



Portugal: Coastal Walks, Vineyards & Villages of the Douro Valley

10 days, Lisbon to Porto

Trip code EPLO

What's included

- Your Foodie Moment: Undiscovered Lisbon Food & Wine Tour, Lisbon
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Lunch With a View and Wine Pairings, Peso da Régua
- Your OMG Day: Walking Tour of Porto or a River Cruise with Port Wine Tasting, Porto
- Complimentary arrival transfer
- Lisbon Food and Wine welcome dinner
- Hike the coastal trail from Cabo da Roca with a local guide
- Visit the Monserrate Palace
- Village-to-village hike from Idanha-a-Velha to Monsanto with a local guide
- Visit the natural pools of Penha Garcia
- Hike from Casteleiros to Sotrelha and visit the castle
- Hike in Serra da Estrela National Park to the Vale do Rossim Lagoon
- Hike past vineyards in the Douro Valley along the Corgo River
- Hike to the Casal de Loives from Pinhão
- Farewell Dinner
- All tips included for activities and meals, except for CEO and portorage
- 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 February 28th, 2024 - December 4th, 2024

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

Lisbon: Welcome to Portugal

Speckled with charming and picturesque villages, Portugal will enchant you as you move from coast to mountains. Dream of village-to-village hikes and delicious food as you head off into the countryside toward the Spanish border in the coming days. We welcome you to Lisbon, and to Portugal, where we invite you to savour the sights, sounds and flavours of the adventure before you.

Arrive in Portugal before 1:00 pm and meet your included arrival transfer at the airport. Join your CEO and group at the hotel for a welcome meeting before heading out for an unforgettable food and wine tour through the city.



Meals included

Dinner



Today's Activities

Arrival Transfer

Lisbon Airport - Lisbon

You will be met at the airport and transferred to the hotel to start your adventure.

ACTIVITY

Learn about the history and local cuisine in two of Lisbon's neighbourhoods. You'll see taverns, shops, and local restaurants.

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.

Sand-coloured cliffs dive to meet the vibrant contrast of the ocean blue with statue-like stone stacks that jut out of the sea, while waves crash along their sides. These are your views along your breathtaking morning hike. But the spectacle doesn't end there. We head east to Sintra-Cascais Natural Park, where you can smell the flowers and explore the amazing garden of Palácio Monserrate. After a beautiful day, the night is yours to explore the city of Lisbon.

In the morning, depart for Cabo da Roca, the point known for where the land ends and the sea begins. And so begins your hike along the coastal cliffs, passing immaculate views like Pedra de Alvidrar and Buraco do Fojo towards Praia de Adraga. After a rewarding hike, take a tour of Palácio Monserrate in Sintra then set off for an evening at leisure in Lisbon.



Meals included

Breakfast | Lunch



Today's Activities

Hike Cabo da Roca to Praia da Adraga

Cabo da Roca – Praia da Adraga

2h30m

4km

This route covers the cliffs on the coastal area, passing by spectacular viewpoints such as Pedra de Alvidrar and Buraco do Fojo, on the southern slope of Praia da Adraga. Starts at Cabo da Roca and continues along the coast to the beautiful Praia da Adraga, known for its stone arch and caves. The route to Adraga follows mainly footpaths and requires suitable footwear and some physical preparation, as the second and third kilometers are quite technical with steep climbs.

Elevation Gain: 450 meters

Cabo da Roca Visit

Lisbon

30m

Photo stop where “a terra se acaba e o mar começa...” which means “Where the land ends and the sea begins”. It's the westernmost point of continental Portugal, as well as of continental Europe. Enjoy a panoramic view over the Serra de Sintra. Historical records indicate that there was a fort on Cabo da Roca in the 17th century that played an important part in guarding the entrance to Lisbon's harbour, forming a defensive line along the coast, especially during the Peninsular Wars.

Palácio Monserrate

Lisbon – Sintra

1h

Altogether, there are more than 2500 plant species in the gardens. Particularly worth a mention inside the palace are the Music Room and the luxurious reception rooms, such as the Indian living-room, the dining-room and the library, all of which are to be found on the ground floor.

Day 3

Medelim: Portugal's Countryside

Bid farewell to Lisbon as you head into the picturesque Portuguese countryside. Get your bearings in a small town before setting off on a pleasant hike that will take you on a winding trail near the Spanish border.

After breakfast, drive toward the border of Spain to Salvaterra do Extremo with a stop at a nice, local restaurant on the way for lunch. We'll start with a tour of the historical town before we head out on our hike. After the hike, drive to the town of Medelim for the night.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Lisbon - Penha Garcia

6h

281km

Settle in and scan the scenery from the convenience of a private with a lunch stop and breaks along the way.

Rota dos Abutres Hike

Salvaterra do Extremo

1h30m

5km

This guided hike is moderately challenging and winds along a beautiful trail near the Spanish border. Keep an eye out for colonies of vultures for which the trail gets its name.

Elevation Gain: 250 meters

Private Vehicle

Penha Garcia - Medelim

30m

17km

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

Medelim: Historic Village Hikes

Travel back in time over 1000 years to an era of castles, legends and traditions. Deemed one of Portugal's 12 Historic Villages, Idanha-a-Velha will connect you to a time of conquerors as you traverse the paths through historic stone walls and castles. On the hike to Monsanto, hear the tales of this region's fascinating history under fig and olive trees. Just up the road, the natural pools and a small waterfall at Penha Garcia offer the perfect place to conclude today's adventure.

After breakfast, drive to the start of the hike at Idanha-a-Velha, one of the great historic villages of Portugal. Hike just part of the enormous trail that goes from Gibraltar to the Pyrenees mountains. After lunch, go see the natural pools of Penha Garcia before you head back for a dinner with your group.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Idanha-a-Velha Visit

Idanha-a-Velha

1h

Nestled between the Pônsul River and three gentle hills, we find the modest Idanha-a-Velha, a town originally settled by the Romans. Beneath its humble urban fabric lie the ruins of a city with a rich history.

Idanha-a-Velha to Monsanto Hike

Idanha-a-Velha - Monsanto

3h

10km

This fascinating trail will take you through the history of Portugal. The trail from Idanha-a-Velha to Monsanto is part of the GR7 E12 route from Gibraltar to the Pyrenees Mountains. The entire 1,000km trail passes through Portugal, Spain, and France. The trail ascends at a gentle grade as it passes through varied terrain. Start your journey towards Monsanto, where along the way you will see orange, fig, lemon, olive, peach and plum trees. The foot path lined by stone walls near town promptly changes to a dirt path through hills of scrub that end at an asphalt road providing a view of the Monsanto castle in the distance.

Elevation Gain: 460 meters

Penha Garcia Visit

Penha Garcia

30m

1km

The natural pool is surrounded by a beautiful landscape, where a small waterfall stands out and offers beautiful panoramic views of the surrounding hills.

Day 5

Manteigas: Hike to a Castle in the Sky

The enchanting Sortelha Castle stands on a crag at an altitude of 760 meters. It looms over the most mysterious of all the historic villages, where you will soon lose yourself in a maze of alleys and lanes as you hike up to the lofty castle. It is a place where time seems to have stood still. The wind whistles round the corners and hardly anyone passes by. This sentiment lingers when you arrive to the town of Belmonte after your hike in Sortelha.

On today's stunning hike, join your guide and wander along the historic stone path from Casteleiros to Sortelha. Visit the beautiful castle before heading to the grandiose town of Belmonte. In the evening, check into your OMG Stay.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Sortelha Visit

Sortelha

1h

Surmounted by a castle built on a formidable crag at an altitude of 760 metres, Sortelha still retains its medieval appearance through the architecture of its rural granite houses. This is the most mysterious of all the historic villages you encounter on your adventure.

Casteleiros to Sortelha Hike

Casteleiros - Sortelha

2h30m

5km

Famous for historic villages, this hike takes place on a medieval road connecting Casteleiro and Sortelha, surrounded by ancient olive groves.

Day 6

Amarante: Explore Serra da Estrela National Park

In Serra da Estrela, the highest mountain range in continental Portugal, rolling hills are interrupted by giant slabs of granite that protrude out of the ground. Pause to admire the beauty of this stark environment as you cross Corgo da Mós before the hike leads you to the beautiful Vale do Rossim Lagoon. In the afternoon, transfer north to Amarante.

Hike through the Serra da Estrela National Park to the Lagoon of Vale do Rossim. Return for a delicious lunch before heading to Amarante for the night.



Meals included

Breakfast | Lunch



Today's Activities

Private Vehicle

Manteigas - Amarante

3h30m

200km

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

Corgo Das Mós and Lagoon of Vale Do Rossim Hike

Manteigas

2h

6km

Explore this beautiful valley nestled within the Serra da Estrela Natural Park. You'll be surrounded by lush green, rolling hills, and striking rock formations scattered across the landscape. Witness the two granite peaks, Serra da Estrela, the namesake of the National Park, and Fragões das Penhas Douradas, which hosts your OMG Stay at its peak. The hike will lead to the dazzling lagoon of Vale do Rossim.

Day 7

Amarante: Douro Valley Walk Along the Vineyards

A tapestry of vineyards unfolds as you traverse Douro wine country, Portugal's most esteemed wine region. With the perfect blend of nature and culture, crossing this picturesque countryside proves worthy of more than just wine tasting as you hike along a valley trail along the river. Soak in the incredible views as you sample some of the specialties of the land.

After breakfast, walk along the valley of the Douro wine region before arriving to a world class vineyard for a 3 course meal with wine pairings. Then head to Casa de Mateus for a tour of the palace and museum before enjoying a free evening.



Meals included

Breakfast | Lunch



Today's Activities

Corgo River Hike

Alvações do Corgo - Vilarinho Dos Freires

3h30m

10km

The Corgo walking trail is located in the heart of the Douro wine region. Walk along the terraced vineyards with unique views of the Corgo river.

Elevation gain: 100 meters.

ACTIVITY

Enjoy a delicious lunch of fresh, local ingredients paired with some of the wines that are grown in the region.

Casa de Mateus Guided Visit

Vila Real

1h30m

Discover Mateus through a premium guided tour of the Casa Museum, temporary exhibitions and Chapel, accompanied by an expert guide. At the end of the visit you will be offered a glass of Mateus Rosé or white wine from Lavradores de Feitoria.

Day 8

Amarante: Hike to Casal de Loivos

Mesmerizing mazes of vineyards scale the sides of the Pinhão hills. You will weave through historic village streets, beautiful buildings and up through paths draped with green grape vines. This hike allows for an endless panoramic riverscape and gorgeous views of the Douro River.

Spend another day in the Douro wine region with a longer hike through the hills and town of Pinhão. In the afternoon, return to Amarante and enjoy the rest of the day at leisure.



Meals included

Breakfast



Today's Activities

Private Vehicle

Amarante - Pinhão

1h19m

70km

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

Pinhão Trail Hike

Pinhão

3h30m-4h

8km

Walk through the Douro and Alto Douro Vinhateiro, a wine region UNESCO describes as being a living cultural landscape. Travel north through Pinhão to the village of Casal de Loivos where you can detour to a viewpoint, boasting one of the most beautiful landscapes in the region.

Elevation gain: 400 meters

Private Vehicle

Pinhão - Amarante

1h19m

70km

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

Porto: Your OMG Day

Porto is yours to discover today with a choice of two activities. Explore the best of Portugal's second largest city on an e-bike tour through picturesque neighborhoods, along the coast to where the river meets the sea. Or choose to climb aboard a river cruise followed by a port wine tasting in the historic Vila de Nova Gaia area of the city.

Travel from Amarante to Porto in the morning. Choose between a riverside e-bike tour through Porto or join your CEO on a Douro river cruise and walk through Vila Nova de Gaia to Porto Augusto for a wine tasting. Enjoy a free afternoon before joining your group and CEO for one last dinner together in the evening.



Meals included

Breakfast | Dinner



Today's Activities

Private Vehicle

Amarante - Porto

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

ACTIVITY

Option 1: Discover Porto's historic old town on a guided walking tour. Walk through the neighborhoods of Ribeira, Baixa, and Miragaia, as you explore narrow medieval streets, admire colorful tiled façades, and learn about the city's past. Stop by the local market to try "bolinho de bacalhau", the famous codfish cake,

Option 2: Take a boat cruise along the Douro River on one of the typical "rabelo" boats. See the iconic bridges of the city as you glide underneath them and watch everyday life unfold along the river. Disembark and walk to the historic Vila Nova de Gaia for a tasting of port wine, one of the region's most celebrated specialties.

Free Time

Porto

Take time to explore Porto, famously known for the production of Port wine.

Day 10

Porto

Today your adventure comes to an end and you can 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

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What are the main highlights of this trip?

Hike the coastal trail from Cabo da Roca, Visit the lush gardens and the Palace of Monserrate in Sintra, Hike through the scenic countryside near the Spanish border from the small town of Salvaterra do Extremo, Walk on a medieval road from Casteleiros to Sortelha, See picturesque terraces drawn in the landscape on the Port Wine Trail, Taste wines with a view overlooking the Douro River

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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 group leader like?

This G Adventures group trip is accompanied by one of our Chief Experience Officers (CEOs). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

It is important to note that in Europe, all guiding is based around local guides all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places. If you wish to take a guided city tour in any location where this is not already included in the itinerary, your CEO will do their best to help you arrange this and pay locally.

How large will the group be?

Max 16, avg 12.

What meals are included in this trip?

9 breakfasts, 6 lunches, 5 dinners

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Private vehicle, walking.

Is there an extra cost for travelling solo?

We believe 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 (9 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?

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

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

What are the joining instructions?

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

Please ensure your flight lands in Lisbon by 1pm on Day 1 to meet your included arrival transfer.

Our driver will be waiting for you with a G Adventures sign, and they will be waiting for you outside the luggage hall. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Arrive to your start hotel no later than 4pm in order to begin the days activities.

During your Welcome Meeting, 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 our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBER

G Adventures Berlin office: +441858378000

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, from calls within North America only: 1 888 800 4100

Calls from within UK: 0344 272 0000

Calls from within Germany: 0800 365 1000

Calls from within Australia: 1 300 796 618

Calls from within New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

Are there any additional packing suggestions I should consider?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage. You must be prepared to carry your luggage up and down stairs, on and off transportation, and to hotels (max 15-20 mins.) It should also be noted that baggage should adhere to strict airline weight limits - 15kg for checked luggage and 6kg for hand luggage.

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.)

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

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge or ask your CEO where the closest laundromat is. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What are the visas and entry requirements for my trip?

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

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

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

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

Last updated: January 27th 2025

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

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

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

The currency in Portugal is the Euro.

It is recommended to bring a combination of cash, credit and debit cards.

Should I be tipping on my trip?

On the Geluxe Collection tours, tipping is included for all included activities and meals. Tipping is not included for the CEO or Porterage. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. At the end of each trip if you felt your G Adventures CEO 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.

For meals and activities not included in your itinerary, it is appropriate in Europe to tip 10%. Though not compulsory, tipping is expected. 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 and shows an expression of satisfaction.

What activities are optional on this trip?

- No optional activities

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your 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.

What is Planeterra?

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

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

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

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

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

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?

Minimum age of 18 years for this trip.

Are international flights included in this trip?

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

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

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

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

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

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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