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Please note our Newfoundland Adventure: From Deer Lake to St. John's is almost sold out. If you are looking to travel on this itinerary, please consider going in reverse on our [Newfoundland Adventure: From Signal Hill to Gros Morne](#) itinerary.



Newfoundland Adventure: From Deer Lake to St. John's

8 days, Deer Lake to St. John's

Trip code NCDJ

What's included

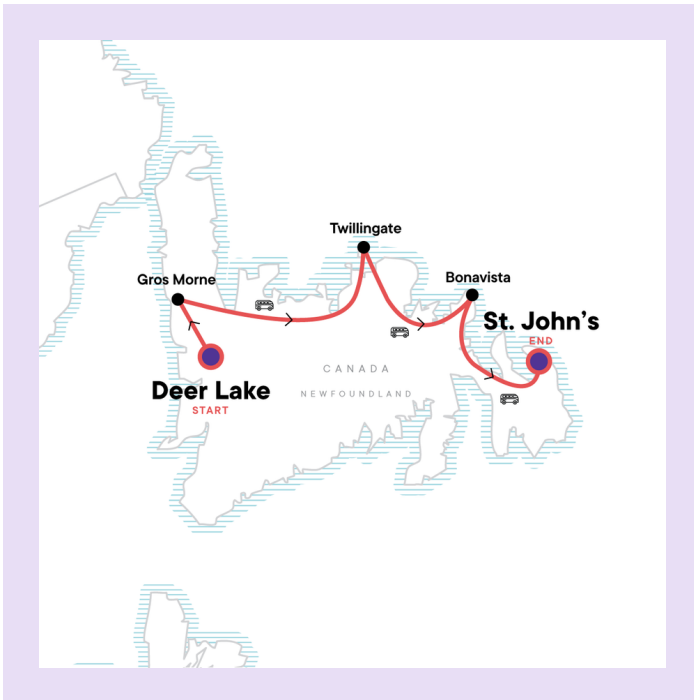
- Your Welcome Moment: Meet Your CEO and Group
- Gros Morne National Park Visit
- Tableland Trail Hike
- Boat Ride from Woody Point to Norris Point
- Western Brook Pond Boat Tour
- King's Point Visit & Hike
- CEO-led Hike along the Bonavista Peninsula
- Puffin Viewing Site Visit
- Trinity CEO-led Orientation Walk
- Brigus Town Visit
- Signal Hill Visit & Walk
- Free time in St
- John's, Brigus, Trinity, Elliston, Twillingate, Kings Point, Rocky Harbour, & Woody Point
- 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 May 2nd, 2025 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

Deer Lake

Arrive at any time.

Please note that while today is your arrival day, the tour will begin tomorrow at the welcome meeting with your CEO. We have added this night in Deer Lake to the beginning of your itinerary due to the scarcity of options for arrival flights into this airport.



Accommodation

Deer Lake Motel (or similar)

Motel



Today's Activities

Arrival Day

Begin your adventure today. There are no planned activities so feel free to explore or rest up for the excitement ahead.

Attend a welcome meeting in Deer Lake before departing directly for Gros Morne National Park. Begin with a hike on the Tableland trail, which offers panoramic views along an old roadbed that skirts the base of the mountain. From here, visit the small, historic town of Woody Point and enjoy free time to explore on foot. Then, board a boat for a short ride across beautiful Boone Bay to Norris Point, saving an hour of drive time. Arrive to Rocky Harbour in the evening and choose to attend an optional group dinner together.



Meals included

Breakfast



Accommodation

Fisherman Landing Inn (motel) (or similar)

Motel



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. This will take place at 1:00 PM at the start hotel in Deer Lake. The group will depart for Gros Morne National Park right afterwards.

Private Vehicle

Deer Lake - Woody Point

1h

70km

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

Tableland Trail Hike

Gros Morne National Park

1h-2h

4km

Start the CEO-led hike from the trailhead near Woody Point. Follow an old roadbed as it weaves along the base of the mountain. Search for plants, unusual rocks, and panoramic views. Finish the trail in the glacially carved Winter House Brook Canyon. The total distance is about 4km roundtrip, there will be about 88m of elevation gain and it will take 1-2 hours.

Woody Point Free Time & Boat Ride to Norris Point

Woody Point - Norris Point

1h30m

Enjoy time to explore the quaint fishing village of Woody Point on your own. Then, take in the views of the Tablelands, Gros Morne Mountains, and small communities dotting the shoreline on a 15-minute boat shuttle ride across the beautiful Bonne Bay. This route saves an hour drive and offers unforgettable scenic views the whole way.

Day 3

Gros Morne National Park

Spend most of the day in Gros Morne National Park. This UNESCO World Heritage Site is situated on the western coast of the island of Newfoundland. Located in the park is the landlocked fjord of Western Brook Pond. Start with the Lobster Cove Head Lighthouse for a walk this morning on the trail and stop at the exhibit. Then, walk along a 3km trail to the dock for a boat tour on Western Brook Pond. A packed lunch will be had on board as you enjoy the pristine lake waters and the incredible scenery surrounding the boat. Return to Rocky Harbour in the late afternoon and enjoy time on your own in this quaint Canadian town.



Meals included

Breakfast | Lunch



Accommodation

Fisherman Landing Inn (motel) (or similar)

Motel



Today's Activities

Gros Morne National Park Visit

Gros Morne National Park

Gros Morne National Park is a UNESCO World Heritage site that boasts diverse landscapes from fjords and mountains to forests and coastlines. The area also offers a unique and visible example of continental drift and plate tectonics. Begin the visit today with the Lobster Cove Head Lighthouse. Walk along the trail with views of the water and visit the exhibit.

Western Brook Pond Boat Tour

Gros Morne National Park

2h

Set off on a boat tour on Western Brook Pond, a landlocked fjord with waterfalls, billion year old cliffs, and plenty of chances to see wildlife. Throughout the two hour boat tour, the group will learn more about the geological and historical features of this gorgeous place. You will walk from the parking lot to the dock which is about 3km and takes 45 minutes along a gravel and fairly flat trail.

Free Time

Rocky Harbour

Spend free time strolling along the sidewalks of the Rocky Harbour waterfront. Opt to check out the Town Square, artisans' shops, restaurants, and cafes. Listen to the sounds of the ocean and take in a

fiery summer sunset (weather permitting). Choose to find a cute local spot for dinner and simply enjoy being outside.

Rocky Harbour is a charming fishing village and a gateway to the stunning Gros Morne National Park, and is a great place for experiencing traditional Newfoundland culture.

Day 4

Rocky Harbour to Twillingate

Travel from Rocky Harbour to King's Point. Here, enjoy the choice to accompany your CEO for a hike amid the natural beauty along the Alexander Murray trail, or to stay in town and explore the sites on your own. Later, continue to Twillingate and take in the stunning rugged coastline, lush country roads, and picturesque streets as you prepare for a relaxing evening. Dinner will be at your leisure.



Meals included

Breakfast



Accommodation

Anchor Inn / B&B (or similar)

Inn



Today's Activities

Private Vehicle

Rocky Harbour – Kings Point

2h

200km

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

Private Vehicle

Kings Point – Twillingate

3h

260km

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

King's Point Visit & Free Time

Kings Point

4h

King's Point is special for its natural beauty and outdoor activities. Known for the Alexander Murray Hiking Trail with 2,200 stairs and unforgettable views and the local art scene. During free time here choose to hike along the trail with your CEO and enjoy a packed lunch along the way. This will be 8km and 350m in elevation gain. Or choose to stay in town and visit a local restaurant for lunch. Then walk on your own to places like the King's Point Pottery Gallery or Heritage House.



Optional Activities - Day 4

CEO-led Hike on the Alexander Murray Hiking Trail

Kings Point

8km

Challenge yourself with a CEO-led hike along the popular Alexander Murray Trail. Located in picturesque King's Point in the Green Bay area the route is a mix of a natural walking trail, wooden stairs and amazing views from the 1100 ft. summit of the mountain ridge.

Distance: 8km

Duration: 3hrs

Elevation Gain: 350m

Day 5

Twillingate to Bonavista Peninsula

Following breakfast the group will enjoy free time to explore Twillingate, the town known for its icebergs, visible in Notre Dame Bay and Iceberg Alley. Choose to join your CEO on one of the area's hiking trails, visit museums and different art workshops in town, or book a whale and wildlife watching tour ahead of time. After lunch on your own, the group will drive to Trinity. Dinner will be on your own in this charming small town accompanied by a free evening. You can choose to join your CEO for a walk on Gun Hill for sunset, or book a show at the local theatre.

Please note, if you wish to book the whale and wildlife watching tour, it must be booked in advance with either Twillingate Adventure Tours for a 10 am departure or Iceberg Quest for a 9:30 am departure.



Meals included

Breakfast



Accommodation

Bishop White Manor (or similar)

Hotel



Today's Activities

Free Time

Twillingate

Take advantage of a free morning to explore Twillingate on your own. Optional activities you can choose from are hiking, a whale watching cruise, or visiting shops, museums, and galleries downtown. Twillingate is known for its icebergs. Nestled on the rugged coast of Notre Dame Bay, Twillingate offers incredible views of these ancient ice giants as they journey south through Iceberg Alley. Whether you're interested in dramatic scenery, exciting wildlife, or local culture, Twillingate promises to be a noteworthy destination.

Private Vehicle

Twillingate - Trinity

3h30m

310km

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

Free Time

Trinity

Trinity, Newfoundland is known for its well-preserved heritage architecture, vibrant arts scene, and for being one of the province's oldest settlements. It was once a major trading centre for salt fish and boasts a beautiful harbour. Find your way around town by the old-fashioned street signage in calligraphy, watch a blacksmith at work, or visit the Cooperage to learn about barrel making. Later in the evening, choose to join your CEO for a sunset walk on Gun Hill to see golden hour colours over Fisher Cove. The walk to get to the top takes between 20 and 30 minutes. Or you could choose to book a show at the Rising Tide Theatre. This local establishment located in the heart of Trinity has been producing culturally rich and locally rooted performances for over 40 years.



Optional Activities - Day 5

Gun Hill CEO-led Sunset Walk

Trinity

Choose to join your CEO on a evening walk up Gun Hill. It will take between 20 and 30 minutes to reach the top where you can enjoy the views as the sun lowers over Fisher Cove.

Whale & Wildlife Watching Boat Tour

Twillingate

98-115CAD

Get out on the water and explore Iceberg Alley. Sail from Twillingate and stare in wonder at 12,000-year-old icebergs and try to spot humpback whales along the coastline.

Today, encounter the wildlife of the Bonavista Peninsula with a visit to Elliston and the puffin viewing site there. Begin with a short walk along a narrow path and observe the colourful auks occupying a section of land at the end of this rocky outcrop. Then, spend free time in town for lunch on your own and the chance to book an optional visit to the nearby interpretation centre. In the afternoon, follow your CEO on one of the hiking trails along the peninsula which will be chosen based on weather. Each option will allow you to view and photograph seabirds, sea stacks, icebergs, and whales (in season), as well as the surrounding communities. Dinner will be at your leisure tonight back in Trinity.



Meals included

Breakfast



Accommodation

Bishop White Manor (or similar)

Hotel



Today's Activities

Private Vehicle

Elliston - Trinity

45m

50km

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

Private Vehicle

Trinity

45m

50km

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

Puffin Viewing Site Visit

Elliston

1h45m

Enjoy a walk on a narrow, well worn path for about 5 minutes to reach the local puffin viewing site. This is one of the best accessible locations in North America to view this beautiful bird. Between May and September the colourful auks occupy a section of the land at the end of a rocky outcrop. Observe, take photos, and simply enjoy the wildlife.

CEO-led Hike Bonavista Peninsula

Elliston

3h

Spend the afternoon on a hike with your CEO on one of the trails along the Bonavista Peninsula. Your CEO will choose the trail based on weather and overall group ability. Options could be the Cape Shore trail to the lighthouse (3.5km along the coastline), Murphy's Cove Loop (7.7km coastal loop through abandoned community), and Skerwind Trail (5.3km coastal loop with wildlife viewing opportunities).

Free Time

Elliston

1h

There will be an hour of free time in Elliston. Choose a local spot for lunch on your own and opt to visit the John C. Crosbie Sealers Interpretation Centre featuring a captivating experience and opportunity to learn the historic and cultural context of sealing in Newfoundland and Labrador.

Travel to Brigus, a picture-postcard town, reminiscent of the quaintness found in European villages. Enjoy a walk along the winding narrow lanes and visit the large tunnel cut through the solid bedrock near the harbour front. You'll have some free time to explore and grab lunch on your own before continuing on to St. John's. Here, visit Signal Hill National Historic Site and walk on one of the trails for gorgeous views of the rugged coastline and seascapes before a quick stop at the visitor centre. Later, set off on an orientation walk of this province's capital city and see the colourful row houses lining downtown. Attend an optional dinner this evening with the group.



Meals included

Breakfast



Accommodation

Courtyard by Marriott St John's (or similar)

Hotel



Today's Activities

Private Vehicle

Trinity - Brigus

2h30m

205km

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

Brigus Town Visit & Free Time

Brigus

3h

Spend a few hours this afternoon exploring the quaint town of Brigus. The well-kept, old-style architecture, stone walls, lush green gardens, and winding narrow lanes are reflective of the English, Irish, and Welsh heritage evident here. The group will walk through the charming town, visit an old tunnel in the rocky cliffs by the harbour, learn about the maritime history here, and enjoy free time for lunch. There will also be time for an optional visit to the Hawthorne Cottage National Historic Site, or to walk part of the Lighthouse trail if you choose. Brigus is famous for its annual blueberry festival and so trying one of the blueberry pastries (like cobbler, crisp, or pie) is a must.

Private Vehicle

Brigus - St. John's

1h

90km

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

Signal Hill Visit & Walk

St. John's

1h-1h30m

Enjoy a visit and walk around Signal Hill in St. John's. This national historic site is famous for its role in military history and communication breakthroughs (the first wireless transatlantic signal was received here in 1901). Walk around the area and take in the beautiful views of the city and Atlantic Ocean. Check out the iconic Cabot Tower and savour the rugged coastline. There may be time for a quick stop at the visitor centre.

St. John's CEO-led Orientation Walk

St. John's

As the capital of the Newfoundland and Labrador province, St. John's is one of the oldest and most easterly towns in North America. Become acquainted with the blend of English and Irish cultures here, and the Victorian architecture evident throughout the downtown. Get a taste of its steep hills, colourful row houses and long history.



Optional Activities - Day 7

Hawthorne Cottage National Historic Site Visit

Brigus

4.50CAD

Hawthorne Cottage National Historic Site was the family home of one of Canada's most famed Arctic explorers, Captain Bob Bartlett. The setting offers unique insight into Newfoundland seafaring life and tales of Bartlett's numerous voyages and daring exploits.

Depart at any time.



Meals included

Breakfast



Today's Activities

Departure Day

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

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Gros Morne National Park Visit
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What are the main highlights of this trip?

Explore the dramatic landscapes of Gros Morne National Park—a UNESCO World Heritage Site, Hike the otherworldly Tablelands trail to the scenic Winter House Brook Canyon, Cruise the waters of Bonne Bay and Western Brook Pond for unforgettable fjord views, Hike along the Alexander Murray Hiking Trail near Twillingate, Uncover the rich history and storytelling traditions of Newfoundland’s charming coastal communities, Visit Signal Hill National Historic Site and take in panoramic views over St. John’s

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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 is the role of the group leader during this trip?

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 driver - this person is experienced 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.

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 12, Avg. 10

What meals are included in this trip?

7 breakfasts, 1 lunch

What are the meals like on this trip?

Some meals are included. When a meal is not included, this is because there are often many options available and we believe you should have the opportunity to explore a bit and taste the local cuisine yourself. In these cases, your CEO will be able to suggest some good local restaurants or options for you to choose from.

What are the modes of transportation on my trip?

Private Vehicle, Boat, Walking

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).

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

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 Deer Lake airport (YDF), to reach your starting accommodation you can take a local taxi. Please go to the airport information desk for assistance.

WELCOME MEETING TIME: 1:00 PM Day 2

Please note that while today is your arrival day, the tour will begin tomorrow at the welcome meeting with your CEO. We have added this night in Deer Lake to the beginning of your itinerary due to the scarcity of options for arrival flights into the Deer Lake airport. Please note that no activities have been planned on this day and you will meet your CEO on the morning of day 2.

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 2, where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run before travelling to Gros Morne. If you don't see a note, please ask reception for details!

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, 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 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

From outside the USA: 1-514-948-4145

From within the USA: 514-948-4145

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

What should be on my packing list?

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

- Sandals/flip-flops
- 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?

The Canadian currency is the Canadian Dollar (CAD).

Credit cards are accepted almost everywhere in Canada and can be used to purchase most items. When purchasing products or services with a foreign credit card in Canada, 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 Canadian Dollars as cash (preferably smaller bills, 5s, 10s and 20s) and credit 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

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 \$10-15 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?

Kings Point

- CEO-led Hike on the Alexander Murray Hiking Trail

Trinity

- Gun Hill CEO-led Sunset Walk

Twillingate

- Whale & Wildlife Watching Boat Tour (98-115CAD per person)

Brigus

- Hawthorne Cottage National Historic Site Visit (4.50CAD 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 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 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 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.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

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

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

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

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

Itinerary Disclaimer

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

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