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Sorry! There are no remaining departures for "Portugal Upgraded" (EPEJ), [but here are some similar trips](#).



Portugal Upgraded

8 days, Lisbon to Porto

Trip code EPEJ

What's included

- Your Hands-On Moment: Port Wine Cellar Visit, Porto
- Lisbon orientation walk

- Guided tour of Palace of Pena in Sintra
- Chapel of Bones visit in Evora
- Diana's Temple visit in Evora
- Guided tour of Coimbra University
- Porto orientation walk
- Douro River boat cruise
- Transport to/from all included activities and between all destinations

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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 July 20th, 2021 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

Lisbon

Arrive at any time. Bring your appetite for this evening's traditional Portuguese dinner in one of the oldest neighbourhoods in Lisbon. Enjoy delicious food while listening to a fado performance by local folk singers.

To ensure you are able to join the group for dinner, please arrive in Lisbon by 6pm at the latest.

For trips departing April 2020 onwards: If you wish to explore Lisbon before your tour begins, consider booking pre-tour accommodation with us. Please speak to a G Adventures representative about booking accommodations in Lisbon before Day 1 of this itinerary.



Meals included

Dinner



Today's Activities

Arrival Day and Welcome Meeting

1h

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. Check for the meeting time on the welcome note at the hotel. After introductions, your CEO will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.

Fado Night with Traditional Portuguese Meal

Lisbon

2h

Sit down to a traditional meal and lend your ears to the sound of a performance by Portuguese folk music artists.

Day 2

Lisbon

Visit the 19th-century resort town of Sintra, also a UNESCO World Heritage site. Set your eyes upon a landscape that inspired the English poet Lord Byron. Then, spend the afternoon as you wish to discover more of Lisbon's lively atmosphere. Maybe decide to be a daredevil and take the Santa Justa lift to the highest point in Portugal.



Meals included

Breakfast



Today's Activities

Private Vehicle

Lisbon - Sintra

30m

28km

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

Private Vehicle

Sintra - Lisbon

30m

29km

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

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.



Optional Activities - Day 2

Sao Jorge Castle

Lisbon

15EUR

Climb up to this Moorish castle for a wander around the impressive grounds on a guided tour, and a great view over Lisbon and Tagus River.

Rossio Square

Lisbon

Free

Stop in this lively square to get a taste of the local hustle and bustle.

Santa Justa Lift

Lisbon

6EUR

Take a ride up 147ft from the lowest to highest points of Portugal. Sit back and enjoy the views.

Alfama District Visit

Lisbon

Free

1h-2h

Explore Lisbon's past in Alfama, one of the city's oldest quarters. Wander along narrow medieval streets lined with typical tile-covered façades and take a step back in time; the area largely survived the great earthquake of 1755, and still retains much of its original layout. Listen for Portugal's traditional music, fado, gracing the streets at night.

Day 3

Lisbon/Évora

Be prepared to witness something you may have never seen before as you travel to medieval Évora home to the haunting Chapel of Bones. Yes, that's right bones. This chapel was built in the 16th-century and the walls are covered with human skeletons, but for a worthy reason. Afterwards, you'll visit ancient Diana's Temple which is very well preserved for its age.



Meals included

Breakfast



Today's Activities

Private Vehicle

Lisbon - Évora

2h

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

Diana Roman Temple

Évora

Take a visit to the best preserved Roman structure on the Iberian Peninsula, assumed to have been constructed in 1 AD.

Chapel of Bones Visit

Évora

Visit the most famous sight in Évora, the Capela dos Ossos, or Chapel of Bones. Take care if squeamish - built in the 1500s by a Franciscan monk, the walls are covered with human skeletons as a reminder to fellow monks that life is fleeting.

Travel into the Montemor-o-Novo countryside to a traditional farm and learn about cork harvesting from an expert. Afterwards, sit down to a traditional lunch at a local restaurant. Once you return to the city centre, explore more on your own, taking some time to walk around. Maybe head to the Clock Museum to take a peek at watches from different eras, or visit the Cathedral of Évora, which is considered the most important local monument.



Meals included

Breakfast | Lunch



Today's Activities

Cork Farm Visit Montemor-o-Novo

Montemor-o-Novo - Montemor-O-Novo

3h-3h

Since this is the region where most of Portugal's cork is grown you'll learn about cork harvesting and production from a local expert at a traditional cork farm in the Montemor-o-Novo countryside, home to centuries-old cork forests and about 30 minutes from Évora. After the guided walk of the farm sit down for a traditional cork stripper's lunch at a local restaurant in town.



Optional Activities - Day 4

Clock Museum

Évora

A remarkable collection of watches on display from different eras, this family run watch museum will take you back in time.

Évora Cathedral

Évora

Visit one of Évora's oldest and most important local monument. Located at the highest point of the city, the Cathedral of Évora is a Roman Catholic church with an elaborate interior including white mortar on the bare high walls, pillars and vaults.

Day 5

Évora/Coimbra

It's on to Tomar today to learn about the Crusades era in Portugal. A local expert will take you on a guided walk through the Convent of Christ and Templar Castle, teaching you a bit of the history as you go. Then you'll arrive in the riverfront city of Coimbra in the evening.



Meals included

Breakfast



Today's Activities

Private Vehicle

Évora - Tomar

2h

225km

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

Knights Templar Historic Tour

Tomar

In Tomar, 14th-century Portugal's headquarters for the Knights Templar Order, take an expert-led walk to learn about the country during the time of the Crusades. Visit the impressive Templar Castle and Convent of Christ, both UNESCO World Heritage Sites.

Private Vehicle

Tomar - Coimbra

54m

75km

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

Day 6

Coimbra/Porto

Tour the centuries-old University of Coimbra in the morning, entering through the Porta Férra. You'll stop at the Joanina Library, the Chapel of São Miguel, and the Botanical Garden before catching the train to Porto.



Meals included

Breakfast



Today's Activities

Local Train

Coimbra - Porto

1h30m

120km

Climb aboard, take your seat, and get around like the locals do.

University of Coimbra Visit

Coimbra

Portugal's most prestigious university, the University of Coimbra is a must see landmark. Explore the World Heritage Site as you enter through the Porta Férra, the old entrance to the citadel of Coimbra constructed in the 10th century. Walk through the campus along mosaic cobblestone paths, explore it's botanical gardens and Chapel of S. Miguel and opt to visit the ornate Joanina Library.

Day 7

Porto

Porto has a lot to offer, but first and foremost let's have a drink. Hop aboard a boat and cruise down Portugal's "river of gold", which also happens to be the ancient trade route for port wine. You'll learn about this rich tradition at a local wine cellar and finish the tour with a tasting of this delicious vino. For the rest of the day explore Porto's Ribeira district and admire the architecture and atmosphere of this coastal city.



Meals included

Breakfast



Today's Activities

Porto Ribeira Cruise

Porto

1h-2h

Board a boat down Portugal's Douro River, or "river of gold". Float along this ancient route used for centuries as a port wine shipper's route.

ACTIVITY

Finish off the day with a tour of the cellars of the region's famed export - Port wine. Learn about the art of Port making and the processes that render its rich taste. Indulge in a tasting and raise a glass to a day well spent. Saúde!

Free Time

Porto

Enjoy all the gems of this coastal city. Visit the medieval Ribeira district with its narrowed cobbled stone streets. Marvel in the baroque architecture of São Francisco Church and discover the palatial 19th century Palácio de Bolsa, formerly a stock market, built to impress potential European investors. But most importantly, make sure to try a glass of port wine.



Optional Activities - Day 7

Sao Bento Railway Station

Porto

Free

The blue painted tiles on the inside of São Bento railway station makes it one of the most beautiful train stations in the world. See for yourself.

Lello Bookstore

Porto

8EUR

Take a wander around this incredible, and beautifully ornate bookstore built in 1906.

Ribeira Square

Porto

Free

Take some time to walk around this charming square and get in with the local hustle and bustle.

Palacio da Bolsa

Porto

12EUR

30m-1h

Join a half-hour guided tour of this neoclassical monument.

Day 8

Porto

Depart at any time.



Meals included

Breakfast

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What are the main highlights of this trip?

Sit down for a traditional meal and Portuguese folk music performance in Lisbon, Visit the fairytale castles and hills of Sintra, Tour the famous Chapel of Bones in Évora, Take a guided walk around the Convent of Christ, Hop on a boat and float down Portugal's Douro River in Porto.

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Is there a disclaimer I should read before booking this trip?

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Is there an 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.

What important notes should I be aware of before the trip?

1. LOCAL GUIDES

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.

2. LUGGAGE

In Europe it is very rare to find elevators in train stations, hotels or other public places. We use public transport on this trip, which means you will need to carry your luggage from platform to platform, in and out of trains and buses etc. and also possibly up several flights of stairs. You will also need to be able to stow your luggage safely on trains and buses. It is therefore essential that you pack light and bring luggage which is compact and lightweight, and which you can easily transport. The carrying of your luggage remains your responsibility at all times.

3. COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

4. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

What is the group leader like?

This G Adventures group trip is accompanied by one of our group leaders. The aim of the group 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.

How large will the group be?

Max 16, avg 12.

What meals are included in this trip?

7 breakfasts, 1 lunch, 1 dinner

What are the meals like on this trip?

Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, coffee and tea, however this may vary depending on the city. Should breakfast not be included, your CEO can suggest some local options.

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.

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?

Walking, bus, boat, train.

What transportation will we take on this trip?

Intercity transport on this trip will be mainly by public bus and train. The bus and train systems in Portugal are generally very good, most offer seat reservations, some buses have toilet facilities and others don't, but drivers often stop en route for service station breaks.

Please note that we use public transport such as metro and taxis to get to train and bus stations. It is important that you are able to carry your luggage comfortably and that it can be packed into a relatively small space.

Between transport and hotels you may be required to carry your luggage short distances (up to 15mins walk), occasionally the group will take taxis to and from hotels.

Is there an extra cost for travelling solo?

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

Where will we stay during the trip?

Hotels (7 nts).

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops.

Please be aware that single room accommodations in European hotels are often smaller, and may not be to the same service level as double-occupancy rooms.

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 is the joining hotel?

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

What are the joining instructions?

Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation), please make your way to the joining hotel (note that check-in time will be in the afternoon). Once you arrive at the hotel, look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

Getting to the city centre from Lisbon airport:

Via Taxi

A taxi cost is 20 EUR during the hours of 07:00am to 09:00pm from Lisbon Airport to Lisbon City Center. During the hours of 09:00pm to Midnight, the cost is 25 EUR. Journey time should be roughly 20 minutes give or take. Note that prices are indicative only. Surcharge can apply on weekends, bank holidays, and per pieces of luggage. Always reconfirm the price just in case vouchers are not "available".

*If you need a taxi in order to visit the city during your stay, ask the hotel how much it should cost to get to where you want. Then deal with the driver. This way no bad surprises occur with less than honest drivers!

Via Aerobus

Shuttles run every 20 minutes, every day of the week, from 7:45am to 8:15pm. The Aerobus (Carris n. 91) runs between the Airport and the city centre. Tickets can be purchased on board. Fare is 1.20 EUR for one ride, 3.10 EUR per 1 day ticket, and 2 EUR for a 1 day TAP Voucher. Journey time is roughly a 35-40 minute ride.

To arrange an arrival or departure transfer, we recommend you book through our preferred transfer provider - [Welcome Pickups](#)

Choose from a range of transport options including both private and shared transfers at a discounted rate.

We advise that you book both your arrival and departure transfers in advance. Please make sure you have the following details before booking:

- Flight number
- Flight Arrival Time and Date
- Flight Departure Time and Date
- Passenger's Name
- Number of Passengers
- Email
- Valid Mobile Telephone Number
- Drop off and/or Pick Up Address

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.

EMERGENCY CONTACT NUMBER

G Adventures UK office:

+447817262559

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

What should I take on my trip?

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.)

What should be on my packing list?

Documents:

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

Essentials:

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

Health & Safety:

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

Warm Weather:

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

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 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](#)

For other nationalities, travelling in Europe has been simplified with the introduction of the Schengen visa. As a visitor to the Schengen area (Austria, Germany, Netherlands, Belgium, Greece, Norway, Denmark, Iceland, Portugal, Finland, Italy, Spain, France, Luxembourg, Sweden, Czech Republic, Hungary, Estonia, Latvia, Lithuania, Malta, Poland, Slovakia, Slovenia and Switzerland) you will enjoy the many advantages of this unified visa system. Generally speaking with a Schengen visa, you may enter one Schengen country and travel freely throughout the Schengen region during the validity of your visa. There are limited border controls at Schengen borders, if any at all.

Please note that the UK and Ireland are NOT part of the Schengen agreement.

A Schengen visa is applied for at the Embassy or Consulate of the Schengen country in which you will be spending the most nights on your trip to the Schengen space. If you are only visiting one country on your trip then you apply for your visa at the Consulate of this Schengen country.

How much spending money do I need for my trip?

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. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Western Europe. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of euros, travellers cheques 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

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!

Do I need to pay a departure tax?

Usually included in international air ticket, check with your air travel agent.

Should I be tipping on my trip?

While conventions can vary from country to country, tipping is customary in Europe. A general rule is 10% of the bill for wait staff, and a smaller amount (€1 or €2) for other service providers.

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 several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €3-5 per day, depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

At the end of each trip, if you felt your G Adventures CEO did an outstanding job, tipping is expected and appreciated. The precise amount is a personal preference, however €30-€40 per person, per week can be used as a guideline.

What activities are optional on this trip?

Lisbon

- Sao Jorge Castle (15EUR per person)
- Santa Justa Lift (6EUR per person)
- Rossio Square (Free)
- Alfama District Visit (Free)

Évora

- Clock Museum
- Évora Cathedral

Porto

- Sao Bento Railway Station (Free)
- Lello Bookstore (8EUR per person)
- Palacio da Bolsa (12EUR per person)
- Ribeira Square (Free)

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 are the trip specific safety considerations?

Always keep an eye on your belongings especially in major cities, bus and train terminals.

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.

How should I dress to respect local customs during the tour?

When in places of religious worship travellers are expected to dress modestly, with shoulders and knees covered.

How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

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.