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Sorry! There are no remaining departures for "Music, Mountains & Monuments Eastbound" (NUOY), [but here are some similar trips.](#)



## **Music, Mountains & Monuments Eastbound**

7 days, New Orleans to New York

Trip code NUOY

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Washington D.C.

- Entrance fees to all national parks and national monuments with hiking and walking excursions
- Orientation to Washington DC
- Self-inflating mattresses and dome tents while camping
- 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, 2018 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

## New Orleans

Arrive at any time.

For the night in New Orleans, we stay in a hotel close to the city centre with multi-share accommodation. If you would like to see all of the popular sites of this vibrant city, we recommend you book pre-tour accommodation.



### Today's Activities

#### ACTIVITY

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



### Optional Activities - Day 1

Creole Cooking Class

New Orleans

25USD

2h-3h

Learn to cook authentic Creole food and savour the fruits of your labour.

French Quarter and Bourbon St Visit

New Orleans

Free

Discover the charm of New Orleans' oldest neighbourhood. Admire the Spanish colonial architecture of this historic district—many of the buildings date back to the late 18th century. Visit Jackson Square, Bourbon St (known for its many bars), Lafitte's Blacksmith Shop and Pat O'Brien's (known for inventing the hurricane cocktail) as you explore this lively area, a National Historic Landmark.

Historical Tours

New Orleans

25-30USD

1h-4h

Learn more about this fascinating city by discovering its past. New Orleans has all kinds of tour options for all kinds of tastes. Opt for a voodoo tour, ghost tour, cemetery tour or vampire tour – you name it, there's probably a tour for it. All the tours bring a different historical side of New Orleans to life, with a little bit of creepy thrown in.

Ghost Tour

New Orleans

25USD

After the sun goes down, embark on a tour of mysterious and (possibly!) haunted spots around New Orleans. From century-old cemeteries to historical voodoo sites, see if you'll experience any paranormal activity.

Café du Monde Visit

New Orleans

10USD

Grab a coffee and try a delicious beignet at Café du Monde – a New Orleans institution. The original stand was established in 1862 and is just as popular today.

Day 2

## New Orleans/Memphis

Explore the vibrant cultural and musical melting pot of Memphis. Take an optional tour of Graceland, opt to relive history at the National Civil Rights Museum, or tour the Rock 'n' Soul Museum. Head to Beale Street at night for great food and live music.

Explore the birthplace of Rock 'n' Roll, the Home of Blues, and the starting point of soul. Music legends, including Elvis Presley, Johnny Cash and B.B. King, made their marks on Memphis. Optional activities include visiting the National Civil Rights Museum (located where the assassination of Martin Luther King Jr took place in 1968) or visiting the Rock 'n' Soul Museum.



### Meals included

Breakfast | Lunch



### Today's Activities

Private Vehicle

New Orleans - Memphis

7h

640km

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



### Optional Activities - Day 2

Sun Studio Visit

Memphis

14USD

Visit the reputed birthplace of rock and roll and see where it all began. First opened in January of 1950, this historic recording studio will deepen your understanding of the origins of rock music in Memphis.

Rock & Soul Museum Visit

Memphis

12USD

1h-3h

Learn all about the birth of rock and soul music at the Memphis Rock 'n' Soul Museum. Discover the stories of this genre's musical pioneers, who blazed a path and created a cultural revolution.

National Civil Rights Museum

Memphis

15USD

1h-3h

Visit the National Civil Rights Museum, located at the Lorraine Motel, the assassination site of Dr Martin Luther King Jr. Tour exhibits and collections to learn about key episodes of the American civil rights movement and its legacy in inspiring global civil and human rights efforts.

Graceland Visit

Memphis

41-61USD

2h-4h

Pay a visit to the ample Graceland estate and see how this rock and roll legend lived. Tour Graceland Mansion and see Elvis' living room, music room, kitchen and famous Jungle Room. Wrap up your visit with a stop at Meditation Garden where "the king" has been laid to rest.

Day 3

## Memphis/Nashville

Take an optional tour of Graceland. Travel to the country music capital of the world and become immersed in local music in downtown Nashville.

In the morning, opt to walk in the footsteps of the King of Rock 'n' Roll at Elvis Presley's home, Graceland. If Graceland is not for you, enjoy the time to explore more of Memphis on your own. Travel to Nashville in time to check out the nightlife and visit a real country cowboy bar.



### Meals included

Breakfast | Lunch

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### Today's Activities

Free Time

Memphis

Opt to tour Graceland or go your own way and explore Memphis.

Private Vehicle

Memphis - Nashville

4h

380km

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



## Optional Activities - Day 3

Johnny Cash Museum

Nashville

18USD

Country music's favourite bad boy, Johnny Cash. Visit this museum dedicated to the famous musician, and learn more about the life of the Man in Black.

Cowboy Bar Visit

Nashville

Free-20USD

1h-3h

Hit the town and live it up in the country music capital of the world. This "Music City" will get you up and dancing and keep your toes tapping late into the night.

Country Music Hall of Fame

Nashville

25USD

Spend some time exploring the largest collection of country music memorabilia on the planet. The Country Music Hall of Fame is the epicenter of country music research and history, and a must visit for fans around the world.

Day 4

## Nashville/Appalachia

Travel the beautiful winding roads through the Appalachian Mountains and absorb their undisturbed natural beauty.

Experience the Appalachian Mountains on the drive. The mountains are a perfect place to relax and to enjoy the fresh, clean air and see the true beauty of North America.



## Meals included

Breakfast | Lunch | Dinner



## Today's Activities

Private Vehicle

Nashville - Appalachia

8h

575km

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

Day 5

## Appalachia/Washington D.C.

Pass through Shenandoah National Park, and opt to take a short hike. Arrive in the US capital in time to wander the monuments by moonlight.

Continue on the Skyline Drive through Shenandoah National Park, a truly beautiful, historic national treasure. Standing on top of the peaks of Shenandoah National Park, gaze across the silent mountains. It's hard to believe Washington DC is just a short distance away.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Private Vehicle

Appalachia - Washington D.C.

7h

480km

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

Monuments by Moonlight

Washington D.C.

1h30m

2km

See a different side of the city by moonlight. Take a tour after the sun sets to see some of Washington DC's most popular monuments and memorials all lit up.



### Optional Activities - Day 5

Hike through Shenandoah National Park

Shenandoah National Park

Free

1h-2h

Enjoy a hike on one of the many trails and paths in Shenandoah National Park. Take in the tranquil natural beauty of its rolling green hills against a backdrop of mountains.

Arlington Cemetery Visit

Arlington National Cemetery

Free

1h-2h

Visit Arlington National Cemetery, a military cemetery in Arlington, Virginia. Wander through the tombs, see the eternal flame at John F Kennedy's grave, and visit the Tomb of the Unknown Soldier, which represents the thousands lost in war. Spend some time at the memorial amphitheater or witness the changing of the guard.

Day 6

## Washington D.C.

Enjoy free time to explore.

There is so much to see and do in Washington DC that you can't see it all in one day. Take your time and spend a full day exploring this fascinating city.



### Meals included

Breakfast



### Optional Activities - Day 6

National Mall Visit

Washington D.C.

2h-8h

1-15km

Visit the National Mall, a park in downtown Washington DC, that occupies the area between the Lincoln Memorial and the United States Capitol. Wear comfy shoes – there's lots to explore in this spectacular green space. The National Mall includes the Washington Monument, Vietnam Veterans Memorial, Constitution Gardens, World War II Memorial, the Korean War Veterans Memorial, the District of Columbia War Memorial, National Air and Space Museum, National Museum of American History, National Museum of Natural History, the Smithsonian, and much more.

Reflecting Pool and National Mall Visit

Reflecting Pool

Free

Visit the National Mall to see the Lincoln Memorial Reflecting Pool, a stunning 2,029 ft (618m) long pool lined with trees and walking paths, which reflects the Lincoln Memorial and/or the Washington Monument, depending on your vantage point.

Lincoln Memorial Visit

Lincoln Memorial

Visit the monument dedicated to the 16th US president, Abraham Lincoln, who was instrumental in the abolition of slavery.

White House Visit (Outside)

Washington D.C.

Free

Visit 1600 Pennsylvania Avenue and learn more about where the president of the US lives and works.

Washington Monument Visit

Washington Monument

Free

2h-6h

2-10km

Visit the massive obelisk built to honour George Washington, the United States' first president. The Washington Monument is the world's tallest structure made entirely of stone and the world's tallest

obelisk. Reopened after suffering damage from an earthquake and hurricane, visitors can opt to travel to the top for a gorgeous view of the city.

Day 7

## Washington D.C./New York

Travel to New York, where the trip ends upon arrival. Opt to visit Times Square, stroll Central Park, check out Greenwich Village, or experience the famous nightlife of New York.

From the Statue of Liberty to Ground Zero to Chinatown, New York City is full of things to do and see. We recommend spending extra time here; please speak to your sales agent to book extra accommodation.

Please note this trip ends on arrival to New York. If you wish to spend the night in the city, speak to your sales agent about booking post-accommodation.



### Meals included

Breakfast



### Today's Activities

Private Vehicle

Washington D.C. - New York

6h

375km

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

Departure Day

Depart on arrival to New York City. Your CEO can help with any onward travel arrangements you require.



### Optional Activities - Day 7

Brooklyn Bridge Visit

New York

Free

One of the most iconic structures in New York City, cross the East River from Manhattan to Brooklyn as you stroll along the Brooklyn Bridge. Make sure to bring your camera to snap shots of the iconic New York skyline and the bridge itself.

Times Square Visit

New York

Free

Come experience the hub of the city that never sleeps. Head to Midtown Manhattan at Broadway and Seventh Avenue – the heart of all the action. Covered in illuminated billboards and advertisements, Times Square is one of the world's busiest pedestrian intersections and a major centre of the world's entertainment industry.

Central Park Visit

New York

Free

1h-3h

Discover Central Park, an 843-acre masterpiece of landscape architecture. Much of the park appears natural, but it is almost entirely landscaped. Designed in the 19th century, it is one of America's greatest works of art and the nation's first public park. Explore its walkways and gardens, and, like many other visitors, fall in love with this spectacular green space. Central Park has become the most famous and beloved urban park in the world, featuring extensive walking tracks, bridle paths, an ice-skating rink, a swimming pool, the Central Park Zoo, the Central Park Conservatory Garden, a wildlife sanctuary, a large area of natural woods, and an outdoor amphitheater.

9/11 Memorial Visit and One World Trade Center Observation Deck

New York

24-58USD

Remember 9/11 on a visit to Ground Zero. A Memorial and Museum have been created to commemorate those lost on 9/11.

Chinatown Visit

New York

Free

Lively and diverse, New York City's Chinatown has so much to see and do for urban adventurers. This growing community is considered to have the largest Asian population in a city outside of Asia.

Statue of Liberty Visit

New York

18USD

Pay a visit to “Lady Liberty”, dedicated in 1886 and a gift from the people France. Cruise through New York Harbor and stop off at Liberty Island to get a closer look at this iconic woman meant to welcome new immigrants to the United States. Opt to ride to the top and take in stunning views of the city.

Empire State Building Visit

New York

32USD

1h-3h

Soak in stunning views of New York and beyond from the top of one of the most famous landmarks in the world. The Empire State Building's Observatory is a main attraction of New York's skyline, stretching 1,250 ft (381m) high.

Top of the Rock

New York

26-32USD

The Rockefeller Center is a complex of commercial buildings, home to Radio City and Rockefeller plaza. Head up to the 70th floor of this New York City landmark for unobstructed views of this magical city.

## What's included

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## What are the main highlights of this trip?

Feel the beat in Memphis and New Orleans, drive through the Appalachian Mountains, learn about American history in Washington DC, party it up in New York.

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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. An essential part of your trip is participation - from putting up your tent (while camping) or packing it away in the morning, to helping with meal preparation and cleaning up - it is all part of your adventure and when everyone puts in a little effort the trip will run smoothly. Your CEO will do all the meal planning, but we do ask the clients to help with the preparation and washing up. Team spirit is part of the fun! All camping equipment (with the exception of your sleeping bag and pillow) is supplied. We supply dome tents and assembly/disassembly takes only 5 minutes. All tents have built-in insect nets. Self-inflating mattresses are also provided, which are approximately 4cm thick, warm and comfortable.
2. Proper sleeping bags are necessary for this tour. Evening temperatures can reach  $-9^{\circ}\text{C}$  -  $0^{\circ}\text{C}$ . Please ensure that your sleeping bag is rated to ( $-17^{\circ}\text{C}$  for spring and fall trips and  $0^{\circ}\text{C}$  for trips June - Sept). If you prefer you can purchase a proper sleeping bag on the first day of the trip. Prices range from \$40-\$60USD.
3. In order to cover the vast distance in North America to be able to visit several different parks and cities along our trip, we will have a couple of long driving days.
4. All walks and hikes proposed by our CEO will be easy to moderate level. You may choose to participate or not, but exploring our national parks on foot is part of our way of travelling. It's a healthy way to discover North America's beauty and landscape.
5. Please note that some trips could be a combination of multiple G Adventure tours. You should expect some group members to join or leave the tour between tour segments.
6. Regarding our wi-fi equipped vehicles: we have limited bandwidth, and in the interests of allowing all travellers to access the wi-fi, travellers should limit their access to reasonable levels. Please note that wi-fi is not always available due to areas with limited or no cell phone service (e.g. in parts of national parks).
7. Please note that the legal drinking age in the United States is 21 and in Canada, 19 (with Alberta and Quebec at 18). Many bars and clubs will ask for ID at the door, therefore listening to live music in certain bars or spending a night out in Las Vegas or New Orleans is not possible when you are under the legal age, even if you don't plan on consuming alcohol. Drinking laws in both countries are strictly enforced and our CEOs are unable to help those under age obtain alcohol of any kind.

While this should not stop those under legal drinking age from booking a tour, it is important to note that if a traveller is under-age there are certain optional nighttime activities that they may not legally be able to participate in. When trying to book the right trip, we recommend that travellers under legal drinking age take this into consideration when booking a tour that visits several big cities.

## **What is the group leader like?**

This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). The CEO will be the group manager, leader and sometimes the driver - this person is knowledgeable in the routes travelled and will organize and lead the meal preparations and has experience in cooking a variety of local and international dishes for large groups.

As the group coordinator and manager, the aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. 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. They will also offer suggestions for things to do and to see, recommend great local eating venues and introduce you to our local friends.

If a group exceeds 16 travellers, there will be a second CEO/CEO Driver co-leading the group to allow for a better overall experience.

While our CEOs are trained and have resources to assist them along the way, the United States is the fourth largest country on the planet, and it is impossible for them to know everything about this massive country. We recommend 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.

Please note that specific tour guide licenses are required to guide in certain cities and regions, and as such, our CEOs will oftentimes provide brief orientation walks or drives to point out useful places like supermarkets, main squares and ATMs but for more specific or in depth destination information, an official guided tour is recommended.

## **How large will the group be?**

Max 22, avg 16.

## **What meals are included in this trip?**

6 breakfasts, 4 lunches, 2 dinners

## **What are the meals like on this trip?**

All included meals will be prepared from goods bought en route from supermarkets, local shops and markets.

Breakfasts will generally consist of breads and cereals, if time allows a warm breakfast may be prepared. Many lunches will be provided en-route and will be light meals such as sandwiches and/or salads. All evening meals will be freshly-prepared hot meals, and will consist of a variety of continental and local dishes.

## **What are the modes of transportation on my trip?**

Air-conditioned private vehicle, walking.

## What transportation will we take on this trip?

We use 25-passenger vehicles perfect for cross-country road trips on our 18-to-Thirtysomethings tours in the United States. Our new fleet of more cushy vehicles give travellers all the comfort of a big coach bus, but with a small-group experience. They put rider wellbeing first and foremost, with high-backed bucket seats and built-in headrests for all seats on board, huge 92cm-tall (36 in) windows that make every seat a window seat, an aisle way with enough headroom for most of stand upright, sliding seats that free up more shoulder room while on the road, A/C, charging stations, wi-fi, and loads of other features. We use a trailer to carry luggage and camping equipment. These are durable vehicles that allow us to drive on most types of roads in North America.

This is not a physically demanding journey. However, please take note of the travel times and distances in the itinerary. Despite some of the long days, most clients feel that the diversity of the North American landscape, culture and wildlife are all well worth the experience! A typical day of driving will include about six hours driving by one of the CEOs and two to five hours of stops along the way. Keep in mind that North America is a really big place – New York to New Orleans alone is the equivalent of driving across most of Europe, and we cover that much ground in a single week. Driving time is the perfect opportunity to catch up on sleep, relax, and swap stories with your fellow travellers.

While we try to travel into and out of cities during non-rush hour times, heavy traffic is a reality of some of the places we visit. As a result, some drives may be a bit longer than listed in the day-to-day itineraries. Bring your patience and a smile, and we'll get through it!

## Is there an extra cost for travelling solo?

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

## Where will we stay during the trip?

Hotel (1 nt), participation camping (5 nts).

## Will I get my own room?

Please note that if you have booked the "My Own Room/Tent" option for this tour, you will receive your own single room/tent for all nights, except for the below.

## Do any exceptions apply to Rooming or “My Own Room” on my tour?

Day 1

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

Accommodation will be varied throughout your adventure. We use a combination of hotels and hostels, but most of the nights on tour are spent camping in tents in public and private campgrounds.

Multi-share accommodation, on a single-sex basis (typically 4-6 people per room), is common in the U.S. and is the way you will be spending your hostel nights. We have specifically chosen unique accommodations to give local flavor to your trip.

Couples: Please note that due to the types of accommodation used in the U.S., couples will likely be split into separate rooms where we use multi-share hostels. Pending availability, couples may be able to pay extra while on tour to have their own room in some destinations.

All camping equipment (with the exception of your sleeping bag and pillow) is supplied, including camp mattresses, which are warm and comfortable. We supply dome tents that take only 5 minutes to assemble/disassemble. They are good quality, durable, industry-standard 2-person pop-up tents, each with 2 separate and convenient zip-up doors and vestibules, so that each person has his/her own entrance.

We use 2 types of campgrounds in North America:

1. Private campgrounds: These are privately run sites, usually with all services such as fire pits, picnic tables, drinking water, toilets & shower buildings. Some have small outdoor swimming pools and laundry facilities. These campgrounds are typically located near national park entrances or towns.
2. Public campgrounds: These are park-run sites, usually with basic facilities such as fire pits, picnic tables, and drinking water. In some cases, this type of campground doesn't have showers, only pit toilets and a lake! In other locations, toilet and shower facilities may be located outside the campground, or at times in another location a drive away. Some may have shower fees for onsite facilities (\$2-6/shower).

## 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?

The Louis Armstrong New Orleans International Airport is located 15 miles (24km) from the Joining Hotel. When arriving at Louis Armstrong New Orleans International Airport you have two transportation possibilities: public taxi or a door-to-door shuttle service. All transportation is located on the lower level outside the baggage claim area.

### Taxi

It takes approximately 30 min depending on traffic yet enough time to get a taste of New Orleans. It will cost you about \$36 and a couple of dollars (“bucks”) more for tip to reach your hotel.

### New Orleans Airport Shuttle

Once you have retrieved your luggage make your way over to the Airport Shuttle ticket counter located across the baggage area 3, 6 and 12. The ticket will cost you \$24 one way. Proceed outside to wait for your shuttle. They run approximately every 30 min.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time.

Your CEO will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

## 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 the G Adventures Local Representative. 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 Local Representative (Las Vegas)

From outside the USA: 1-412-423-8143

From within the USA: 412-423-8143

If you are unable for any reason to contact our local representative, 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: 1 300 796 618

Calls from 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?**

You will be on the move a lot, so our advice is to pack as lightly as possible.

For days in the outdoors, we recommend the use of lightweight, breathable, moisture-wicking fabrics made of wool or synthetic fibers. Cotton is not recommended for days spent hiking as it does not allow for heat or moisture to enter or escape, and it will not dry easily once wet.

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. Heavy luggage is not recommended for the health of the CEO, who will take a lead in loading the storage trailer. Due to space in the trailer, we will not be able to accommodate more than one piece of main luggage per person. A good size day-pack (20-35L) is also essential to carry your personal gear for the day, as access to luggage between destinations will be limited. This daypack will be used to carry your personal gear for the day, your lunch and a water bottle.

It is important to pack clothes for warm days and cool evenings, as well as a light jacket. A set of smart casual clothes is also advisable.

# What should be on my packing list?

## Camping:

- Bug net/ bug spray
- Day Pack (with water bladder or refillable bottle)
- Flashlight/torch (Headlamps are ideal)
- Hiking boots/sturdy walking shoes
- Sleeping bag and liner, 4 season
- Small travel towel
- Socks
- Sunglasses
- Sunscreen
- Thermal base layer
- Toiletries (Preferably biodegradable)
- Travel pillow
- Watch and alarm clock
- Waterproof daypack cover
- Windproof rain gear (Rain and Windproof rain gear - pants and jacket)
- Your own inflatable sleeping pad (or you can use the one provided)

## 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
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: For evenings out in some cities there will be a dress code. If you wish to participate, please bring a nicer outfit for these occasions. We recommend a nicer pair of shoes and a collared shirt or blouse.

## When can I do my laundry on this trip?

Laundry can be done at least once a week while on tour. Some private campgrounds and most cities have laundromats where you can buy soap and wash your laundry in coin-operated machines. Your CEO will advise you along the trip where you will be able to do your laundry.

## 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?

The United States currency is the US Dollar (USD).

Credit cards are accepted almost everywhere in the US and can be used to purchase small and large items. When purchasing products or services with a foreign credit card in the USA, you may be charged additional fees by your credit card company for foreign purchases.

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. Both Visa and Master 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 before you travel. A visit to an ATM can be arranged on Day 1 and other days of the trip.

Do not rely on credit or debit cards as your only source of money. A combination of US Dollars as cash (preferably smaller bills, 5's, 10's and 20's), traveller's cheques and credit cards is best. Currency exchange is best obtained prior to travel or at the airport, currency exchange is very difficult to find in the USA and most banks do not accommodate.

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](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?

It is customary in North America to tip service providers such as waiters, bartenders and taxi drivers, at approximately 18-20%, depending on the service. 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 times during the trip where there is opportunity to tip any local guides used. Recommendations for tipping local guides would range from \$2-8 USD per activity depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures Chief Experience Officer did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline \$5-10 USD per person, per day can be used as a guide. If your CEO(s) exceeded your expectations, feel free to tip more.

# What activities are optional on this trip?

## New Orleans

- Creole Cooking Class (25USD per person)
- Historical Tours (25-30USD per person)
- Café du Monde Visit (10USD per person)
- French Quarter and Bourbon St Visit (Free)
- Ghost Tour (25USD per person)

## Memphis

- Sun Studio Visit (14USD per person)
- National Civil Rights Museum (15USD per person)
- Rock & Soul Museum Visit (12USD per person)
- Graceland Visit (41-61USD per person)

## Nashville

- Johnny Cash Museum (18USD per person)
- Cowboy Bar Visit (Free-20USD per person)
- Country Music Hall of Fame (25USD per person)

## Shenandoah National Park

- Hike through Shenandoah National Park (Free)

## Arlington National Cemetery

- Arlington Cemetery Visit (Free)

## Washington D.C.

- National Mall Visit
- White House Visit (Outside) (Free)

## Reflecting Pool

- Reflecting Pool and National Mall Visit (Free)

## Lincoln Memorial

- Lincoln Memorial Visit

## **Washington Monument**

- Washington Monument Visit (Free)

## **New York**

- Brooklyn Bridge Visit (Free)
- Times Square Visit (Free)
- Central Park Visit (Free)
- Empire State Building Visit (32USD per person)
- Top of the Rock (26-32USD per person)

## **New York**

- 9/11 Memorial Visit and One World Trade Center Observation Deck (24-58USD per person)
- Chinatown Visit (Free)
- Statue of Liberty Visit (18USD per person)

## 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 prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## How 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?

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.