



## **Moldova Discovery**

7 days, Chişinău to Chişinău

Trip code EXCC

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Fromage - Made in Moldova, Rezina

- Your Foodie Moment: Cooking class in Trebujeni - Green Villa, Trebujeni
- Your Local Living Moment: Gagauz Sofrasi Meal and Experience, Congaz
- Chisinau orientation walk
- Guided walking tour of Chisinau
- Cricova Winery tour and tasting
- Saharna Monastery visit
- 'Fromage - Made in Moldova' project visit and light lunch
- Orheiul Vechi Hike
- Trebujeni cooking class
- Guided National Gagauz History and Ethnographic Museum visit with cultural presentation
- Comrat winery tour and tasting
- Gagauz Sofrasi cultural and culinary complex visit with dinner
- All transport between destinations and to/from included activities

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

**VALIDITY:** Valid for all trips departing June 18th, 2025 and onwards

# Itinerary

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**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

## Chişinău

Arrive at any time. After an evening welcome briefing, set off with your CEO on a orientation walk to get your bearings of the area on the way to an optional group dinner.

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### Accommodation

Bernardazzi Grand Hotel (or similar)

Hotel

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### 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.

Orientation Walk Chisinau

Chişinău

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, ATMs and some of the main sights.

Day 2

## Chişinău

Set out this morning with a local guide on a walking tour of Chisinau. Pass by some of the city's main sights and historical landmarks like the Parliament building and gaze at the beautiful architecture of the City Hall and St. Pantelimon Church. In the afternoon, visit Cricova Winery for a tour of the underground wine cellars and enjoy a tasting of some of the wines Moldova is famous for. Return to Chisinau for a free evening and optional dinner out with the group.



### Meals included

Breakfast



### Accommodation

Bernardazzi Grand Hotel (or similar)

Hotel



### Today's Activities

Guided Walking Tour Chisinau

Chişinău

Private Vehicle

Chişinău – Cricova

30m

18km

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

Cricova Winery Tour and Tasting

Cricova

1h30m

3km

Explore one of the most popular underground wineries in Moldova and contains the largest collection of exclusive wines in the country. Moldova is home to three cellars located in limestone caves and this is located at a depth of 80 meters and spans 160 km in length. Witness more than 70 streets covering an area of 53 hectares, each bearing Bacchic names - Sauvignon, Cabernet, Cahor, as well as the oldest bottle in Moldova, dated from 1902. Enjoy a wine tasting in the cellars and learn of the process that makes these wines so special.

Private Vehicle

Cricova – Chişinău

30m

18km

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

This morning, depart Chisinau for the North of Moldova. Stop at the Monastery of Saharna, a picturesque complex where you can relax in the shadow of a cascading waterfall, paired with ancient relics and deep history. Next, transfer to a local cheese factory in a small village for a light lunch sampling fresh cheeses, jams and wine. Learn how the initiative serves to support the community by providing employment and preserving Moldovan traditions. Continue to Butuceni Village for the evening.



## Meals included

Breakfast | Lunch



## Accommodation

Eco-Resort Butuceni (or similar)

Hotel



## Today's Activities

Private Vehicle

Chişinău - Saharna

1h30m-1h45m

110km

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

Saharna Monastery Visit

Saharna

1h15m

Set out on a self guided exploration of the Saharna Monastery, situated on the bank of the Nistru River. The picturesque Saharna offers views of soarkling waterfalls and lies in the shadow of rolling hills and lush forests. The relics of Saint Suvios Macarie are found in the complex and views of the chapel can be seen from the top of Grimidon hill. Legend has it that the footprints of the mother of God appeared in front of Saint Varfolomei in this location.

### ACTIVITY

Settle in for a light lunch and learn about Thierry Ernst, a frenchman who came to Moldova to offer humanitarian aid. He and his wife transformed an old school into an eco-friendly cheese factory using locally sourced milk and blending French and Moldovan traditions, creating employment, and directly helping local families. Learn about Thierry's program development beyond the cheese factory, and finish the experience by sampling locally produced cheeses, jams, and wine.

Private Vehicle

Rezina - Butuceni

1h-1h30m

79km

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

Day 4

## Butuceni

This morning enjoy some light hiking to Orheiul Vechi, an area of natural beauty shaped by the river Raut as it cuts into the rocky hills of central Moldova. In medieval times, the river Raut served as a travel route for merchants from as far away as Greece. After free time in the village, join a cooking class at an agro-pension in Trebujeni, then stroll back to the eco resort in Butuceni. Enjoy the rest of the afternoon free to explore or relax.



### Meals included

Breakfast | Lunch



### Accommodation

Eco-Resort Butuceni (or similar)

Hotel



### Today's Activities

#### ACTIVITY

Take part in a cooking class and lunch at an agro pension in the village of Trebujeni. Learn to prepare local specialties like placinte, traditional pies with cheese, potatoes, cabbage and other seasonal ingredients. Savour the delicious flavours from fresh ingredients before returning to Butuceni.

Hike to Trebujeni Village

Butuceni - Trebujeni

1h

5km

Hike your way around Orheiul Vechi, beginning at your Butuceni homestead. Explore the landscape around the Raut riverbed and the Cave Monastery where you'll be rewarded with beautiful vistas and ample birdwatching.

Free Time

Butuceni

Relax and unwind after a morning of exploration. Take a free afternoon to explore however you wish.

Day 5

## Butuceni/Congaz

Embark on a day of cultural immersion into the Gaugazia region of Moldova. Start at the National Gagauz History and Ethnographic Museum and learn of the local wedding traditions with an interactive presentation. Continue on to Comrat for a winery tour and tasting, then visit Gagauz Sofrasi, a cultural and culinary complex where you'll learn about local traditions and indulge in a traditional Gagauz feast, featuring locally sourced ingredients and expertly crafted wines.



### Meals included

Breakfast | Dinner



### Accommodation

Gagauz Sofrasi (or similar)

Hotel



### Today's Activities

Private Vehicle

Butuceni - Beşalma

3h30m

176km

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

National Gagauz History and Ethnographic Museum Visit

Beşalma

1h30m

Dive headfirst into the local culture as you join a mock traditional Gagauzian wedding ceremony located in the museum hall. Listen to local wedding songs and witness the gift giving traditions, one where women from both families unite and the mother-in-law provides an offering to her new daughter-in-law. Opt to participate in an artistic performance within the museum right in the hall where wedding dresses and the bride's dowry are exhibited.

Private Vehicle

Beşalma - Comrat

20h

19km

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

Private Vehicle

Comrat - Congaz

30m

25km

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

## Vinuri De Comrat Winery Tour and Tasting

Comrat

2h-2h30m

Tour the facility and sample the local flavours of the Vinuri de Comrat winery, in operation for 120 years. Learn of the traditions passed from generation to generation that lead to the unique Moldovan flavours.

### ACTIVITY

Enjoy Gagauz Sofrası, a cultural and culinary experience where you'll indulge in a traditional Gagauz feast, featuring locally sourced ingredients and expertly crafted wines. Enjoy a bread and salt greeting before your meal, alongside a short introduction to Gagauzian hospitality. Visit a traditional guesthouse, the ethnographic museum, the wine cellar, and the terrace. In the museum, you have the unique opportunity to try on Gagauz attire to immerse yourself deeper in the local culture.

Day 6

## Congaz/Chişinău

Wave goodbye to Congaz this morning and depart for the drive back to Chisinau. The remainder of the day is free to explore Moldova's capital city before regrouping in the evening for an optional final dinner out with the group.



### Meals included

Breakfast



### Accommodation

Bernardazzi Grand Hotel (or similar)

Hotel



### Today's Activities

Private Vehicle

Congaz - Chişinău

1h45m

120km

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

Free Time

Chişinău

There's plenty to see and do; now is your chance to explore.

Depart at any time.

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## Meals included

Breakfast

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## Today's Activities

Departure Day

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

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Fromage - Made in Moldova, Rezina
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## **What are the main highlights of this trip?**

Take a guided walking tour of Moldova's capital city, Visit Cricova winery for a tour of the underground cellars and taste some of the wines, Visit a local cheese factory in a small village and learn how they support their community, Be immersed in traditional culture in Moldova's Gaugazia region.

## **What are the main highlights of this trip?**

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

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## **Is there 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. YOUR CEO

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 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 buses etc. and also possibly up several flights of stairs. You will also need to be able to stow your luggage safely on 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. CUISINE

Vegetarians should be aware that the cuisine of this region is predominantly meat-based. Although you will be able to find and enjoy vegetarian food, please be aware that there will not be the variety or range of choices that you would find at home.

## 4. 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 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.

## 5. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

## 6. 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 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. 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.

# How large will the group be?

Max 16, avg 12

## What meals are included in this trip?

6 breakfasts, 2 lunches, 1 dinner

## 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 vehicle, walking

## 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?

Hotels (4 nts), Eco Resort (2 nts), Guesthouse (1 nt)

## Will I get my own room?

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.

Please be aware that single room accommodations in European hotels are often smaller, and may not be to the same service level as double-occupancy rooms.

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

It is important to note that accommodation in Europe tend to be quite different to other areas of the world you may have travelled in. Buildings and rooms are generally old and may not have been renovated or maintained to the highest standard. Downtown hotels in Europe were not build to be hotels but rich owners houses, which have been changed into hotels. Therefore unusual room sizes are common as large rooms have been partitioned in the past, resulting in rather "thin" walls. Reception areas, rooms and bathrooms tend to be very small as they were often added into an existing room, and may have a hand nozzle rather than a conventional shower head. In one or two locations we use accommodation with shared bathrooms.

Staff can occasionally demonstrate less than perfect customer service. As accommodation is in short supply, especially during the summer months, hotels can charge a premium and there is sometimes little motivation to improve facilities.

On this trip you can expect to stay in small family-run hotels or pensions (with the exception of the start and finish hotels, which are often larger city hotels), which will vary a little in standard and facilities: some may not have elevators, air-conditioning or English-speaking staff, but most importantly all are locally-run, with some traditional character, and in excellent central locations to give you maximum time for exploring the sights. You can expect to find clean, safe, simple accommodation in convenient locations.

Note that most accommodation in Europe does not have air conditioning units in rooms. Air conditioning is not routinely installed in European homes and workplaces. However, nearly all hotels will provide a standing or desk fan for your room on hot nights. If you do not already have one in your room, please ask your CEO to organize one for you with reception.

## What are the joining instructions?

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

From Chisinau airport (RMO), you can reach the city via the trolleybus on the line 30 route.

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

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

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

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

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

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

## What happens if I experience problems when arriving?

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

## Who should I contact in case of an emergency?

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

### EMERGENCY CONTACT NUMBER

G Adventures Berlin office: +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, 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

## 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?

## Cold Weather:

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

## 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
- 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.

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

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

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

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

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

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

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

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

Last updated: January 27th 2025

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

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

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

Please note that you will need local currency. Below is the listed currency:

Moldova - Moldovan Leu (MDL)

ATMs are found within main cities in these countries and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible as while there is no hard and fast rule, some banks seem to only work with one brand of card. Please note, your bank will charge a fee for overseas withdrawals.

Cash is recommended for times when ATMs are not accessible. Euros, British Pounds and US Dollars are easy to exchange into local currency. Please note - while you should bring some cash with you for emergency situations, carrying cash only is a high safety risk. Money on ATM card/s and some cash is the ideal mix.

Cash advances can also be made with some banks but are time consuming and tend to have high fees attached. Credit cards are in general not very useful but, they can be used at some larger stores if shopping for big items such as carpets.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://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?

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 equivalent) for other service providers.

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

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

## What activities are optional on this trip?

- 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 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 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/](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?

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.