



PORTUGAL FAMILY JOURNEY: PORTO, NAZARE AND LISBON

8 days, Porto to Lisbon

Trip code EPPNF

WHAT'S INCLUDED

- Your G for Good Moment: Lunch at Mezze Restaurant, Lisbon
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group
- Made Together Moment: WOW (The World of Wine) Visit, Porto
- Your Family Journeys Moment: Meet a Big Wave Surfer with Surfing Lesson, Nazaré
- Junior Explorer's Night: Azulejo Tile Painting & Dinner, Nazaré
- Your Family Journeys Moment: Lisbon Scavenger Hunt, Lisbon
- Arrival Transfer
- Expedition Leader led orientation walks of Porto, Aveiro, Obidos, Nazare, Lisbon
- Traditional moliceiro boat cruise
- Hop on a Hippo Trip amphibious bus and tour Lisbon's historic streets listening to local legends that reveal the city's highlights and hidden gems
- Cascais and its seaside boardwalks
- All transport 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 June 24th, 2026 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

PORTO

Welcome to Porto—your arrival transfer to the hotel is included. Check in and get excited to meet your fellow travellers during a welcome meeting this evening where all families can bond before the Journey ahead.

We recommend arriving a day or two early to fully explore this lively city. There are no planned activities until an evening welcome meeting.



TODAY'S ACTIVITIES

ACTIVITY

Your opportunity to meet your National Geographic Expedition Leader 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.

Kick off your adventure on an orientation walk led by your National Geographic Expedition Leader, following winding lanes past Porto's historic landmarks and granite architecture. The afternoon is yours to explore at your family's own pace, browsing atmospheric bookstores together or zipping through the city's hilly streets on an optional tuk-tuk ride. Later, head to the World of Wine cultural space for a hands-on workshop where kids and parents join forces to craft chocolate cake-pops together.



Meals included

Breakfast



TODAY'S ACTIVITIES

Orientation Walk With National Geographic Expedition Leader

Porto

1h-2h

Set out on an exciting orientation walk through Porto alongside your Expedition Leader! Together, your family will get your bearings in this vibrant city while learning how to explore like true adventurers. As you wander down historic cobblestone streets your Expedition Leader will point out colorful tiled buildings, share stories about local traditions, and point out great family-friendly spots to return to later.

Free Time

Porto

Enjoy the remainder of the afternoon and evening free to do as you please with your family. Explore more of Porto together or choose to partake in some of the locally offered optional activities.

ACTIVITY

WOW is famous for celebrating Portugal's heritage and wine regions, it is also home to The Chocolate Story museum. Here, a family-friendly workshop invites children and adults to work directly with chocolate. Guided by expert chocolatiers, participants engage their senses, learn fun culinary techniques, create custom treats, and take home their delicious homemade creations.

Head south to Aveiro, Portugal's coastal town woven with waterways, for a cruise aboard a colourful, traditional moliceiro boat. Taste local pastries and sip refreshing drinks as you drift past brightly painted waterfront houses. Afterwards, take a short walk through town with your Expedition Leader and sit down for a fresh local lunch. Continue your journey to the coastal town of Nazaré, then ride the historic funicular railway up to the cliffside Sítio neighbourhood for vast ocean views before heading to your hotel for an evening at your leisure.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

Private Vehicle

Porto – Aveiro

1h

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

Aveiro Moliceiro Boat Ride

Aveiro

45m-1h

Gliding through the urban canals of Aveiro—often called the "Venice of Portugal"—aboard a traditional moliceiro boat offers a scenic view of the city's heritage. Originally built with low hulls and flat bottoms to harvest moliço (lagoon seaweed) for agricultural fertiliser, these wooden vessels are famous for their vibrant colors and hand-painted bow decorations featuring local humor, folk art, and satire.

Private Vehicle

Aveiro – Nazaré

2h

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

Orientation Walk With National Geographic Expedition Leader

Nazaré

1h-1h30m

Nazaré is a coastal village famous for its dramatic seaside cliffs, rich fishing traditions, and the legendary underwater canyon that creates some of the largest surfable waves in the world at Praia do Norte. An orientation walk with your Expedition Leader connects the historic hilltop district of Sítio with the vibrant beach promenade below, offering families an engaging mix of local culture and coastal geography.

This morning, meet a local big wave surfer to hear stories about riding Nazaré's giant ocean waves. Next, head into a protected bay for a surf or stand-up paddleboard lesson tailored to the day's conditions. Enjoy free time for lunch at a beachside café, stroll the sand, or visit the cliffside surf museum. Tonight, kids paint traditional Portuguese blue-and-white azulejo tiles while parents settle in for a relaxing dinner nearby.



Meals included

Breakfast | Dinner



TODAY'S ACTIVITIES

ACTIVITY

Step face-to-face with a real-life ocean adventurer in Nazaré, home to some of the largest surfable waves on Planet Earth! During this interactive family encounter, your family will meet an active big-wave surfer to discover what it takes to ride giant swells. Hear first-hand stories of courage, rigorous physical training, and ocean safety, then ask your own questions about specialised equipment and the mental focus needed to tackle nature's giants. After hearing from a big-wave legend, it's time for your family to hit the water! Head to a protected, beginner-friendly beach nearby, gear up in wetsuits, and join certified local instructors for a hands-on surfing lesson tailored to all skill levels.

Free Time

Nazaré

Enjoy free time-beach time in the surf capital of the world.

ACTIVITY

While parents unwind over a quiet, relaxing dinner at the hotel, young travelers head off for a hands-on cultural and culinary adventure of their own. Drawing inspiration from Portugal's iconic blue-and-white azulejo tiles seen throughout the journey, kids step into an interactive tile-painting workshop. Using Nazaré's towering ocean waves, maritime legends, and rich fishing heritage as their muse, each young artist paints a custom ceramic tile to bring home as a cherished souvenir. Afterward, the group sits down together to share a delicious, traditional Portuguese dinner featuring fresh local fish and fries.

Travel toward Lisbon, stopping along the way in Óbidos. Walk along ancient castle ramparts and stone towers in this fully intact medieval town before continuing to the capital. Enjoy a relaxed lunch together before climbing aboard the HippoTrip amphibious bus. Tour Lisbon's historic streets listening to local legends that reveal the city's highlights and hidden gems along the way. Then, hold on as your bus transforms into a boat and plunges directly into the Tagus River. Spend the evening exploring the city's neighbourhoods at your own pace.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

Private Vehicle

Nazaré – Óbidos

1h30m

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

Orientation Walk With National Geographic Expedition Leader

Óbidos

1h-1h15m

Step back into the Middle Ages as your family explores the enchanting walled town of Óbidos alongside your National Geographic Expedition Leader! Together, get your bearings while navigating a maze of picturesque cobblestone streets framed by whitewashed houses and vibrant bougainvillea. Your Expedition Leader will point out historic details hidden in plain sight—from ancient stone archways to traditional craft shops—and share captivating stories about the medieval monarchs who once gifted this romantic town to their queens.

Private Vehicle

Óbidos – Lisbon

1h30m

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

ACTIVITY

Mezze in Lisbon empowers immigrant and refugee communities through culinary job training while serving guests a family-style feast of authentic regional specialties, fresh flatbreads, and traditional flavorful dips.

Hippo Trip Lisbon

Lisbon

1h30m

Climb aboard the HippoTrip, an amphibious vehicle that turns from a city bus into a riverboat! For 90 action-packed minutes, your family will travel past historic monuments before making a splash

directly into the Tagus River for 25 minutes of water-bound exploration. Guided by energetic animators, this tour trades traditional lectures for interactive myths, local legends, and lively humor that will have the whole family cheering.

Free Time **Lisbon**

Enjoy a free evening in Lisbon.

Day 6 LISBON

Drive to the coastal town of Cascais for free time to walk its seaside boardwalks and feel the ocean spray. Continue along the coast to Cabo da Roca, stopping at its historic lighthouse to take in sweeping views from the westernmost edge of continental Europe. In the afternoon, take a guided family tour through the colourful, fairytale-like towers of Pena Palace in Sintra before returning to Lisbon for a relaxed evening.



Meals included

Breakfast



TODAY'S ACTIVITIES

Private Vehicle **Lisbon - Cascais** 45m 35km

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

Orientation Walk With National Geographic Expedition Leader **Cascais** 1h-1h30m

Set out on an engaging coastal orientation walk through Cascais alongside your Expedition Leader! Together, your family will get your bearings in this seaside town, stepping from historic cobblestone streets onto scenic Atlantic promenades. As you wander past grand 19th-century mansions and traditional mosaic-tiled plazas, your Expedition Leader will share stories of how Cascais evolved from a quiet fishing village into a royal summer retreat.

Private Vehicle **Cascais - Cabo da Roca** 30m

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

Cabo da Roca

Cabo da Roca

30m

Cabo da Roca is the westernmost point of continental Europe, where dramatic 140-meter-high granite cliffs plunge into the churning Atlantic Ocean. Famous for its sweeping coastal vistas, historic red-and-white lighthouse, and stone monument inscribed with the words of poet Luís de Camões (“where the land ends and the sea begins”), it is a striking place where geography and story meet.

Pena Palace and Park Guided Visit

Sintra

1h30m-2h

Situated in the hills of Sintra, Pena Palace and its surrounding park are one of the greatest expressions of 19th-century romanticism in Portugal. With clear Manueline influence and Moorish architectural styles, the palace is built in a such a way as to be visible from any point in the park. Tour the Palace and park and learn about the Palace's origins and influences throughout Portuguese history.

Private Vehicle

Sintra - Lisbon

1h15m

28km

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

Day 7

LISBON

Team up for an interactive scavenger hunt through Alfama, Lisbon's oldest neighbourhood. Solve riddles together as you navigate Praça do Comércio, Carmo Convent, and the Fantastic World of Portuguese Sardines. Rest up at the hotel before gathering with your fellow travelling families for a final dinner together.



Meals included

Breakfast | Dinner



TODAY'S ACTIVITIES

ACTIVITY

2km

Embark on a fun scavenger hunt through Lisbon! Follow clues to find famous locations like Praça do Comércio and the Rua Augusta Arch. Your journey will take you to a square that feels like a fairy tale. You'll hunt for a quirky shop dedicated to sardines, a historic church, and a beautiful, mysterious ruined church.

Free Time

Lisbon

Enjoy your last afternoon in Lisbon.

Day 8

LISBON

Depart at any time.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Day

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

What's included

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What are the main highlights of this trip?

Explore Porto, Nazare and Lisbon, Enjoy a traditional moliceiro boat ride in Avenhão, Walk along ancient castle ramparts in Óbidos, Take a HippoTrip amphibious bus, Sintra's storybook Pena palace on a guided tour, Visit Cascais, Paint traditional Portuguese blue-and-white azulejo tiles.

What are the main highlights of this trip?

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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 important notes should I be aware of before the trip?

All parents/guardians are required to supervise their children at all times throughout the tour and may not leave their child under the supervision of the Expedition Leader, local guides, drivers, etc. Children are not to be left unattended.

Please note that on all Family Adventures one adult can only accompany up to two minors. If you have over two minors planning on travelling then a second adult will be required to attend.

What is the role of the group leader during this trip?

All National Geographic Family Journeys with G Adventures group trips are accompanied by two of our Expedition Leaders. The aim of the Expedition Leader 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.

What is the maximum and typical number of participants on this tour?

Max 22.

What meals are included in this trip?

7 breakfasts, 2 lunches, 2 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 Expedition Leader 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, boat, walking.

Is there an extra cost for travelling solo?

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

Where will we stay during the trip?

Hotels – 7 nts.

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.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a National Geographic Family Journeys sign with your name on it. Please meet them at Gate 5, inside the airport arrivals hall, after exiting luggage claim. There most likely will be many signs, so please check carefully for your name.

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 Expedition Leader. 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 Expedition Leader 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 Expedition Leader will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What should I do if I can't find my airport transfer or experience arrival issues?

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 do I contact for arrival issues or in the event of an emergency?

"Should you require urgent assistance during your travels, your first point of contact should be our local representative or regional office. If your call is not answered immediately, please leave a detailed message with your contact information so our team can return your call and assist you as quickly as possible. The numbers can be found below.

[INSERT CORRECT EMERGENCY NUMBERS HERE]

In addition, a dedicated toll-free line is available for guests within North America, connecting you directly to our global operations team during regular business hours. For support outside of standard hours, an emergency mobile line is actively monitored day and night to ensure you are never out of reach. In the rare event that your call is not answered immediately, please leave a detailed message along with your contact information so our team can return your call and assist you as swiftly as possible.

Toll-free (North America only): 1-800-465-5600

From the United Kingdom: 0870 080 1756

International (Outside North America and the UK): +1 416 260 0999

Emergency Mobile: (416) 305-6139

Your included arrival transfer has been meticulously arranged based on the flight details you provided. If you experience a flight schedule change or cancellation within 48 hours of your scheduled arrival, please contact our emergency number immediately with your updated details. Prompt notification ensures we can adjust your transfer; otherwise, you will need to arrange your own transportation to the starting property. Upon arrival, if your transfer representative does not connect with you within 30 minutes of exiting the arrivals area, please take a local taxi directly to the starting property.

What are the packing guidelines and luggage restrictions?

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 I pack for this trip?

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:

- Footwear (required) (Closed toe suggested)
- 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, band-aids/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
- 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.)

Smart Dress:

- Smart outfit (For evenings out)

Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

Where can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge or ask your Expedition Leader 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 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?

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. Visa 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. You should be aware when purchasing products or services on a credit card, that a fee usually applies.

Do not rely on credit or debit cards as your only source of money. A combination of Euros and 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

What emergency funds do I need access to 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!

What are the tipping guidelines for this trip?

Local tipping is included on this Family trip which covers local guides, drivers and gratuity for included meals. At the end of your trip if you felt your two National Geographic Expedition Leaders did an outstanding job, tipping is expected and appreciated. The amount is entirely a personal preference, however as a guideline; per Expedition Leader €8-10 per person, per day can be used.

For non-included meals in restaurant, a guideline is 5-10% of cost of bill.

What activities are optional on this trip?

- No optional activities

What general safety tips and free-time guidelines should I follow?

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 are the mandatory group rules regarding laws and behaviour?

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.

What are the mandatory travel insurance requirements for this 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.

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.

What are the age restrictions for this trip?

Minimum age of 7 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.