



Northern Quebec: Summer Lodge Escape

7 days, Montreal to Montreal

Trip code NCMS

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Orientation of Auberge du Cap au Leste

- Fjord Lighthouse Hike
- Saguenay Fjord Kayaking Excursion
- Summer Campfire & S'mores
- Saguenay Fjord National Park Hike
- Tadoussac CEO-led Orientation Walk
- Jaseux Park Visit
- Monts-Valin National Park Visit & Hike
- Québec City CEO-led Orientation Walk
- Free time at the lodge, Tadoussac & Quebec City
- 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 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

Montreal

Arrive at any time to Montreal – Quebec’s economic and cultural capital. Attend a welcome meeting in the evening and afterwards choose to have an optional dinner together as a group.



Accommodation

Best Western Ville Marie (or similar)

Hotel



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.

Spend the morning in Montreal and find a breakfast spot on your own before transferring to the lodge accommodations along the picturesque scenery of the Saguenay fjord. Along the way the group will stop for lunch at a local spot in the charming Quebec City area, where you can choose to try a food truck featuring traditional Indigenous cuisine. Arrive to the lodge as golden hour begins to work its magic on the landscape, and settle in to the chalets around the property. There will be a brief orientation of the surroundings before dinner at the main lodge.



Meals included

Dinner



Accommodation

Auberge Cap au Leste (or similar)

Hotel



Today's Activities

Private Vehicle

Montreal - Saguenay

6h

525km

Settle in and scan the scenery from the comfort of your private vehicle between Montreal and Saguenay. There will be a stop along the way in Quebec area to break up the journey and to have lunch at a nearby local spot.

Orientation of Auberge du Cap au Leste

Saguenay

30m

Set off on a brief orientation tour of the property to get your bearings. Your CEO will explain a bit about the lodge and prepare you for your stay over the next four nights. Afterwards, take some time to get settled in.

Auberge du Cap au Leste Summer Lodge Stay

Saguenay

Carved by glacier forces thousands of years ago, the Saguenay fjord is located in the stunning Saguenay-Lac-Saint-Jean region of Quebec. The region is a dream escape for outdoor enthusiasts looking to encounter breathtaking scenery. Stretching over 100 km, surrounded by steep cliffs, the fjord is so deep, it attracts whales at its mouth to the river. Located right next to Auberge du Cap au Leste, this unique microclimate offers a variety of hiking opportunities that create unforgettable experiences.

From wandering the trails near the property to enjoying the peace and birdsong of a Canadian summer, this stay combines activity with serenity.

Enjoy a quiet breakfast at the lodge before spending a beautiful summer day outside in the fresh, warm air. Begin with a guided, CEO-led hike down to the lighthouse where the group will be met with lovely views along the Saguenay fjord. Sip on some coffee amidst sounds of nature before hiking back up to the lodge. Drive to Ste-Rose-du-Nord for a kayaking excursion on the Saguenay fjord. As you paddle through the warmest waters in the Saguenay - St. Lawrence Marine Park you will learn incredible stories about how the first inhabitants lived here, allowing you to better understand the secrets of this unique fjord. Travel back to the lodge for free time and dinner on your own. Choose to visit the pool and spa, swim at the Lac des Sables, rent a paddle board or canoe, or perhaps an optional evening bike ride near the property. After sunset, attend a camp fire featuring S'mores and storytelling.



Meals included

Breakfast



Accommodation

Auberge Cap au Leste (or similar)

Hotel



Today's Activities

Fjord Lighthouse Hike

Saguenay

2h-2h15m

Experience incredible panoramas from the highest cliffs 200 metres above the Saguenay Fjord, on a hike to the fjord's lighthouse. Start near the lodge and wander along the leaf-shrouded trails of Cap au Leste. You'll be walking through Quebec's boreal forest. Stretching for miles through unspoiled wilderness, this trail network offers many viewpoints along the way. Once at the lighthouse, the group will enjoy some coffee and time to relax amid the scenery before the return trip back to the lodge. The hike and stop at the lighthouse will be a little over two hours round trip.

Private Vehicle

Saguenay - Ste-Rose-du-Nord

19km

Settle in and scan the scenery from the comfort of your private vehicle between the lodge along the Saguenay fjord and the village of Ste-Rose-du-Nord.

Saguenay Fjord Kayaking Excursion

Ste-Rose-du-Nord

3h

Enjoy serene views across the waters of the Saguenay fjord while paddling a kayak through the Saguenay - St. Lawrence Marine Park. Arguably one of the most beautiful villages in Quebec, Ste-Rose-du-Nord offers adventurous travellers a chance to enjoy the peace of their surroundings amid nature. As you paddle, learn some of the incredible stories about the first inhabitants of this location and the ways they lived in the fjord.

There will be some free time after kayaking to head into the quaint village of Ste-Rose-du-Nord. The village is also today's lunch stop for a meal on your own.

Private Vehicle

Ste-Rose-du-Nord - Saguenay

19km

Enjoy a short drive from Ste-Rose-du-Nord back to the lodge stay along the Saguenay fjord.

Free Time

Saguenay

Take advantage of a few free hours to relax back at the lodge's property. The sun will be starting to set and the golden summer day everyone loves will be making a full appearance. Choose to spend time at the pool or spa, swim at the Lac des Sables, rent paddle boards or canoes, or perhaps enjoy an evening bike ride on the trails through the woods.

Summer Campfire & S'mores

Saguenay

Gather around the campfire outside where the group will toast S'mores in the flames, tell stories, and enjoy the crackling wood radiating warmth around the circle for a proper summer night in the beautiful woods.

Auberge du Cap au Leste Summer Lodge Stay

Saguenay

Carved by glacier forces thousands of years ago, the Saguenay fjord is located in the stunning Saguenay-Lac-Saint-Jean region of Quebec. The region is a dream escape for outdoor enthusiasts looking to encounter breathtaking scenery. Stretching over 100 km, surrounded by steep cliffs, the fjord is so deep, it attracts whales at its mouth to the river. Located right next to Auberge du Cap au Leste, this unique microclimate offers a variety of hiking opportunities that create unforgettable experiences. From wandering the trails near the property to enjoying the peace and birdsong of a Canadian summer, this stay combines activity with serenity.

After breakfast this morning the group will travel about an hour toward Tadoussac and stop at Baie Ste-Marguerite for a hike in Saguenay Fjord Park. You'll walk up to the first lookout on the bay and have the opportunity to see if you can spot a group of resident Beluga whales off shore. Sit down to enjoy a picnic lunch in the park and relax after the hike amid the gorgeous scenery. After a short transfer, set out on a CEO-led orientation walk through the village of Tadoussac and enjoy free time on your own. Choose to go on walks, visit the dune, tour the Marine Mammal Interpretation Centre, or perhaps book an optional boat cruise or whale watching cruise by zodiac. Dinner will be on your own. Head back to the lodge in the evening to unwind in the quiet solitude of your chalet.



Meals included

Breakfast | Lunch



Accommodation

Auberge Cap au Leste (or similar)

Hotel



Today's Activities

Private Vehicle

Saguenay - Tadoussac

1h-1h15m

105km

Settle in and scan the scenery from the comfort of your private vehicle between Saguenay and Tadoussac. There will be a stop to hike in the Saguenay Fjord National Park before the final stretch of drive to the village of Tadoussac.

Saguenay Fjord National Park Hike

Tadoussac

3h

6km

Visit the rugged beauty of Saguenay Fjord National Park on a trail that leaves from Baie Ste-Marguerite, where a group of resident Beluga whale reside. The group will hike an easy trail up to the first lookout on the bay to give everyone the opportunity to watch these magnificent creatures below. The first stop is 3km up. The group can decide from here if they want to keep going on a moderate trail to the next lookout about 2km away, bumping the total distance up to 10km round trip.

Tadoussac CEO-led Orientation Walk

Tadoussac

30m

Follow your CEO on an orientation walk through the village of Tadoussac. Stop along the shore as you go and search for whales and other wildlife off in the distance.

Free Time

Tadoussac

Spend a few hours of free time in the village of Tadoussac, located at the junction of the St. Lawrence River and the Saguenay Fjord. Learn more about the history and culture during self-guided walks. You can also choose to visit the Dune, go shopping in town, or purchase optional activities like a whale watching cruise by zodiac or a boat cruise. The Maritime Mammal Interpretation Centre is also open and offers affordable admission should you wish to visit. Dinner will be had on your own in town at a local restaurant of your choosing.

Private Vehicle

Tadoussac - Saguenay

1h15m-1h30m

100km

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

Auberge du Cap au Leste Summer Lodge Stay

Saguenay

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Optional Activities - Day 4

Tadoussac Whale Watching

Tadoussac

115-138CAD

Opt to go on a whale watching zodiac or boat cruise from Tadoussac.

Please note that this activity will need to be booked ahead of time.

Day 5

Saguenay

Spend an enjoyable morning in Cap Jaseux Park, an outdoor adventure enthusiast's playground. Initially the park corporation offered holiday camps and now it is an area for the public to experience hiking trails, obstacle courses, and rustic campsites. Start with a CEO-led hike along the fjord through trails in the park. Afterwards, if you are looking for more active or challenging options, you can choose to try optional activities like a Treetop Adventure or a Via Ferrata climb along the cliff face of the fjord. Gather together for a picnic in the park and soak in the beauty of this outdoor setting before transferring to Monts Valin Park. Hike with your CEO on a combination of trails here to reach different summits offering beautiful views of the landscape. Return to the lodge in the early evening and enjoy dinner on your own.



Meals included

Breakfast | Lunch



Accommodation

Auberge Cap au Leste (or similar)

Hotel



Today's Activities

Parc Aventures Cap Jaseux Visit

Saguenay

4h

Enjoy a CEO-led hike in the park on trails overlooking the fjord. Then, if looking for a more challenging active activity you can choose to book the Treetop Adventure course or the Via Ferrata along the cliffs of the fjord. The park is a 30 minute drive from the lodge.

Monts-Valin National Park Visit & Hike

Parc national des Monts-Valin

3h

5km

Travel on a dirt road bringing you up to this mountain plateau. Parc National des Monts-Valin looms over the landscape at 984 metres and dominates the Saguenay-Lac-Saint-Jean region. Here, your CEO will lead the group on a hiking excursion on a combination of trails that reach different summits. These are Pic de la Hutte, Pic du Grand Corbeau and Pic de la Tête de Chien coming in at 5-6 km roundtrip. You'll enjoy the fresh air, the scenery, and the challenge of each route.

Private Vehicle

Parc national des Monts-Valin - Saguenay

1h

55km

Settle in and scan the scenery from the comfort of your private vehicle transfer back to the lodge property.

Auberge du Cap au Leste Summer Lodge Stay

Saguenay

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Take advantage of one last breakfast at the lodge to relax and fully enjoy the sounds of nature in this Eastern Canadian oasis before travelling to Quebec City. Upon arrival you will set off on an orientation tour with your CEO before free time to explore the city on your own. Optional activities like, a historic guided walk, an Old Québec City Food Tour, and bike tour are great ways to pass the afternoon. Gather together for a final optional group dinner tonight at a local restaurant.



Meals included

Breakfast



Accommodation

Les Lofts Charest (or similar)

Hotel



Today's Activities

Private Vehicle

Saguenay - Québec

3h

250km

Settle in and scan the scenery from the comfort of your private vehicle back to Quebec City from Saguenay.

Québec City CEO-led Orientation Walk

Québec

1h

Set off on a walking orientation tour with your CEO. Learn more about Québec City and get to know the area before a free afternoon on your own.

Free Time

Québec

Enjoy a free afternoon to explore on your own in Quebec City. From historic guided walks, to a food tour in Old Québec City, or a more active bike tour, there are so many different optional activities to choose from. You can even opt to take the ferry across the St Lawrence River and get a magnificent view of the town, or visit Chateau Frontenac.

Travel back to Montreal in the morning, where your tour ends upon arrival to the airport. Please do not book onward travel prior to 2pm.



Today's Activities

Private Vehicle

Québec - Montreal

3h30m

275km

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

Departure Day

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

What's included

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What are the main highlights of this trip?

Soak up the beauty of Eastern Canada's summer landscapes, Kayak through the stunning Saguenay Fjord with views from the water, Hike along scenic cliffs with chances to spot wildlife on land and sea, Unwind in a forest chalet with on-site trails and relaxing amenities, Gather around the campfire for s'mores and stories under starry skies, Explore two national parks and take on a variety of rewarding trails

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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?

4 breakfasts, 2 lunches, 1 dinner

What are the meals like on this trip?

All meals are included at your winter lodge stay. 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, Hiking, Kayaking

What transportation will we take on this trip?

For this trip we use 15-passenger vans for up to 12 people plus the CEO/Driver. For groups of 8 and more travellers, we also use a trailer to carry luggage. These durable vehicles allow us to drive on most types of roads in North America.

Each van has a front passenger seat and 4 benches that will accommodate 3 people each with mandatory seat belts to keep us secure and safe. No standing is permitted in these vehicles.

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?

Hotel (2 nts), Lodge (4 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 kind of accommodation can I expect on this trip?

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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 Montreal airport (YUL), to reach your starting accommodation you can take the public Express Bus (STM 747), or a local taxi. Please go to the airport information desk for assistance.

WELCOME MEETING TIME: 18:00

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, 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 information should I be aware of as the itinerary draws to a close?

You will be transferred from Quebec City to the airport in Montreal on the final morning of the tour. Please do not book departing flights before 2pm.

If you require post-night accommodation in either Quebec or Montreal after your tour, please reach out to the Sales team or your travel agent.

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)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

Essentials:

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

Health & Safety:

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

Light Hiking:

- Hiking boots
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

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?

Tadoussac

- Tadoussac Whale Watching
(115-138CAD 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.