



Northern Quebec: Winter Lodge Escape

7 days, Montreal to Montreal

Trip code NCMW

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Sugar Shack Lunch Experience

- Orientation of Auberge du Cap au Leste
- Snowshoeing Fjord Lighthouse Hike
- Winter Survival Skills & Ice Fishing Demonstration
- Winter Campfire & S'mores
- Snowshoeing Along Saguenay fjord Trails
- Afternoon of Canadian Winter Activities
- Nighttime Snowshoe & Star Gazing
- Dog Sledding Excursion
- Free time at the lodge & 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 April 11th, 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.

Enjoy breakfast on your own this morning in Montreal before beginning the transfer to your lodge accommodations northeast of the city in Saguenay. Travel along the Saint Lawrence River towards the charming Quebec City area, the only fortified city in North America. Have lunch at a nearby local favourite spot for a sweet taste of traditional meals in this province, and where you will learn more about maple sap processing for syrup. Arrive to the lodge in the early evening. Set off on a short orientation tour of the property before an included, cozy group dinner amid wintry surroundings.



Meals included

Lunch | Dinner



Accommodation

Auberge Cap au Leste (or similar)

Hotel



Today's Activities

Private Vehicle

Montreal - Saguenay

6h

525km

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

Sugar Shack Lunch Experience

Québec

2h

Visit an authentic Quebec Sugar Shack, known as a "cabane à sucre" in French and enjoy an introduction to the maple syrup production process and an included lunch of traditional dishes to the province. These shacks are often located in maple groves, and while used mainly for maple processing, during the off-season of "sugaring" they are used as gathering places for communities and families to celebrate and enjoy togetherness throughout the cold winter and spring. Traditional meals of hearty dishes like pea soup, maple-smoked ham, baked beans, and of course maple syrup can be found here, along with other seasonal activities.

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 Winter 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. This location is a true gem 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 the cozy Auberge du Cap au Leste, this unique microclimate of abundant snow offers a variety of winter activities that create an unforgettable experience. From snowshoeing to backcountry skiing, your stay at this property allows you to enter the peace and quiet of a Canadian winter wonderland in a serene setting.

Have breakfast at the lodge before spending a lovely winter day outside in the fresh, cold air. Start with a guided CEO-led hike with snowshoes on a nearby trail down to the lighthouse where you'll be met with magnificent views along the Saguenay fjord. Sip on some hot chocolate to help you warm up a bit while enjoying the scenery before hiking back up to the lodge. After lunch, the group will be invited to learn about forest survival at the nearby lake and be guided in an ice fishing demonstration by your CEO. Afterwards, enjoy free time back at the lodge to relax before a delicious dinner and a camp fire featuring S'mores and storytelling.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Auberge Cap au Leste (or similar)

Hotel



Today's Activities

Snowshoeing Fjord Lighthouse Hike

Saguenay

3h

Experience incredible panoramas from the highest cliffs 200 metres above the Saguenay Fjord on a snowshoeing hike to the fjord's lighthouse. Start the hike right near the lodge and wander along the snow-covered trails of Cap au Leste. You'll be walking through Quebec's boreal forest that stretches for miles through unspoiled wilderness, offering many viewpoints along the way. Once at the lighthouse the group will enjoy some hot chocolate to warm those hands before the hike back to the lodge. The hike and stop at the lighthouse will be about 3hrs round trip.

Winter Survival Skills & Ice Fishing Demonstration

Saguenay

3h

Guided by your CEO the group will spend the afternoon learning about forest survival at the nearby frozen lake. Enjoy an ice fishing demonstration, and learn about the different techniques and ways of mastering this winter activity. Then, enjoy an introduction to some handy survival skills like how to build a camp fire on the snow, and how to build a Quinzhee, cousin of the Igloo and typical outdoor shelter made of large piles of loosely shaped snow in southern Quebec. Return to the lodge feeling more confident in your ability to attempt some essential forest survival tactics should you ever need them.

Free Time

Saguenay

2h

Take advantage of a few free hours to relax back at the lodge's property. The sun will have set and warm firelight will be creating a cozy atmosphere inside.

Winter Campfire & S'mores

Saguenay

Bundle up and 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.

*Please note, this activity could be done before dinner depending on timing.

Auberge du Cap au Leste Winter Lodge Stay

Saguenay

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Immerse yourself in winter activities today and start the morning with another guided snowshoeing hike along new trails by the fjord. As you walk, your CEO will teach the group about the region's ecosystems, including the different flora and fauna of the Saguenay fjord. Return to the lodge for lunch and to warm up a bit before spending the afternoon partaking in two typical Canadian winter activities; hockey and sliding. The group will split into two and play against each other with sticks on the hard snow without skates. Later, hop on a tube and slide down the nearby hills for some forgotten fun in the snow. Tonight, after dinner the group will head back out to snowshoe along the trails by torch light and enjoy some stargazing, which if clear, will be stunning with the lack of nearby light pollution.

Please note should you be booked on one of the holiday departures over Christmas or New Year's, tonight will involve a special dinner and evening celebratory experience.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Auberge Cap au Leste (or similar)

Hotel



Today's Activities

Free Time

Saguenay

2h

Take advantage of a few hours of free time to relax in the lodge's cozy winter setting.

Nighttime Snowshoe & Star Gazing

Saguenay

Venture back outside beneath the darkened sky for a night snowshoe stroll along a path lined with torches to light the way. The group will enjoy time to star gaze in the inky black night, and if clear with hardly any moon, the stars will be brighter than many are used to being away from the light pollution of nearby cities.

Afternoon of Canadian Winter Activities

Saguenay

3h

Your CEO will take the lead this afternoon and help guide the group through two typical Canadian winter activities. The first will be a hockey game. Split into two teams and with hockey stick and ball, challenge each other to a group game on the hard snow. Boots will be worn instead of skates. Afterwards, grab a tube and fly down the hill as you remember how much fun playing in the snow can be.

Snowshoeing Along Saguenay Fjord Trails

Saguenay

2h-3h

Meet the group outside after breakfast and get ready to spend time snowshoeing amid new trails along the Saguenay fjord. This will be an interpretive CEO-led hike in which you will learn more about the surrounding environment and the various flora/fauna of the fjord.

Auberge du Cap au Leste Winter Lodge Stay

Saguenay

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Day 5

Saguenay

This morning get ready for an unforgettable winter pastime in Quebec; dogsledding! After breakfast there will be a short transfer to the kennel where you'll hear the dogs barking in excitement for their outing with you. A local musher will give a brief lesson on dogsled driving before you hop on your sled and out into the snowy wilderness you go. Enjoy the experience as both a passenger and driver of the sled, and witness how strong these amazing animals really are. Return to the lodge in the afternoon and take advantage of time to sweat it out in the sauna and dip in the heated pool, complete with impressive views of the fjord. Enjoy a final evening at the lodge with your group and swap stories over dinner.

Please be aware that from mid-January to early March, your CEO can lead an excursion during this afternoon to the village of Ste-Rose-du-Nord for a visit to the ice fishing village located on the fjord.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Auberge Cap au Leste (or similar)

Hotel



Today's Activities

Private Vehicle

Saguenay

30m

12km

Settle in and scan the scenery from the comfort of your private vehicle during your roundtrip transportation between the lodge and the dog sledding facility. The transfer will take a total of 30 minutes; 15 minutes each way.

Dog Sledding Excursion

Saguenay

1h30m-2h

Connect on a deeper level with nature today as you admire the area's wild beauty, smell the fragrance of the evergreens, and listen to the joyful barking of the dogs as they work hard to pull your sled through the snowy forest. You will experience firsthand the mode of transportation invented by Native Americans during the 19th century and still available recreationally in Quebec. Start by meeting the dogs and mushers before receiving instructions on how to be a passenger and how to drive the sled. Then, depart for about two hours along the trails as the dogs pull your sled through the wintry weather and you enjoy the rush of the fresh air in this magical and dazzling white landscape.

Free Time

Saguenay

This afternoon back at the lodge, split into small groups and enjoy time to experience the rejuvenating benefits of the sauna and relax in the heated pool with incredible views of the snowy landscape and Saguenay fjord.

Day 6

Saguenay/Québec

Bid farewell to your winter excursion in the Saguenay region as you leave the lodge after breakfast. Travel back to beautiful Quebec City and have lunch on your own with many local spots to choose from. The remainder of the afternoon is free for you to explore the old town of this UNESCO World Heritage site as you wish. Tonight, choose to attend an optional group farewell dinner.



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.

Free Time

Québec

Enjoy time to explore on your own in Quebec City. From Christmas Markets in December, to Ice Castles in January, and the winter carnival in February, there will be no shortage of events taking place around the city that you can be part of during your free afternoon here.

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.

Should you want to spend more time in Quebec City, post-nights are available to add on. You will need to arrange your own transportation to the airport.



Today's Activities

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?

Embrace the magic of Canada's winter wonderland, Snowshoe along the stunning Saguenay Fjord with sweeping views, Try your hand at mushing on a dog sled ride through snowy forest trails, Stay cozy in a chalet tucked atop the Saguenay cliffs, Stargaze beneath the clear dark winter sky, Learn winter survival basics with an ice fishing demo on a frozen lake

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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 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 18, avg. 14

What meals are included in this trip?

4 breakfasts, 4 lunches, 4 dinners

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, Snowshoeing, Dog Sledding

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: 17:30

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 (at 17:30pm), 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 wish to be dropped off in Downtown Montreal, please speak with your CEO.

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.

Are there any additional packing suggestions I should consider?

It is important to pack clothes for a winter climate. For days in the outdoors, we recommend warm winter clothing.

What should be on my packing list?

Clothing:

- Comfortable sleepwear (that layers for temperature fluctuations)
- Fleece jacket or warm layer
- Fleece pants (\$10 USD)
- Hiking boots/sturdy walking shoes
- Long-sleeved shirts
- Thermal base layer
- Warm gloves
- Warm hat

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.)

Winter Weather:

- Warm winter coat
- Waterproof pants
- Waterproof gloves
- Winter boots/shoes

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?

- No optional activities

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.