



## **Realm of the Polar Bear**

8 days, Longyearbyen to Longyearbyen

Trip code XVRPNX

### **What's included**

- 7 nts aboard the Expedition
- Arrival transfer

- Zodiac excursions with our expert expedition team
- Lectures and educational programs
- Insulated, waterproof boots supplied for USA sizes 4 - 16
- Expedition parka

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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 January 1st, 2014 and onwards

# Itinerary

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## Itinerary Notes

This trip is assigned a Physical Rating of 2. It is accessible to most fitness levels and for those able to do extended walks and light hiking on various terrain. It is important to note that for landings in Antarctica we use Zodiacs and wet beach landings in what sometimes can be extreme environments. This will require you to be able to safely navigate ice and snow on uneven ground, to lift your leg over the side of a Zodiac and push yourself up, walk on wet, rocky beaches and stand throughout the landing with no place to sit. Please also note that the Expedition does not have an elevator and thus staircases must be used to move between decks, and depending on the weather the ship can sometimes find itself navigating rough and choppy sea conditions. For visual examples of the zodiac landings and activities please refer to the Excursions image gallery on the Expedition landing page [here](#).

**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

## Longyearbyen/Svalbard

Transfer from Longyearbyen to the Expedition for a late afternoon embarkation.

Please make sure you drop your checked luggage off at the meeting point between 9am - 12pm. A local representative will be in the luggage storage room. They can provide general information about the town or your embarkation process.

All passengers will be transferred to the ship as a group for embarkation at 4pm. Please ensure that for embarkation you have your passport accessible (not in your luggage which is being transferred separately to the ship).

Please ensure your flight arrives by 2pm at the latest in order to be on time for today's 4pm embarkation.



### Meals included

Dinner



### Today's Activities

Arrival Day

Begin your adventure today. There are no planned activities so feel free to explore or rest up for the excitement ahead.

Embarkation of the Expedition

Longyearbyen

In the afternoon, join your fellow passengers to take your group transfer and begin your journey on the Expedition. Please refer to your welcome letter or the joining instructions posted in the lobby of the start hotel. Make sure you have your passport handy as you are about to embark on the adventure of a lifetime.

Arrival Transfer

Longyearbyen

Transfer by bus between the airport and the hotel meeting point, and then from the meeting point to the port.

This voyage is spent travelling in the world in which the polar bear survives. Our wildlife viewing opportunities are enhanced by exploring as many remote areas as possible. Spotting wildlife like the Arctic fox, Svalbard reindeer, and land or sea birds can be difficult, but well worth the effort. Ice and weather conditions permitting we can explore near sea ice, through fjords that lead to glaciers and icebergs, and discover bird nesting colonies, all from the platform of the ship. Alternatively, hop in a Zodiac to explore more closely, or be brought to land to visit historical sites and experience the tundra. We are always on the lookout for wildlife, ranging from endangered and rare polar species to sea mammals and birds. And, of course, we'll have our eyes peeled for polar bears - they can be found all throughout this region, but finding them can require patience and persistence. Come join us in the search!

Early-season voyages often provide the greatest opportunity to see large ice floes in the Arctic pack ice, which usually means excellent wildlife viewing. Later in the season, the group can cover more territory, which may allow the chance to explore more of the archipelago. This can lead into the less explored regions, or the continental edges where large whales are attracted by nutrient rich upwellings.

Each day will be planned to take advantage of local ice and weather conditions. Distances are relatively short in the Archipelago and as there are no ocean crossings, the seas are normally calm. During these six days visit ice covered seas, fjords with breathtaking mountain scenery and glaciers flowing into the sea.

Possibility to cruise in Zodiacs along the ice edge viewing seals or walrus, in fjords with glaciers spilling down to the sea or in front of spectacular seabird cliffs.

The evening of our last full day of adventure will find the expedition ship anchored off Longyearbyen.



## Meals included

Breakfast | Lunch | Dinner



## Today's Activities

Zodiac Excursion (Arctic)

Jump into a Zodiac, and head out to explore. Keep an eye out for wildlife. The expert Expedition staff will teach the group about the flora and fauna along the way. This activity depends on weather and ice conditions.

Arctic Lectures and Educational Programs

Attend lectures hosted throughout the day on anything from local wildlife to the history and exploration of the Arctic.

Expedition

Svalbard

Not too big, not too little, our 128-passenger polar expedition ship is just right.

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## Optional Activities - Days 2-7

Arctic Polar Plunge

Arctic Ocean

You remembered to pack your bathing suit, right? Depending on weather conditions, opt to do the polar plunge and jump into the frigid waters of the Arctic. Convince some of your fellow passengers to join and you'll be left with an amazing group experience no one will ever forget!

On the departure day, there will be transfers available to the Longyearbyen airport for all passengers with flights scheduled.

General disembarkation from the vessel is at approximately 8:00am. You will be transferred to the airport depending on the time of your flight. Transfer times will be confirmed and communicated onboard prior to departure. Luggage storage at the port will be available until time of departure.

Due to restrictive airline schedules for flights departing from Longyearbyen, we are pleased to offer an early morning disembarkation and transfer to the airport for those passengers with flights departing Longyearbyen around 7:40am (dependent on airline schedules).



## Meals included

Breakfast



## Today's Activities

Departure Day

Not ready to leave? Your CEO can help with any onward travel arrangements you require.

Private Vehicle

Longyearbyen - Svalbard Airport

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

## What's included

- 7 nts aboard the Expedition
- Arrival transfer
- Zodiac excursions with our expert expedition team
- Lectures and educational programs

● Insulated, waterproof boots supplied for  
USA sizes 4 - 16

● Expedition parka

## What are the main highlights of this trip?

Spend time on deck searching for polar bears and whales, Cruise through breathtaking fjords and admire massive glaciers, Experience the midnight sun, Learn about Arctic history and ecology from our expert guides, Brave the Arctic waters and take the polar plunge, Enjoy the silence of the Arctic tundra

## Itinerary Notes

This trip is assigned a Physical Rating of 2. It is accessible to most fitness levels and for those able to do extended walks and light hiking on various terrain. It is important to note that for landings in Antarctica we use Zodiacs and wet beach landings in what sometimes can be extreme environments. This will require you to be able to safely navigate ice and snow on uneven ground, to lift your leg over the side of a Zodiac and push yourself up, walk on wet, rocky beaches and stand throughout the landing with no place to sit. Please also note that the Expedition does not have an elevator and thus staircases must be used to move between decks, and depending on the weather the ship can sometimes find itself navigating rough and choppy sea conditions. For visual examples of the zodiac landings and activities please refer to the Excursions image gallery on the Expedition landing page [here](#).

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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 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.

## **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.

## **Are there Itinerary notes?**

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

Please note: While it is our intention of adhere to the route described above , there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. On the first day of your tour, your Expedition Leader will give you an expedition overview.

The Expedition is an adventure Expedition ship and does not offer an elevator

Please note:

### BOOTS FOR ZODIAC LANDINGS:

- Complementary used waterproof boots will be supplied in the following sizes:
- USA size 4 - 16
- EURO size 35 - 49

Please be advised that there are limited numbers of the smallest and largest sizes.

If you wish to bring your own boots, you should follow the guidelines below:

Rubber, waterproof boots that are just below your knees (12-16" high or 30-41cm) with a strong, ridged non-skid sole are essential for wet landings via Zodiac. You usually have to step from the Zodiac into water, which can be up to 1 ft or 30 cm high on most landings. Do not bring heavy, cumbersome boots that make it difficult to walk. Do not bring boots with metal cleats as they cannot be used for the landings. Try out your boots before your voyage.

The electricity onboard is 220AC electrical outlets, with European 2 pin round holes, as well as 110-volt shaving sockets in the bathroom for electric razors only. You may wish to bring an international adapter. A limited supply of electrical adapters are available to borrow free of charge at the Purser's Desk.

### KAYAKING EXCURSIONS

For the more adventurous, our kayaking trips provide the opportunity to encounter the intimacy and power of the polar regions in ways very few people can lay claim to having experienced. For more details about this extra optional activity, including prep notes and full terms and conditions, please visit our [Polar Excursions](#) page.

Please note: Space is limited on camping kayaking excursions; booking in advance is strongly recommended. To add these to your Expedition cruise, simply call us and reference your booking number

There are a limited amount of spaces available for Arctic Kayaking and this activity is only available to book on the following departures: Realm of the Polar Bear (July 6, 2026, July 13, 2026, and July 20, 2026) & Realm of the Polar Bear in Depth (June 26, 2026).

## What is the group leader like?

A carefully chosen team will lead our voyage. Our expedition ships boast an international team of professional naturalists and lecturers. Their goal is to provide an informed and balanced interpretation of the destination, accomplished through stimulating lectures, day-to-day briefings, and informal discussions. Your lecturers and Expedition Leader will cover all aspects of the voyage including ornithology, marine biology, geography, geology, history and the environment, as well as practical things like photography. The expedition staff work conscientiously with you on deck and in the field, improving your observational skills to allow you to experience all that the destination has to offer. Their strong sense of ethics and ecological knowledge make for stimulating and mindful conversation whether onshore or at the dinner table. The Expedition Staff will pilot the Zodiac landing craft used for shore landings and Zodiac cruises; they are experienced drivers who operate the Zodiacs in a responsible manner.

## How large will the group be?

Max 128 aboard the Expedition.

## What meals are included in this trip?

7 breakfasts, 6 lunches, 7 dinners

## What are the meals like on this trip?

Onboard our expedition ships you'll find a diversity of gourmet international cuisines prepared and catered by professional chefs; all meals are included in the price of your expedition. Dining is casual, tables are unassigned and the dining room is capable of seating the entire passenger complement at one time. There is always a selection of different meals available, and vegetarians will find plenty of options. Special dietary requirements can be accommodated with advance notice, please advise us at time of confirmation. Coffee, tea and water are all provided free of charge. All other beverages, alcoholic and non-alcoholic are not included and can be purchased in the dining room, pub, or in the lounge.

## What are the modes of transportation on my trip?

Expedition, Zodiac, local bus, walking.

## Are local flights included in the cost of the trip?

Your local flights from Oslo to Longyearbyen are not included in this tour. We recommend arriving at least 1 day prior to the sailing of the ship to guarantee your arrival. While flight delays are not common, sometimes they do happen.

## Is there an extra cost for travelling solo?

We believe single 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 single travellers on these itineraries must pay the single trip price.

## Where will we stay during the trip?

Aboard the Expedition in triple-, twin-share cabins, or suites (all with en suite bathrooms and porthole or window, 7 nts). Please note that all cabins consist of twin-size berths and are ocean-facing. Suites have one queen-size bed.

## Will I get my own room?

Please note that if you have selected the Private Cabin option at the time of booking, you will receive your own room for the duration of this cruise.

If you are a solo traveller and you have NOT selected the Private Cabin option, you will be paired with another solo traveller for all nights.

## What are the joining instructions?

We are happy to offer you a complimentary airport transfer if you are arriving on Day 1 of the tour or have booked pre-night accommodation through G Adventures.

We advise travellers to arrive by 2pm in Longyearbyen. However, in order to make day 1 of this itinerary as smooth as possible, G Adventures does recommend booking a pre-night in Longyearbyen.

Depending on your arrival time you will either be transferred to a meeting point or directly to the ship. Embarkation begins at 4pm.

Upon arrival into Longyearbyen airport please collect your luggage and look for a G Adventures representative who will direct you to the bus. Please make sure you have advised your booking agent of your arrival flight details into Longyearbyen so we are expecting you. Be sure to keep all your important documents (i.e. passport) and medication in your hand luggage, as your main luggage will be transferred separately to the ship or hotel.

On Day 1 of the tour, there will be a baggage drop available for all passengers who are already in Longyearbyen. Please make sure you drop your checked luggage off at the meeting point between 9:00am - 1:00pm. A local representative will be in the luggage storage room. They can provide general information about the town or your embarkation process. All passengers will be transferred to the ship as a group for embarkation at 4:00pm. Please ensure that for embarkation you have your passport accessible (not in your luggage which is being transferred separately to the ship).

For those passengers arriving on Day 1, on a flight which lands after midday, please note that bags will be transferred with you to the ship at 4:00pm. If for some reason you cannot arrive at the meeting point, please make your own way to the Port of Longyearbyen no earlier or later than 4:00pm. Embarkation time is set for 4:00pm and passengers will not be able to board the ship before that time due to refuelling, provisioning, and preparing the ship for your stay.

On embarkation day, you may have to board the ship via Zodiac. You should bring clothing suitable for cold and wet conditions. Waterproof pants are recommended. Once aboard, you will find your luggage stored in your assigned cabin, please ensure that all your luggage is accounted for on arrival.

## 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 either the G Adventures Local Operator (if one is listed below) or 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 NUMBERS

G Adventures Local Representative (Longyearbyen, Norway): +44 1858 378000

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.

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

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

### DEPARTURE DAY - Disembarkation

We are pleased to offer an early morning disembarkation and transfer to the airport for those passengers with flights departing Longyearbyen around 7:40am (dependent on airline schedules).

On departure day, we will offer transfers to Longyearbyen Airport for all passengers with flights scheduled on that day.

Passengers will disembark the ship at 8:00am. From here, you will be transferred to the airport depending on the time of your flight. Transfer times will be confirmed, and communicated onboard prior to departure. Luggage storage at the port will be available until time of departure.

## Are there any additional packing suggestions I should consider?

Most airlines allow one checked bag and two carry-on per person. To avoid any problems on check-in and with possible excess baggage charges, please consult the airline for specific restrictions.

Dress on board is informal. Plan to bring comfortable, casual clothing for all activities. Bring wind and waterproof outer layers. Beware of tight clothing that leaves no room for trapped air, which is an excellent insulator. Wool, silk and some of the new synthetic fibers, like polar fleece, retain heat better than cotton. When packing, we suggest that you do not weigh yourself down with too many clothes or too much gear. Select informal, practical attire that can be worn in layers.

In the worlds most remote destinations that the Expedition travels to we cannot offload our plastics, glass or tin waste for recycling. Therefore, we try to reduce what single use items that we use. You will see on the ship that every effort is being used to stop the use of single use plastic containers, bags and other items. In an effort to prevent plastic waste from entering the waste stream, we are asking for your help. We offer exceptional drinking water on the ship with refilling stations for your re-useable water containers. You will be provided a complimentary water bottle to fill up as needed. Plastic Items such as single use shampoo/conditioner plastic containers cannot be recycled, so please plan to bring any plastics back to your home countries for recycling. Please do not bring single use items that you intend to leave behind such plastic bags and throw away razors. Your participating in helping to prevent pollution and promote recycling is greatly appreciated.

Weather conditions during the period, July to August

- Average temperature approx. 5°C
- Daylight around the clock
- Cold wind is usual
- Snow-covered areas at North and east Spitsbergen
- The ground is often wet because of melting snow

# 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)

## Expedition:

- Waterproof pants (required) (Mandatory for all Zodiac landings, preferably with elastic cuffs to avoid any water seeping in during landings.)
- Binoculars (highly recommended)
- Camera (With extra memory cards and batteries)
- Credit cards (Please note the Expedition is cashless and only accepts credit cards for payment.)
- Day pack (Used for daily excursions or short overnights)
- Drybag (To protect your camera and belongings on Zodiac landings)
- 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 (Recommended for Antarctic camping)
- Fleece jacket or warm layer
- Fleece top/sweater
- Footwear (good gripping) (Please note that open toed shoes are not allowed in public spaces on the Expedition.)
- Hat
- Long pants/jeans
- Moisturizer/lip balm
- Moneybelt
- Motion sickness tablets
- Outlet adapter (Electricity onboard is 220AC electrical outlets, with European 2 pin round holes, as well as 110-volt shaving sockets in the bathroom for electric razors only.)
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Scarf (Or neck warmer.)
- Shirts/t-shirts
- Sleepwear
- Sunblock
- Sunglasses
- Swimwear
- Thermal base layer
- Thermal underwear
- Toiletries (Shampoo and shower gel are provided aboard the Expedition.)
- Walking poles (if desired)
- Warm hat
- Warm waterproof gloves
- Watch and alarm clock
- Wool/Heavy socks

**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.)

# Suggested Reading

Arctic Dreams • Barry Lopez

Historical Atlas of the Arctic Derek Hayes

A Naturalists Guide to the Arctic E.C. Pielou

Circumpolar North / Greenland Map • ITMB • With the North Circumpolar region on one side, including Iceland, and a detailed map of Greenland on the other.

North Pole, South Pole Map • Canadian Geographic

Bradt Guide Lapland • James Proctor

Who Owns the Arctic?, Understanding Sovereignty Disputes in the North • Michael Byers

A History of Arctic Exploration • Juha Nurminen

Arctic Labyrinth, The Quest for the Northwest Passage • Glyn Williams

N by E • Rockwell Kent • Edward Hoagland

Ninety Degrees North, The Quest for the North Pole • Fergus Fleming •

The Last Gentleman Adventurer • Edward Beauclerk Maurice • Lawrence Millman

The Voyage of the Narwhal • Andrea Barrett

Ultima Thule, Explorers and Natives in the Polar North • Jean Malaurie

Weird and Tragic Shores: The Story of Charles Francis Hall, Explorer • Chauncey Loomis • Andrea Barrett

Frost on My Moustache, The Arctic Exploits of a Lord and a Loafer • Tim Moore

The Ice Finders, How a Poet, a Professor and a Politician Discovered the Ice Age • Edmund Blair Bolles

The Last Imaginary Place • Robert McGhee

Near Death in the Arctic • Ceci Kuhne

The Greenlanders • Jane Smiley

The Sagas of Icelanders • Jane Smiley • Robert Kellog

After the Ice • Alun Anderson

AntARCTIC, A Tribute to Life in the Polar Regions • Michael Poliza

Arctic Eden • Jerry Kobalenko

Glacier Ice • Austin Post • Edward R. LaChapelle

Islands of the Arctic • Julian Dowdeswell

Planet Arctic • Wayne Lynch

Polar Bears • Ian Stirling

The Arctic, The Complete Story • Richard Sale

The Last Polar Bear, Facing the Truth of a Warming World • Steven Kazlowski

The World of the Polar Bear • Norbert Rosing

Through the Eyes of the Vikings, An Aerial Vision of Arctic Lands • Robert B. Haas

Vanishing World, The Endangered Arctic • Mireilla De La Lez • Fredrik Granath

Whales, Dolphins and Porpoises • Mark Carwardine

## **When can I do my laundry on this trip?**

Aboard the Expedition, laundry is available to be serviced by our shipboard team at an additional charge.

# 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](#)

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.

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

# Where can I read detailed notes about this trip?

## Experience Counts

Accompanying the voyage is our dedicated and experienced staff of expedition leaders, naturalists and lecturers who share with us their knowledge, enthusiasm and commitment to the environment. Our ship is manned by officers and crew, all highly experienced in ice navigation.

## Environmental Policy

We are dedicated to minimizing the impact of our expedition on wildlife and sensitive natural habitats. We operate environmentally responsible cruise and expeditions and follow all internationally agreed regulations of conduct ashore. We are all privileged visitors – and committed to the future of these extraordinary, icy realms.

## Safety First

Although expedition cruising is adventurous by nature, the safety of our passengers and staff is paramount. Our ship is equipped and maintained to cope with the most challenging conditions and is manned by experienced and conscientious officers, crew and expedition staff. The Zodiac landing craft used for shore landings are rugged and versatile and are operated by experienced drivers in a responsible manner. Onboard you will be fully briefed on safety issues and our environmental policy and you will receive appropriate and detailed briefings before every landing.

## Expedition Staff and Lecturers

A carefully chosen team will lead our voyage. They are chosen not only for their local knowledge and wealth of experience but also for their great love of polar regions. With formal lectures, as well as informal briefings and discussions, your lecturers and Expedition Leader will cover all aspects of the voyage including ornithology, marine biology, geography, geology, history and the environment, as well as practical things like photography.

## Tips for Travellers

We are all privileged visitors to these extraordinary, icy realms. As a traveller, it is your responsibility to help ensure your impact on the Arctic's flora and fauna is minimal. The following are excerpts from the GUIDANCE FOR VISITORS TO THE ARCTIC:

### Respect wildlife

Do not feed, touch, or handle birds or seals, or approach or photograph them in ways that cause them to alter their behavior. Special care is needed when animals are breeding or molting. Keep a minimum distance of 5 meters (15 feet) from all wildlife.

### Respect vegetation

Do not damage plants, by walking or landing on extensive moss beds or lichen-covered scree slopes. They are fragile and take generations to grow.

### Respect the environment

Do not collect or take away biological or geological specimens or artifacts as souvenirs, and do not dispose of litter or garbage on land.

### Take photos with care

Keep low as you will appear less threatening to animals and it will also yield better photographs. Do not try to make an animal react for a photograph. If an animal's behavior changes you are too close.

### Stay Safe

Take note of, and act on, the advice and instructions from your leaders, and do not stray from your group.

## 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. While on board our Expedition ships, please note that the currency for all purchases is USD.

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

Before and after the cruise:

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 overseas. 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 US dollars cash 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.

While on board our Expedition ships, major credit cards (VISA, Mastercard and AMEX) are used to clear incidental bills at the end of the cruise by the ship's Purser (ie. bar bills, laundry, crew tips, etc.). Please note the Expedition is a cashless ship.

## Do I need to pay a departure tax?

Usually included in international air ticket that you have purchased.

## Should I be tipping on my trip?

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. It is an expression of satisfaction with the persons who have assisted you on your expedition. The industry standard and suggested amount is USD \$10 - 15 per person per day spent on board. Of course, tipping is a personal choice and the suggested amount is set only as a guideline. Crew tips may be settled using most major credit cards (VISA, Mastercard and AMEX) by the ship's Purser. The money is collected by the Hotel Manager at the end of the voyage and distributed amongst the crew and Expedition Staff. The Officers choose not to participate in the tipping pool.

## What activities are optional on this trip?

### Arctic Ocean

- Arctic Polar Plunge

## 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.

Please consult your doctor for up-to-date medical travel information well before departure. We require all passengers traveling on any one of our expeditions to review our medical questionnaire. The questionnaire can be found online at:

[www.gadventures.com/medical\\_form](http://www.gadventures.com/medical_form).

Passengers with preexisting medical conditions are required to submit a medical form signed by a physician. It is very important that we are advised of any special meal requirements, food allergies, or prescribed medication when you confirm your tour. The ship is equipped with a small infirmary with typically required medications and limited equipment. The ship's doctor is available for visits during the day and is available 24 hours per day for emergencies.

In case of an emergency, please bring with you a signed and dated letter from your physician (to be given our doctor on board, as well as for any medical authorities in case of an emergency) stating any health problems and dosage requirements. International health regulations do not currently require any inoculations for the countries that you will visit on our voyages. We suggest that you confer with your own physician to be sure your routine immunizations, such as tetanus, diphtheria and hepatitis A, are up-to-date before traveling. Older travelers, in particular, may wish to consider preventive measures against influenza and pneumonia.

# 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 CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your 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 or 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 judgment 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.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

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.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## Is travel insurance required for my trip?

Travel Insurance: 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 CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. 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?

Every Expedition cruise raises thousands of dollars for G Adventures' non-profit partner, Planeterra, supporting both the Ocean Health Fund and Planeterra's community social enterprise programs. The Ocean Health Fund helps combat waste which threatens ocean health, conducts scientific research on ocean animals and climate change, as well as investing in programs that work with local communities to promote ocean conservation and stewardship. Onboard the Expedition, there are many opportunities to learn about these initiatives, to participate in Citizen Science programs, or purchase items in the gift shop from Planeterra-supported communities around the world.

The Planeterra Foundation [planeterra.org](http://planeterra.org) is a Canadian non-profit organization that helps empower local people to develop their communities, conserve their cultures, and create humane and supportive systems for their endeavours. Planeterra provides capacity building and catalyst grants to get community social enterprises off the ground. These businesses address local challenges by providing benefits for indigenous people, empowering marginalized women, and granting disadvantaged youth access to education, employment, and brighter futures. Planeterra also works to ensure these businesses have a thriving customer base by integrating programs 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.

### Dollar-a-Day Program

G Adventures' Dollar-a-Day Program provides travellers with the opportunity to give back to the people and places visited on our tours by donating one dollar for every day you are on trip. 100% of these donations go directly to support community development projects worldwide that are implemented by Planeterra.

## 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 you'll receive a special discount code for free online prints and 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. Please visit <http://www.gadventures.com/evaluations>

## 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/](http://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 10 years for this trip.

## Keeping in Touch on the G Expedition

While you are on board the Expedition, we know that keeping in touch with your family and friends is important to you. We want to ensure you have the tools available to keep you connected in some of the most remote regions of the world. We have a satellite system, which allows our travellers to connect to the internet or make phone calls with the purchase of personal data credit. Travellers may use our computer room or use any Wi-Fi enabled device to connect to our network, which is available in public areas on Decks 4 and 5. Satellite phone service is available and private calls can be made from our phone booth. Due to using a satellite connection and travelling in remote regions, internet can be slow and sometimes unavailable. The internet connection during the Arctic season presents particular challenges due to the high latitudes of where the ship travels, and connectivity is not guaranteed nor is it ensured. No internet connection is available when the ship is in and around South Georgia Islands.

## 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.