken, a small city in the Swiss Alps with breathtaking scenery.



### Today's Activities

Train

Paris - Interlaken

8h

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

Days 4–5

## Interlaken

Enjoy an orientation walk of Interlaken. Opt to get the adrenaline pumping with some canyoning or whitewater rafting. Explore a nearby glacier or go swimming in a crystal clear lake. Don't miss the nightlife.



### 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.



### Optional Activities - Days 4–5

Alpine Canyoning Adventure

Interlaken

119CHF

3h30m-4h

Jump, slide, rappel, and get ready for a thrilling experience while canyoning. Whatever you do, make sure you hold on! This activity is sure to be a highlight of any trip to Interlaken, the landscape here is known for some of the best canyoning opportunities on the globe.

Paragliding

Interlaken

Strap into a tandem paragliding harness with an expert paraglider and fly over beautiful Interlaken and its surrounding mountains. The world is a whole lot more peaceful while gliding above this scenic landscape.

Ropes course

Interlaken

Get kitted out in a harness, and come face-to-face with your inner afraid-of-height demons high above the ground on rope bridges, Tarzan swings and ziplines. Not afraid of heights? No problem—this will still be the adrenaline experience of a lifetime.

Chocolate Making Workshop

Interlaken

65CHF

Ever wanted to taste world-famous Swiss chocolate? Here is your chance to make it, too. Get tips and tricks first hand from professional Chocolatiers. Learn to temper, melt, pour chocolate. Oh, and the best part: taste your creation.

## Hiking in the Swiss Alps

Interlaken

30-60CHF

3h-7h

15-30km

Lace up your hiking boots and get hiking in the Swiss Alps. There are many hikes of varying difficulties either up or down the mountains or along the meandering shores of nearby lakes. Don't forget a camera because no one's going to believe just how spectacular the views are here without proof.

Travel to Milan by train. Fashion and people watch on an included orientation walk of Milan. Overnight train to Rome.

Please note: If you are interested in seeing Leonardo Da Vinci's most famous artwork, the Last Supper, it is essential that you make a booking in advance for this afternoon (Day 6). You can book either over the telephone or online. The contact details are:

Telephone: +39 02 89421146

Web: [www.cenacolovinciano.org](http://www.cenacolovinciano.org).

\*\*Please make your appointment for 3pm onwards (in case of possible delays arriving from Interlaken).\*\*



## Today's Activities

Train

Interlaken - Milan

3h30m-4h

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

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

Milan

Enjoy an afternoon to explore Milan.

Overnight Train (beds)

Milan - Rome

9h

Stretch out and get some well-earned rest en route to the next stop.

Opt to check out the famous Roman sites from times past like the Colosseum, Roman Forum, Vatican and Pantheon. Don't miss the amazing Italian food, wine and nightlife.

It's a good idea to book a ticket to the Vatican online from home or with some advice from your CEO prior to arriving to Rome, as waiting until the day you arrive may well be too late!

## Today's Activities

### ACTIVITY

Whether it's a pub crawl, drink specials or a bonfire on the beach, celebrate late into the night with your new best friends.

## Optional Activities - Day 7

Sistine Chapel

Vatican City

20-25EUR

1h-2h

Although the Sistine Chapel is always very crowded, it is a must-see for any visitor to the Vatican. The magnificent frescoed ceiling of the chapel painted by Michelangelo depicts over 300 figures from the Book of Genesis, the most well-known being "The Creation of Adam," showing God touching the finger of Adam. "The Last Judgment" on the west wall depicts a scene from the Book of Revelations. Art aficionados, get ready to cross one of your list!

Vatican City Visit

Vatican City

Free

1h-2h

Get ready to tick something off the bucket list. Visit the smallest country in the world—Vatican City! Stand in St Peter's Square and be wowed by colossal colonnades, numerous statues, and the obelisk. Opt to take in the magnificence of St Peter's Basilica, Michelangelo's Pietá, and the Sistine Chapel while you are in the area.

Vatican Museum Visit

Vatican City

20-25EUR

3h-4h

The Vatican Museums near St Peter's Basilica contain priceless works of art from ancient to modern times. There are many different museums to choose from, but two of the most well known are the Sistine Chapel and the Raphael rooms.

### Pantheon Visit

Rome

2-5EUR

The Pantheon is one of the most famous buildings in Rome. Originally built during the reign of Augustus (27 BC - 14 AD), the building was rebuilt under Hadrian in 126 AD. The roof is still the world's largest unreinforced concrete dome, and it contains a circular opening (an oculus). It is easily one of the best-preserved of all the ancient Roman buildings.

### Roman Forum Visit

Rome

24EUR

1h-2h

Even with the bustle of modern day Rome whizzing past on Vespas, you can still lose yourself in the fragmented columns and ancient ruins of this plaza, conjuring images of the rich Romans sauntering by in togas. Please note, this must be booked in combination with the Colosseum Visit and will include a visit to Palatine Hill.

### Colosseum Visit

Rome

24EUR

Enjoy a guided tour of this famous spot, the scene of many bloody gladiator fights for the entertainment of ancient Rome's aristocracy. Learn from your expert guide and you wander the old venue—a UNESCO World Heritage site—and feel free to walk around on your own. No battles, please!

Day 8

## Rome

Depart at any time.

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Paris
- Your Discover Moment: Interlaken
- Your Discover Moment: Rome
- Your Big Night Out Moment: Rome
- Picnic in front of Eiffel Tower (Paris)
- Orientation walks in Interlaken and Milan
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Explore historic cities and their galleries and museums, sample regional flavours, visit four countries in eight days.

## Itinerary Notes

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ACCOMMODATION: Please note most of our 18-to-Thirtysomethings accommodation in Europe is multi-share.

## What are the main highlights of this trip?

Explore historic cities and their galleries and museums, sample regional flavours, visit four countries in eight days.

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

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

## Is there an itinerary Disclaimer?

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

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

## Are there Itinerary notes?

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ACCOMMODATION: Please note most of our 18-to-Thirtysomethings accommodation in Europe is multi-share.

## 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.

3. This trip has a fast-paced itinerary with some long transport days - please check the itinerary carefully before deciding if this trip suits your needs.

4. Please note that if you wish to visit popular museums such as the Vatican Museums (Sistine Chapel) and Villa Borghese in Rome, to avoid waiting in line for a long time (especially in high season May-September when it could be a question of hours!), it is advisable to reserve tickets in advance. Tickets can be reserved online at various websites including [www.tickitaly.com](http://www.tickitaly.com).

5. Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

## 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.

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. If you wish to take a guided city tour in any location our CEO will do their best to help you arrange this and pay locally.

## How large will the group be?

Max 16, avg 10.

## What meals are included in this trip?

1 lunch

## What are the meals like on this trip?

Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, coffee and tea, however this may vary depending on the city. Should breakfast not be included, your CEO can suggest some local options.

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. While trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients.

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?

Train, public bus, metro, walking.

## What transportation will we take on this trip?

On this trip we will use local buses and trains for intercity transport and a mix of metro (subway), local bus, taxis and walking for transport between hotels and bus/train stations. Please be prepared to carry your own bags short distances (20-30 mins max) between hotels and transport, as well as to lift your bags on and off buses and trains. Please note that there is often limited luggage storage space on public transport.

18-to-Thirtysomethings TRIP TRANSPORT:

As we rely heavily on public transportation during this trip, we ask you to be flexible for possible changes in the modes of transport and schedules, which may necessitate small itinerary changes.

Please note that the accommodation on overnight buses and trains varies in Europe. Overnight buses typically have airline-style reclining seats. On some overnight trains, tickets are for airline-style seats whereas other overnight journeys are in multi-share sleeper compartments. Please see day-to-day itinerary for specific information about accommodation type for overnight journeys.

## 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?

Simple hotels/hostels (6 nts, multi-share), overnight train (1 nt).

## What kind of accommodation can I expect on this trip?

The variety and local flavour of our accommodation is a favourite part of our European 18-to-Thirtysomethings trips. Although the properties we use are simply furnished and with few facilities, we base our choices on location, character and cleanliness. We will stay in a mixture of hostels, and private rooms in local households.

All accommodation on this tour is multi-share, on a single-sex basis. This may involve 4-6 group members sharing and even (on rare occasions) dormitory-style rooms for the whole group. The majority of accommodation will have shared bathroom facilities.

For passengers travelling as couples, please note that due to the types of accommodation used in Europe we are not able to take requests for double/full/queen size beds on this tour. Where we use multi-share hostels, couples will likely be split into separate rooms.

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.

## 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?

This trip commences at 5:30pm at Generator Hostel London (37 Tavistock Pl, Saint Pancras, London WC1H 9SE). It's imperative to arrive at Generator Hostel on time. From the hostel, our group will go directly to the train station to board our train to Paris. Please note there is a short walk (approx. 12 minutes) from the hostel to the train station. As with the rest of your tour, please keep in mind you will be carrying your own luggage.

### GETTING TO GENERATOR HOSTEL LONDON

From Stansted Airport, take the Stansted Express to Liverpool Street. Get on the tube and take the Central line to Holborn then change onto the Piccadilly line and get off at Russell Square. It's a short walk from Russell Square Tube Station to the hostel. A single fare on the Stansted Express is £21.50 and the Tube fare is £2.90. The journey takes approximately 1.5 hours.

From Heathrow Airport, take the Piccadilly line to King's Cross. Then it's a 5-minute walk to Generator London. A single fare is £5.50 and it'll take about an hour.

If you're arriving into Gatwick Airport, take the Southern Railway or Gatwick Express to London Victoria station. From there, get on the tube and take the Victoria line to King's Cross. From Kings Cross Tube Station it's a 5-minute walk to the hostel.

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 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 Office - London, United Kingdom

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

+44 20 7243 9870

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 should I take on my trip?

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.)

# 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

### **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?**

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. Your CEO can also show you where the you can get your laundry done.

## **What the visas and entry requirements for my trip?**

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

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

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

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

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

## **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?

Credit cards and debit cards are very useful for cash advances but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs). Both Cirrus and Plus system cards are the most widely accepted debit cards. Visa cards are the most widely accepted credit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work - check with your bank. You should be aware when purchasing products or services on a credit card, that a fee usually applies.

Do not rely on credit or debit cards as your only source of money. A combination of Euros and cards is best.

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

## 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?

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 €30-€40 per person, per week can be used as a guideline.

## What activities are optional on this trip?

- Please see the itinerary for information on optional activities, descriptions and estimated pricing.

## **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/](http://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 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 should be covered while visiting churches and cathedrals. Ask your CEO for more specific advice.

## How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

## Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://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?

Minimum age of 18 years for this trip.

## 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.