



Malta: Valletta, the Blue Grotto & Gozo Island

8 days, Valletta to Valletta

Trip code EVGM

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Gozo Cottage Factory, Gozo

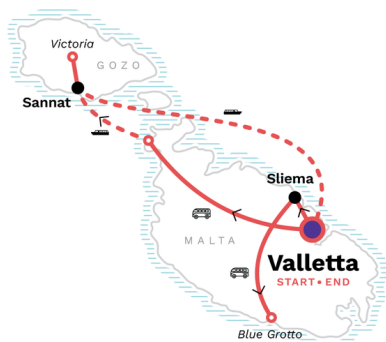
- Your OMG Day: Hike Ta Cenc Cliffs or Coastal Kayaking, Gozo
- Your Foodie Moment: Lunch at the Is Suq a Belt Market, Valletta
- Your Foodie Moment: Farm to Table Lunch at Diar il Bniet farm, Dingli
- Complimentary arrival transfer
- Tuk Tuk Tour Gozo
- Visit to Victoria
- Gozo's artisanal culinary experience and lunch
- Choice of coastal hike or coastal kayak excursion
- Visit to Hondoq village
- High-speed ferry rides
- Guided walking tour of Valletta
- Lunch in Is Suq a Belt Market in the heart of Valletta
- Guided walking tour of the Three Cities
- Blue Grotto boat ride along coastal cliffs
- Walk through Hagar-Qim Archaeological Site
- Farm to table lunch at family establishment
- Guided tour of the Limestone Heritage Park and Gardens
- Limoncello making and tasting experience
- Tips for all included meals and activities, except for CEO and Porterage
- Departure transfer
- 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 June 24th, 2026 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Malta: Transfer and Welcome Moment

Touch down in Valletta for a week of active discovery and cultural immersion. Meet your driver for an included transfer by private vehicle and ferry to your hotel on the island of Gozo. Prepare for a trip of a lifetime including island hikes, culinary delights, historical sights and scenic coastal walks. Every Mediterranean vista is paired with curated comfort and deep local flavours.

Arrive and make your way to the meeting point for your private transfer direct to your hotel on the island of Gozo. 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 and CEO later this afternoon. Afterwards, enjoy an orientation walk and dinner with your CEO.



Meals included

Dinner



Accommodation

Hotel Ta'Cenc & Spa (or similar)

Hotel

Perched dramatically on Gozo's southern cliffs, Hotel Ta' Cenc & Spa offers a peaceful eco-retreat surrounded by lush nature and the clear blue Mediterranean Sea. This secluded estate serves as a tranquil base of traditional stone trullo bungalows, perfectly positioned for exploring the scenic beauty and rich heritage of the Maltese archipelago.



Today's Activities

Arrival Transfer

Valletta - Gozo

1h

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

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.

This morning climb into a private tuk-tuk with your CEO to navigate Gozo's hidden, narrow streets and visit historic Victoria. Next, immerse your senses at the Gozo Cottage Factory for an artisanal foodie moment. Here you can see the making of gourmet items such as olive oil, wines, liqueurs, jams, balsamic vinegars, and distillates, while exploring the aromas, flavours, and traditional methods behind them. Enjoy a tasting of estate DOK wine, fresh local bread, and traditional delicacies at an included lunch. Return by tuk-tuk for a relaxing afternoon before dinner on your own.

Meet your CEO in the hotel lobby to board 6-person motorized tuk-tuks for a 1-hour island tour. Stop in Victoria for a CEO-led orientation walk and free time, followed by a short walk to a local winery for an included wine tasting and lunch. Return to the hotel by tuk-tuk for an independent afternoon and evening, with CEO recommendations available.



Meals included

Breakfast | Lunch



Accommodation

Hotel Ta'Cenc & Spa (or similar)

Hotel

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Today's Activities

Tuk Tuk Tour of Gozo

Gozo

1h

Hop into an open-air three-wheeler to explore secluded island lanes, pausing at the central old fortress city during a breezy, highly scenic local day trip. Includes a stop in Victoria and a CEO led orientation walk of the town.

ACTIVITY

Step inside a bustling family-run workshop where the island's raw bounty is transformed into gourmet delicacies, rich liqueurs, and cold-pressed olive oils. Depending on the season, you might witness the

theatrical pressing of local olives, the aromatic distillation of citrus fruits, or the harvesting of sun-ripened grapes for DOK-certified wines. Your experience culminates in the cellar, where you will gather to sample freshly baked local bread dipped in robust oils, paired perfectly with hand-salted specialties and a glass of estate wine.

Today is all about you. Kick off your journey with a choice of active adventures. Trek along Gozo's rugged Ta' Cenc cliffs past rugged scenery and serene bays or opt for a coastal kayaking excursion. Reconnect over a local group lunch at Hondoq before a relaxing afternoon. Tonight, explore regional flavors with your CEO's insider dining recommendations at an optional dinner.

This morning meet your CEO in the lobby for your included choice of excursion. Join a local guide for a hike along the Ta' Cenc cliffs or board a kayak for a paddle along the scenic coastal coves and inlets. At the end of the excursions you will transfer by coach to the town of Hondoq where we regroup for an included local style lunch. There is also time for swimming before transferring by coach to your hotel. Your evening is free to explore as you wish.



Meals included

Breakfast | Lunch



Accommodation

Hotel Ta'Cenc & Spa (or similar)

Hotel

Perched dramatically on Gozo's southern cliffs, Hotel Ta' Cenc & Spa offers a peaceful eco-retreat surrounded by lush nature and the clear blue Mediterranean Sea. This secluded estate serves as a tranquil base of traditional stone trullo bungalows, perfectly positioned for exploring the scenic beauty and rich heritage of the Maltese archipelago.



Today's Activities

ACTIVITY

Option 1: Trek along the stunning Ta' Cenc cliffs

Option 2: Kayaking trip gliding past deep, open caves, hidden rocky coves, and nesting seabirds.

Visit to Hondoq Village

Gozo

1h30m

Hondoq ir-Rummien is a beautiful, sheltered cove on the southeastern coast of Gozo, just below the village of Qala. It features crystal-clear, azure waters, a small sandy-pebbly beach, and stunning views of the nearby island of Comino.

Private Vehicle

Hondoq - Ta' Ġenċ

30m

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

Bid farewell to peaceful Gozo this morning as we board a high-speed ferry, cruising across the sparkling Mediterranean toward the vibrant shores of Malta. Upon arrival, dive straight into the living history of Valletta on a guided walking tour. Explore the city's iconic waterfront, towering fortifications, and Baroque architecture. Afterwards, enjoy a culinary immersion at Is Suq Tal-Belt. This beautifully restored historic market features a bustling food court where you can navigate artisanal stalls and sample authentic Maltese flavors for lunch. The remainder of the afternoon is at leisure.

Depart your hotel by private coach for transfer to the Gozo ferry terminal. Travel via high-speed ferry to Sliema, Malta. Proceed to Valletta for a locally guided walking tour of the waterfront and architecture. Break for lunch at Is Suq Tal-Belt Market. Proceed by private coach to your hotel in Sliema for an afternoon at leisure prior to independent evening dining in Sliema. Perhaps join your CEO for an orientation walk around the hotel and optional dinner tonight.



Meals included

Breakfast | Lunch



Accommodation

AX The Victoria Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Ta' Ċenċ - Mgarr

30m

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

High-Speed Ferry to Malta

Gozo - Sliema

1h

Skimming vibrant blue seas, the fast catamaran leaves Gozo's terraced hills behind, slicing smoothly toward Valletta's sun-drenched, historic stone fortresses.

Private Vehicle

Valletta Ferry - Valletta

15m

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

Locally Guided Tour of Valletta

Valletta

2h

Valletta, Malta's fortress capital, is an open-air museum built by the Knights of St. John in the 16th century. Walking through this UNESCO World Heritage site alongside a local guide transforms a simple stroll into a journey through time, as they reveal the secrets behind the massive limestone walls, asymmetric side streets, and iconic colourful wooden balconies.

ACTIVITY

Is Suq Tal-Belt (The City Market) is famous because it beautifully blends 19th-century industrial heritage with a modern, bustling food culture. Built in the 1860s during British rule, the food court is located in the heart of Valletta, featuring a mix of vendors offering everything from traditional Maltese cuisine to international favourites.

Today you step back in time during a locally guided tour of the three cities, the fortified maritime heart of Malta whose history predates even Valletta and is the ancient cradle of Malta. Start with a walk through the historic, winding streets of Senglea (Isla) passing by St. Philip's Church, uncovering towering bastions and hidden gardens that look out over panoramic views of the Grand Harbour. Next, trace the waterfront promenade and cross the marina into medieval Birgu (Vittoriosa) pausing to absorb the deep heritage of the Knights of St. John. After working up an appetite, conclude your active morning of discovery by gathering at a handpicked local restaurant to savor a traditional Maltese lunch.

This morning transfer by private coach for a locally guided tour of the Three Cities. Walk through the historic streets of Senglea, Cospicua (Bormla) and Birgu along waterfronts and through gardens. Stop to see the Inquisitor's Palace before sitting down for an included local restaurant lunch. An included transfer takes you back to your hotel in Sliema for a free afternoon and evening.



Meals included

Breakfast | Lunch



Accommodation

AX The Victoria Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Sliema - Senglea

30m

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

Locally Guided Walking Tour of the Three Cities

Senglea - Vittoriosa

2h

The Three Cities—Birgu (Vittoriosa), Senglea (Isla), and Cospicua (Bormla)—form the fortified core of the island spanning the Era of the Knights, the Great Siege of 1565, and the destruction of WWII. Meander alongside your guide through historic harborsides and fortified stone settlements, discovering legends and architectural marvels tucked away in quiet alleys

Private Vehicle

Senglea - Sliema

30m

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

Malta: Highlights of the Island

Your day begins at the stunning Blue Grotto. Board a traditional boat to glide through sea caverns, marveling at the vibrant, glowing shades of cyan and cobalt reflected on the limestone walls. Next, journey to the dramatic cliffside setting of Hagar Qim. During a self-guided exploration of this UNESCO World Heritage megalithic complex, travel back 5,000 years in time, as you walk among some of the oldest freestanding stone structures on Earth. Conclude your morning adventure at Diar il Bniet, an authentic estate farm. Here, you will gather for an estate-to-table lunch celebrating Malta's culinary traditions, packed with fresh, locally harvested ingredients.

Transfer by private coach to the Blue Grotto for a private boat tour of the coastal caves and inlets. Returning to the harbor we transfer to Hagar Qim for a visit to this ancient site. Along the way the CEO will introduce you to the importance of this site. Upon arrival, you have free time to explore the ruins on your own. Conclude the day with a local style lunch at Diar il Bniet farm. Return to your hotel by coach for a free late afternoon and evening. Perhaps join your CEO for an optional dinner tonight.



Meals included

Breakfast | Lunch



Accommodation

AX The Victoria Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Sliema - Qrendi

30m

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

Blue Grotto Boat Ride

Sliema - Qrendi

1h

Located on the rugged southern coast of Malta, the Blue Grotto is a network of seven seaside caverns carved out of sheer limestone cliffs. The experience centers around a boat ride in a traditional Maltese wooden fishing boat, known locally as a frejgatina. The site is globally famous for its bioluminescent-like glow, where the water shifts into brilliant shades of cyan, cobalt, and emerald.

Visit Hagar Qim Archeological site

Qrendi

1h15m

Walking around Hagar Qim is an experience of massive scale and ancient mystery, set against a dramatic backdrop of the Mediterranean Sea. Walking along the raised wooden walkways, you are surrounded by towering freestanding stones. The wind from the nearby cliffs sweeps through the open-air chambers, where you can see ancient doorways, smooth altars, and mysterious "oracle holes" cut directly into the rock faces.

Private Vehicle

Qrendi - Dingli

15m

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

ACTIVITY

A lunch at Diar il Bniet in the rural village of Dingli is an immersive jump into authentic Maltese agricultural traditions. This family-run estate operates on a strict farm-to-table philosophy, meaning the ingredients on your plate are harvested from their nearby fields just hours before your meal. Sitting down in the rustic, stone-walled dining room, the meal feels less like a commercial restaurant and more like a traditional family gathering.

Private Vehicle

Dingli - Sliema

30m

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

Malta: Limestone Heritage Park and Limoncello Making

Your morning begins at the Limestone Heritage Park and Gardens. On a guided tour of this historic quarry, discover the 22-million-year story of the golden limestone shaping Malta's architecture. Next, head to the citrus orchard, sheltered by towering quarry walls that create a lush microclimate. Here, join a hands-on Limoncello Making experience. Craft this traditional liqueur using freshly picked lemons, followed by a chilled tasting. Any remaining fruit is sustainably repurposed into refreshing sorbet. Afterward, transfer to the historic village of Naxxar for a local lunch on your own.

This morning meet your CEO for a transfer by coach to the Limestone Heritage Park. Here you will have a locally guided walk through the grounds. Continue by coach to the historic town of Naxxar for free time and lunch on your own. Return to your hotel by coach.



Meals included

Breakfast | Dinner



Accommodation

AX The Victoria Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Sliema – Siġġiewi

30m

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

Limestone Heritage Park and Limoncello Making

Siġġiewi

2h

The site is a former Maltese quarry that has been transformed into an award-winning walk-through museum and landscaped park. Explore the traditional, hands-on stone-sculpting demonstrations and the history of the quarrymen who cut these massive blocks by hand. Step into the hidden gardens sheltered by towering quarry walls, where you will participate in a seasonal limoncello-making experience and tasting of this delicious drink.

Private Vehicle

Siġġiewi – Naxxar

15m

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

Visit to Naxxar Village

Naxxar

1h30m

Naxxar is a classic Maltese town built on a strategic hill, its history stretches from prehistoric times to the era of the Knights of St. John. It is home to Palazzo Parisio, where you can experience seasonal Mediterranean dining or a classic afternoon tea right inside a majestic 19th-century palace garden. The village has also developed a trendy brunch and coffee scene. Tucked into Naxxar's winding alleys are converted traditional houses of character that now operate as upscale wine bars, bistros, and specialised steakhouses, offering an intimate culinary vibe.

Private Vehicle

Naxxar – Sliema

30m

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

Day 8

Departure Day

Today your adventure comes to an end, but the memories made during your time in Malta will live on.

The adventure finishes today, and you can depart at any time.



Meals included

Breakfast

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Farm to Table Lunch at Diar il Bniet farm, Dingli
- Your Foodie Moment: Gozo Cottage Factory, Gozo
- Complimentary arrival transfer
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- Tuk Tuk Tour Gozo
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- Farm to table lunch at family establishment
- Guided tour of the Limestone Heritage Park and Gardens
- Limoncello making and tasting experience
- Tips for all included meals and activities, except for CEO and Porterage
- Departure transfer
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Tour Gozo by tuk tuk and explore the historic town of Victoria, Sample Gozo's artisanal food scene on a local culinary experience, Choose your own adventure with optional activities on Gozo, Wander the quiet coastal charm of Hondoq village, Cross to Gozo by high-speed ferry, Take a guided walking tour through Valletta's fortress streets, Eat lunch among the stalls of Is-Suq tal-Belt Market, Walk the historic Three Cities on a guided tour, Cruise into the Blue Grotto's glowing sea caverns by boat, Step back 5,000 years at the Hagar Qim archaeological site, Enjoy a farm-to-table lunch at a family-run farm, Explore the gardens and heritage of Malta's limestone park, Make and taste your own limoncello

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

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

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

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

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

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

1. LOCAL GUIDES

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. LUGGAGE

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. OPTIONAL ACTIVITIES NOTE:

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

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

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. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

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

Max 16, Avg 12.

What meals are included in this trip?

7 breakfasts, 5 lunches, 2 dinners

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.

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?

Private coach, walking, tuk tuk, small boat, high-speed ferry

Is there an extra cost for travelling solo?

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotels (7 nts)

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

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

What are the joining instructions?

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

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a G Adventures sign. If for any reason you are not met at the airport, please call our local support line.

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 at 6pm), 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 should I do if I can't find my airport transfer or experience arrival issues?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

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

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

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. Included arrival transfers are provided from the nearest airport to your starting location. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

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 should I pack for this trip?

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- 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/sturdy walking shoes (required)
- Walking poles
- Waterproof pants

Warm Weather:

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

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](#)

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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

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

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Western Europe. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of euros, travellers cheques 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.

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

Do I need to pay a departure tax?

Usually included in international air ticket, check with your air travel agent.

What are the tipping guidelines for this trip?

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

Tipping is an expected - though not compulsory - component of your tour program, and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €6-8 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?

- No optional activities

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What are the mandatory group rules regarding laws and behaviour?

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

What are the mandatory travel insurance requirements for this trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What are the age restrictions for 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.