

EXPEDITIONS



SIGNATURE: THE AZORES' TERCEIRA & SÃO MIGUEL

7 days, Angra do Heroísmo to Ponta
Delgada

Trip code EPATNS

WHAT'S INCLUDED

- Your G for Good Moment: ARRISCA Cooperative Visit, Ponta Delgada
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Angra do Heroísmo
- Your Foodie Moment: Rocha Restaurant Lunch, Angra do Heroísmo
- Your Local Living Moment: Quinta do Agricultor Visit and Lunch, Ponta Delgada
- Your Foodie Moment: Wine Masterclass and Open-Fire Lunch, Ponta Delgada
- Signature Moment: Private Whale Watching Tour with a Marine Biologist, Ponta Delgada
- Arrival and Departure Transfers
- Angra do Heroismo Orientation Walk
- Private visit to the Palácio dos Capitães Gerais
- Angra Museum with the Curator
- Monte Brasil Caldera Viewpoint
- São Sebastião Church Visit
- Serra do Cume Visit
- Vitorino Nemésio House Museum
- Algar do Carvão Lava Caves Visit
- Vineyard Tour and Wine Tasting
- Vista do Reis Photo Stop
- Sete Cidades Caldera Visit
- Harvesting and Sustainability Project Visit
- Parque Terra Nostra Visit
- ARRISCA Cooperative Visit
- Engaging Discussions with the National Geographic Expert Throughout
- Porterage at hotels and when getting on and off of vehicles
- Tips are included for all activities, meals and porterage, except for your Expedition Leader
- All transport between destinations and to/from included activities

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

usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

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

VALIDITY: Valid for all trips departing October 28th, 2025 and onwards

ITINERARY



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

ANGRA DO HEROÍSMO

Welcome to the Azores archipelago. Your expedition begins as you touch down on Terceira Island, sitting almost 1200km (745mi) west of Lisbon. You'll be met at the airport and transferred to your hotel in the city of Angra do Heroísmo. In the evening, meet your fellow travellers and National Geographic Expedition Leader along with a reception and short presentation from the National Geographic Expedition Expert before a welcome dinner.



Meals included

Dinner



ACCOMMODATION

Torel Terra Brava (or similar) **Hotel**

Torel Terra Brava is a five-star boutique sanctuary in the UNESCO town of Angra do Heroísmo. Set between volcanic hills and the sea, this elegant retreat features 46 rooms themed after the island's natural elements. Guests can explore the Se Cathedral and Monte Brasil before rejuvenating at Calla Wellness & Spa, which offers a sauna, steam bath, and indoor pool. With a focus on sustainability, its bistro TRÊS serves Azorean heritage dishes, and explore Botaniq Cocktail Lab, where island botanicals are transformed into unique sips.



TODAY'S ACTIVITIES

Arrival Transfer **Angra do Heroísmo**

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

ACTIVITY

Your opportunity to meet your Expedition Leader and fellow travellers, and learn more about your tour. 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. There will be an included group welcome dinner after the meeting.

Day 2

ANGRA DO HEROÍSMO

Set off on foot and engage in discussion with your Expedition Leader and expert about the history of the Azores en route to the impressive Palácio dos Capitães Gerais, a magnificent building which bears witness to the city's economic power over centuries. Continue to the Angra Museum, housed in a former Franciscan convent and take an exclusive tour with the curator for unique insights into Terceira's history through its naval artefact and decorative arts. After a delicious local lunch, take the remainder of the day at leisure, free to explore or relax.



Meals included

Breakfast | Lunch



ACCOMMODATION

Torel Terra Brava (or similar) **Hotel**

Torel Terra Brava is a five-star boutique sanctuary in the UNESCO town of Angra do Heroísmo. Set between volcanic hills and the sea, this elegant retreat features 46 rooms themed after the island's natural elements. Guests can explore the Se Cathedral and Monte Brasil before rejuvenating at Calla Wellness & Spa, which offers a sauna, steam bath, and indoor pool. With a focus on sustainability, its bistro TRÊS serves Azorean heritage dishes, and explore Botaniq Cocktail Lab, where island botanicals are transformed into unique sips.



TODAY'S ACTIVITIES

Free Time **Angra do Heroísmo**

Use free time to explore the UNESCO-listed streets of Angra do Heroísmo this afternoon, where you can wander past vibrant facades and historic plazas at your own pace.

Private Visit Palácio dos Capitães Gerais **Angra do Heroísmo** 1h

Explore the Palácio dos Capitães-Generais, a massive landmark in Angra do Heroísmo that showcases the historical wealth and strategic importance of the city. Originally founded in 1572 as a Jesuit college and convent, the building remains a powerful symbol of the order's mission to educate and catechize the island.

Angra Museum Curator Visit **Angra do Heroísmo** 1h

Explore the Museu de Angra do Heroísmo with the curator to discover the island's heritage inside a former 17th-century Franciscan convent. This private visit showcases a diverse collection of Terceirense culture, including naval artifacts, historic textiles, and decorative arts.

Walking

Angra do Heroísmo

15m-30m

Set out on foot to the Palácio dos Capitães Gerais.

Day 3

ANGRA DO HEROÍSMO

Immerse yourself in Terceira's geological origins on a full-day exploration of the island's spectacular volcanic landscape. Take in sweeping views from the Monte Brasil Caldera and Serra do Cume viewpoints, then descend into the Algar do Carvão, a striking volcanic chimney left behind from an eruption millions of years ago. Witness the sulfuric fumaroles to appreciate the powerful and raw forces of nature that shaped the geography of the entire archipelago. Visit the house and museum of a prominent Azorean author then continue to the vineyards of Biscoitos for a walk and wine tasting before returning to the hotel.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Torel Terra Brava (or similar) **Hotel**

Torel Terra Brava is a five-star boutique sanctuary in the UNESCO town of Angra do Heroísmo. Set between volcanic hills and the sea, this elegant retreat features 46 rooms themed after the island's natural elements. Guests can explore the Se Cathedral and Monte Brasil before rejuvenating at Calla Wellness & Spa, which offers a sauna, steam bath, and indoor pool. With a focus on sustainability, its bistro TRÊS serves Azorean heritage dishes, and explore Botaniq Cocktail Lab, where island botanicals are transformed into unique sips.



TODAY'S ACTIVITIES

Monte Brasil Caldera Visit **Monte Brasil** 15m

Visit the summit of Monte Brasil for a panoramic view of the UNESCO-listed city of Angra do Heroísmo and the surrounding Atlantic. This short stop at the rim of the extinct volcano offers a unique perspective on the island's dramatic geography and historic coastal defenses.

São Sebastião Visit **São Sebastião** 15m

Visit the village of São Sebastião to see the island's oldest church with its rare medieval frescoes and the vibrant Holy Spirit Império, a chapel central to the Azores' unique charitable traditions.

Serra do Cume Visit **Serra do Cume** 15m

Experience the breathtaking "patchwork" landscape of Terceira from the Serra do Cume viewpoint, where the rim of an ancient caldera overlooks a vast expanse of green fields divided by volcanic stone walls.

Vitorino Nemésio House Museum **Praia da Vitória** 1h

Stepping into the Casa-Museu Vitorino Nemésio in Praia da Vitória offers an intimate look at the author's formative years through a preserved collection of personal artifacts and period furnishings. The exhibits masterfully bridge his literary legacy with his Azorean roots, capturing the "azorianidade" that defined his iconic 20th-century works.

ACTIVITY

Enjoy lunch at Rocha, a seaside restaurant celebrated for its selection of fresh, locally caught fish. This coastal setting allows you to choose from a variety of island flavors while enjoying views of the Atlantic.

Algar do Carvão Lava Caves Visit **Algar do Carvão** 30m

Descend into the depths of Algar do Carvão, a rare volcanic chimney where you can walk inside an extinct magma chamber filled with unique silica stalactites and a crystal-clear underground lake.

Biscoitos Winery Tasting **Biscoitos** 45m

Sample the unique volcanic wines of Biscoitos at a traditional winery, where vines are grown in small plots protected by black basalt stone walls.

Day 4

ANGRA DO HEROÍSMO/PONTA DELGADA

Catch a short flight to the island of São Miguel, then head to a small farm for a personal encounter with a local family who work and live on the property. Join them for a home-cooked lunch from fresh ingredients and learn about what life is like on the island. In the afternoon, take a scenic drive to the western side of the island for a visit to Sete Cidades, a stunning natural protected area. Take in the sweeping views from Vista do Rei of the famous twin crater lakes, Lagoa Verde and Lagoa Azul. Hike along natural trails, learning about the unique history and species of plant life that thrive in this lush volcanic landscape.



Meals included

Breakfast | Lunch



ACCOMMODATION

Hotel Grand Açores Atlântico (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

Angra do Heroísmo - Lajes International Airport

30m

22km

Transfer to the airport to continue your journey.

Plane

Angra do Heroísmo - Ponta Delgada

45m

Sit back and enjoy the views from above on a short flight between Angra do Heroísmo and Ponta Delgada.

ACTIVITY

Visit Quinta do Agricultor to explore a traditional Azorean farm and learn about the island's rural heritage and agricultural practices. Following the tour, enjoy a farm-to-table lunch featuring regional specialties prepared in a rustic, authentic setting.

Private Vehicle

Ponta Delgada - Caldeira das Sete Cidades

45m-1h

20km

Settle in and scan the scenery from the convenience of a private vehicle, stopping at Vista do Reis for photos along the way.

Sete Cidades Caldera Visit

Caldeira das Sete Cidades

1h

3km

Experience the dramatic beauty of the Sete Cidades caldera, where a short walk along the rim offers iconic views of the twin green and blue lakes nestled within the volcanic crater. This stop provides a firsthand look at the island's most famous natural landscape and the unique geology that shaped it.

Day 5

PONTA DELGADA

Start the day by engaging with a local agriculture and sustainability project, getting hands-on insight into environmental initiatives that help to preserve the Azores through farming. Following a wine masterclass and open-fire lunch, set off on a guided walk through the stunning Parque Terra Nostra gardens, known for their unique collection of flora. Finish things off with the chance for a relaxing dip in the geothermal hot springs pool, allowing you to soak in the volcanic warmth and rejuvenate your body and mind.



Meals included

Breakfast | Lunch



ACCOMMODATION

Hotel Grand Açores Atlântico (or similar) Hotel



TODAY'S ACTIVITIES

Harvesting and Sustainability Project Ponta Delgada 1h

Participate in a hands-on sustainability project that explores local harvesting techniques and the ongoing efforts to balance traditional land use with environmental preservation.

ACTIVITY

Participate in a wine masterclass to explore the unique characteristics of volcanic viticulture and the diverse flavor profiles of Azorean grapes. Following the tasting, enjoy a lunch prepared over an open fire, highlighting traditional cooking techniques and seasonal local ingredients.

Private Vehicle Ponta Delgada - Furnas 45m 35km

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

Parque Terra Nostra Visit Furnas 1h

Join a local expert for a guided walk through Parque Terra Nostra, home to one of the world's most diverse botanical collections and a famous geothermal pool. Discover the history of this 18th-century estate while exploring winding paths filled with rare exotic plants and century-old trees.

Free Time Furnas

Enjoy free time to take a dip in the geothermal hot springs water.

Private Vehicle

Furnas - Ponta Delgada

1h

43km

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

Day 6

PONTA DELGADA

Shifting focus to the surrounding waters of the Azores, meet with a marine biologist who will share insights into conservation and offer insights into the history of whaling in the islands. Next, set off in a private boat in search of resident sperm whales and depending on the season other migratory species like blue, fin and sei whales. Experience a truly thrilling marine encounter while gaining a unique and beautiful perspective of the islands from the water. Continue to a local craft cooperative working to rehabilitate individuals who have faced life challenges, learning about their work and meeting some members. The day concludes with a farewell dinner to celebrate the final night in the islands.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Hotel Grand Açores Atlântico (or similar) Hotel



TODAY'S ACTIVITIES

Ponta Delgada Walk

Ponta Delgada

1h

Join your Expedition Leader on a walk through the historic streets of Ponta Delgada, showcasing the city's architectural heritage on your way to the harbor. This walk bridges the gap between land and sea before you board your vessel for an unforgettable whale watching encounter.

ACTIVITY

Meet with a local marine biologist to gain expert perspective on the marine life surrounding the Azores and the historical impact of the whaling industry on island development. They will talk about the different species migrating through the waters around the Azores Islands and what you are likely to see when we take to the waters. Then experience the rich marine life of the Azores on a private tour through a vital migratory hub for blue, fin, and sei whales. In addition to these seasonal visitors, you have the opportunity to see the resident sperm whales that frequent these deep Atlantic waters year-round.

ACTIVITY

Visit the ARRISCA cooperative in Ponta Delgada to learn how this social organization supports the community through vocational workshops and the creation of traditional Azorean handicrafts. During the visit, you can see their artisans at work and browse a unique selection of handmade tiles, ceramics, and textiles that blend local heritage with social impact.

Day 7

PONTA DELGADA

Your expedition concludes today. Transfers are provided to the airport at any time during the day.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Transfer

Ponta Delgada – Aeroporto João Paulo II

15m

10km

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

What's included

- Your G for Good Moment: ARRISCA Cooperative Visit, Ponta Delgada
- Your Foodie Moment: Wine Masterclass and Open-Fire Lunch, Ponta Delgada
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Angra do Heroísmo
- Signature Moment: Private Whale Watching Tour with a Marine Biologist, Ponta Delgada
- Your Foodie Moment: Rocha Restaurant Lunch, Angra do Heroísmo
- Arrival and Departure Transfers
- Your Local Living Moment: Quinta do Agricultor Visit and Lunch, Ponta Delgada
- Angra do Heroismo Orientation Walk
- Private visit to the Palácio dos Capitães Generais

- Angra Museum with the Curator
- Monte Brasil Caldera Viewpoint
- São Sebastião Church Visit
- Serra do Cume Visit
- Vitorino Nemésio House Museum
- Algar do Carvão Lava Caves Visit
- Vineyard Tour and Wine Tasting
- Vista do Reis Photo Stop
- Sete Cidades Caldera Visit
- Harvesting and Sustainability Project Visit
- Parque Terra Nostra Visit
- ARRISCA Cooperative Visit
- Engaging Discussions with the National Geographic Expert Throughout
- Porterage at hotels and when getting on and off of vehicles
- Tips are included for all activities, meals and porterage, except for your Expedition Leader
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Enjoy an exclusive tour and lunch inside the Angra Museum with the curator exploring Terceirense culture, Meet with a biologist to gain insight into conservation and the diverse marine life of the surrounding oceans, Explore Algar do Carvão a spectacular volcanic chimney left behind from an eruption millennia ago, Visit the ARRISCA Cooperative a craft centre supporting local community rehabilitation through employment, Head out on a catamaran cruise searching for dolphins and migrating whales with a conservationist, Sample unique wines grown in the volcanic soil of the Biscoitos vineyards on Terceira Island.

What are the main highlights of this trip?

Enjoy an exclusive tour and lunch inside the Angra Museum with the curator exploring Terceirense culture, Meet with a biologist to gain insight into conservation and the diverse marine life of the surrounding oceans, Explore Algar do Carvão a spectacular volcanic chimney left behind from an eruption millennia ago, Visit the ARRISCA Cooperative a craft centre supporting local community rehabilitation through employment, Head out on a catamaran cruise searching for dolphins and migrating whales with a conservationist, Sample unique wines grown in the volcanic soil of the Biscoitos vineyards on Terceira Island.

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 is the group leader like?

All National Geographic Signature group trips are accompanied by one of our National Geographic Expedition Leaders throughout. The aim of the Expedition Leaders 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 22.

What meals are included in this trip?

6 breakfasts, 5 lunches, 3 dinners

What are the modes of transportation on my trip?

Private vehicle, airplane, boat, walking.

Is there an extra cost for travelling solo?

Yes, for those travelling solo there is a single supplement.

Where will we stay during the trip?

Hotels (6 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 Signature Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

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.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

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

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

EMERGENCY CONTACT NUMBER

G Adventures Berlin office: +441858378000

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

Toll-free, North America only: 1 800 394 5416

Calls from UK: 0800 041 8146

Calls from Germany: 0800 181 9454

Calls from Australia: 1 800 204 905

Calls from New Zealand: 0800 424 389

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

What instructions should I follow at the finishing point?

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

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.)

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

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

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.

Should I be tipping on my trip?

On our National Geographic Signature tours, tipping is included for all included activities and meals, and portage. Tipping is not included for the Expedition Leader. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. At the end of each trip if you felt your National Geographic Signature Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however a guideline would be \$10 per person per day.

In addition, please note that tipping is not required or expected for the Expedition Expert.

What activities are optional on this trip?

- No optional activities

Are there any health considerations I should know before travelling?

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

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our Expedition Leader 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 Expedition Leader 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 Expedition Leader 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 Expedition Leaders to make arrangements on your behalf for water based activities that are not accompanied by guide(s). Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our Expedition Leaders 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 can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

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 National Geographic Signature Specialist 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.