

# EXPEDITIONS



## SIGNATURE: BORDEAUX & DORDOGNE, CRADLE OF PREHISTORY

8 days, Bordeaux to Toulouse

Trip code EFBTNS

## WHAT'S INCLUDED

- Your Welcome Moment: Meet Your Expedition Leader and Group, Bordeaux
- Signature Moment: Visit Castel-Merle With Prehistoric Lunch, Sarlat-la-Canéda
- Your Foodie Moment: Guided visit to the Sanctuary of Rocamadour, Rocamadour
- Your Foodie Moment: Toulouse Walking Tour and Lunch at Victor Hugo Market, Toulouse
- Arrival and departure transfers
- Curated Walking tour of Bordeaux, Bordeaux
- Coffee Shop Enterprise visit and coffee, Bordeaux
- Lunch in city center, Bordeaux
- Visit Bordeaux Area Winery for tasting, Bordeaux
- Guide for the Monolithic church and catacombs visit, Saint-Émilion
- National Museum of Prehistory, Les Eyzies-de-Tayac-Sireuil
- Visit to Rouffignac Cave, Rouffignac-Saint-Cernin-de-Reilhac
- Visit to Font de Gaume Cave, Les Eyzies-de-Tayac-Sireuil
- Morning Walk to walk to Food Market in Sarlat, Sarlat-la-Canéda
- Visit International Centre for Cave Art at Lascaux IV, Montignac - Montignac
- Visit to Pech Merle, Cabrerets
- Elevators to Sanctuary of Rocamadour, Rocamadour
- Guided visit to the Sanctuary of Rocamadour, Rocamadour
- Engaging Discussions with the National Geographic Expedition 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

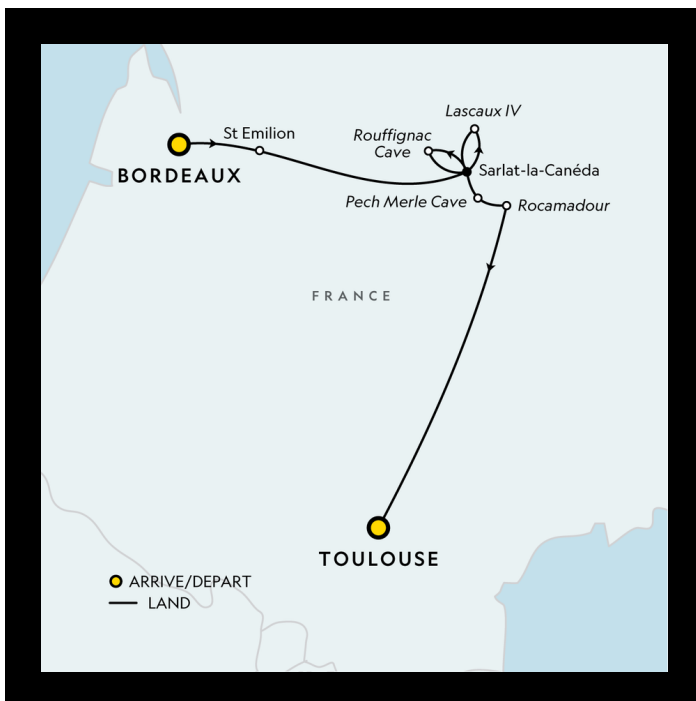
coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**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 February 6th, 2026 and onwards

## ITINERARY

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**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

## BORDEAUX

Your expedition begins in the elegant port city of Bordeaux, where 18th-century facades reflect off the Garonne River. Upon arrival, you are met and transferred to your hotel. Later, gather with your National Geographic Expedition Leader and National Geographic Expedition Expert for a welcome presentation that sets the stage for the history and heritage ahead. The evening air carries the scent of the nearby Atlantic as you join your fellow travellers for a welcome dinner, toasting the start of your French discovery.

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### Meals included

Breakfast | Dinner

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### ACCOMMODATION

Hotel Burdigala Bordeaux (or similar) Hotel

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### TODAY'S ACTIVITIES

Arrival Transfer

Bordeaux

30m-30m

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.

Day 2

## BORDEAUX

Experience the soul of Bordeaux through its community and cuisine. Start with an orientation drive before stopping at Café Joyeux, a heart-warming community enterprise that provides training and employment for people with intellectual disabilities. Enjoy a short presentation of the project while sipping coffee and tasting local pastries. Continue your walk through the city with your expedition leader before sitting down for a traditional lunch in town. In the afternoon, the scene shifts to a renowned winery to explore historic cellars and taste emblematic red vintages before an intimate evening at leisure.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Hotel Burdigala Bordeaux (or similar) Hotel



### TODAY'S ACTIVITIES

Curated Walking Tour of Bordeaux Bordeaux 2h-2h

Experience the "Pearl of Aquitaine" through a curated journey that bridges three centuries of French genius. From the symmetrical beauty of the Place de la Bourse and its iconic reflecting pool to the historic spires of the Port of the Moon, this tour unveils the city's UNESCO-listed heart.

Community Enterprise Coffee Shop Visit Bordeaux 30m-30m

A pioneering social enterprise, Café Joyeux is the first restaurant-café chain to specifically employ and train staff with cognitive disabilities, such as Down syndrome and autism.

Optional Walk to Marche des Capucins Bordeaux 30m-1h

A visit to the Marché des Capucins—affectionately known by locals as "Les Caps"—is a plunge into the authentic, beating heart of Bordeaux. Located in the vibrant Saint-Michel district, this is the city's largest and oldest covered market.

Wine Chateau Visit and Tasting Bordeaux 1h30m-1h30m

A visit to Château Smith Haut Lafitte in the Pessac-Léognan appellation is the gold standard for what the French call Art de Vivre (the art of living). This Grand Cru Classé estate is a rare hybrid of a high-tech "Bio-precision" winery, an open-air art gallery, and a historic 14th-century manor.

Day 3

## BORDEAUX/SARLAT-LA-CANÉDA

Travel toward the medieval charm of Saint-Émilion to explore its extraordinary monolithic church and silent catacombs. Enjoy a local lunch on the way to your next destination. As you travel, the landscape transforms into the rugged beauty of Les Eyzies, where you delve into the National Museum of Prehistory. Conclude the day in Sarlat-la-Canéda, settling into your hotel for a delicious dinner as the golden stone buildings of the village begin to glow at twilight



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Plaza Madeleine (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle Bordeaux - Saint-Émilion 1h-1h

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

Guided Monolithic Church and Catacombs Visit Saint-Émilion

A visit to the Monolithic Church of Saint-Émilion and its subterranean catacombs is a journey into the largest underground sanctuary in Europe. Carved entirely out of a single limestone plateau during the 12th century, this hollowed-out cathedral is a staggering feat of medieval engineering and spiritual devotion.

Private Vehicle Saint-Émilion - Les Eyzies-de-Tayac-Sireuil 2h-2h

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

National Museum of Prehistory Les Eyzies-de-Tayac-Sireuil 1h30m-1h30m

A visit to the National Museum of Prehistory (Musée National de Préhistoire) in Les Eyzies-de-Tayac is a journey to the "Capital of Prehistory." Perched against a dramatic limestone cliff in the heart of the Vézère Valley, this museum houses one of the world's most complete collections of Paleolithic artifacts, serving as the essential "instruction manual" for understanding the nearby painted caves.

Private Vehicle Les Eyzies-de-Tayac-Sireuil - Sarlat-la-Canéda 30m-1h

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

Day 4

## SARLAT-LA-CANÉDA

Today takes you deep underground into some of the region's most extraordinary prehistoric sites. Descend into the cool, silent depths of the Rouffignac Cave, navigating its vast galleries on an electric train to spot prehistoric engravings. The morning continues at the highly restricted Font de Gaume, a rare site where original polychrome paintings still adorn the cave walls. After lunch on your own, return to Sarlat for free time among the timber-framed houses. In the evening, attend a private presentation by your Expedition Expert on the cultural heritage of Lascaux, gaining unique insights before tomorrow's highlight visit. Finish the day with dinner at your hotel.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Plaza Madeleine (or similar) **Hotel**



### TODAY'S ACTIVITIES

Visit to Rouffignac Cave

**Rouffignac-Saint-Cernin-de-Reilhac**

1h15m-1h15m

A visit to the Rouffignac Cave, also known as the "Cave of the Hundred Mammoths," is a surreal journey into one of the largest and most unique subterranean complexes in the Périgord.

Visit to Font de Gaume Cave

**Les Eyzies-de-Tayac-Sireuil**

1h-1h

It is one of the last few "Sanctuaries" in the world where you can still see original, Paleolithic paintings, and unlike the reconstructions of Lascaux or Altamira, here you are standing in the very same atmosphere, breathing the same air, and seeing the same pigments applied to the stone nearly 17,000 years ago.

Day 5

## SARLAT-LA-CANÉDA

The day opens at a local food market, where the scent of truffles and regional cheeses fills the morning air. Next, embark on a guided visit to the International Centre for Cave Art at Lascaux IV. This architectural masterpiece features a flawless, full-scale replica of the famous prehistoric artwork, allowing you to experience the atmosphere of the original cave. The afternoon leads to Castel-Merle for a rare experience: a prehistoric meal and a private tour led by the owner. Watch a live fire-making demonstration and walk the ancient rock shelters before an evening of free exploration.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Plaza Madeleine (or similar) Hotel



### TODAY'S ACTIVITIES

Walk to Place de la Liberté Food Market **Sarlat-la-Canéda** 30m-1h

The day begins with a stroll amongst the quaint market stalls.

Visit International Centre for Cave Art at Lascaux IV **Montignac** 1h-1h

visit to Lascaux IV (The International Centre for Cave Art) is a masterpiece of digital and architectural storytelling. Located at the foot of the hill where the original cave was discovered in 1940, this facility is a 1:1 scale, millimetric replica of the entire cave system, designed to protect the original while offering a perfectly immersive experience.

#### ACTIVITY

Castel Merle is a remarkable archaeological site. Unlike a single cave or a museum, Castel Merle is a complex of ten distinct rock shelters (abris) that were occupied by both Neanderthals and Cro-Magnons over a period of nearly 30,000 years.

Day 6

## SARLAT-LA-CANÉDA/TOULOUSE

Leave the Dordogne behind as the landscape opens up into a new chapter of prehistoric wonder. Start the day with a guided visit to the picturesque cliffside village of Rocamadour, where sanctuaries seem to cling precariously to the rock face. Next, share a family-style lunch at a local restaurant. Later, visit the Pech Merle cave to witness stunning prehistoric murals that have remained frozen in time for millennia. In the afternoon, arrive in Toulouse, known as 'The Pink City' for its warm, rosy terracotta architecture, as the setting sun casts a vibrant glow over the historic buildings.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Hotel La Cour des Consuls Toulouse (or similar) **Hotel**

La Cour des Consuls Hotel & Spa is a sophisticated sanctuary within two 16th-century Renaissance mansions in the heart of Toulouse. Once the home of city magistrates, this property features elegant courtyards and vaulted spaces paired with a Michelin-starred restaurant, Le Cénacle. Original stone architecture meets modern comfort in the guest rooms, offering a quiet retreat. This grand address provides an ideal gateway to the region's art and history.



### TODAY'S ACTIVITIES

Private Vehicle **Sarlat-la-Canéda - Rocamadour** 2h-2h

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

Elevators to Sanctuary of Rocamadour **Rocamadour** 15m-30m

Lift Rocamadour offers a unique way to ascend or descend the medieval town and sanctuary. The journey involves a classic 50-meter elevator followed by a funicular ride to the highest viewpoint.

#### ACTIVITY

A visit to Rocamadour is a vertical journey through time, faith, and gravity. Clinging to a sheer limestone cliff 150 meters above the Alzou Canyon, this UNESCO World Heritage site is one of France's most iconic images.

Private Vehicle **Rocamadour - Cabrerets** 1h30m-1h30m

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

Visit to Pech Merle Cave **Cabrerets** 1h30m-1h30m

A visit to the Pech Merle cave in Cabrerets, France, offers a guided tour through an authentic, prehistoric underground world, featuring over 800 stunning 25,000-year-old paintings and engravings, including the famous "Spotted Horses" and human handprints.

Private Vehicle **Cabrerets - Toulouse** 2h-2h

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

Day 7

## TOULOUSE

Immerse yourself in the vibrant life of Toulouse, wandering through hidden streets to admire unique architecture and historic landmarks. Head to the Victor Hugo Market to explore the stalls of a quintessentially French market, tasting popular local dishes on site. The afternoon is yours to spend at leisure—perhaps strolling along the banks of the Canal du Midi or exploring the city's aerospace heritage. Later, gather with your fellow travellers for a memorable farewell dinner, celebrating the stories and connections made throughout the Nouvelle-Aquitaine.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

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### TODAY'S ACTIVITIES

#### ACTIVITY

This curated walking tour is a sensory immersion into the architecture and flavors of Toulouse. After exploring the Place du Capitole the journey culminates at the iconic Victor Hugo Market. Here, you'll experience a true "market-style" lunch amidst the hustle and bustle of this historic marketplace.

Free Time **Toulouse**

Enjoy a free afternoon to explore the vibrant city of Toulouse, with its wonderful museums, parks and quaint cafes.

Your expedition through Southwest France concludes this morning. Savour a final breakfast as the light glints off the water before your included transfer to the airport where your expedition concludes. Reflect on a week defined by the echoes of prehistoric caves, the refined taste of Bordeaux wines, and the warm hospitality of the Dordogne valley.



## Meals included

Breakfast



## TODAY'S ACTIVITIES

Departure Transfer

Toulouse

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

## What's included

- Your Welcome Moment: Meet Your Expedition Leader and Group, Bordeaux
- Signature Moment: Visit Castel-Merle With Prehistoric Lunch, Sarlat-la-Canéda
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- Tips are included for all activities, meals and porterage, except for your Expedition Leader
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## What are the main highlights of this trip?

At the Castle Merle site join owner for a prehistoric meal and private exploration of ancient rock shelters, Discover the "Sistine Chapel of Prehistory" with a guided tour of this immersive cave replica at Lascaux IV, Victor Hugo market visit savouring regional flavours during a lunch amidst the vibrant energy of the local market in Toulouse, Visit Café Joyeux a pioneering community coffee shop supporting employment for those with disabilities.

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## Is there a travel disclaimer for my itinerary I should review before booking this trip?

This compiled itinerary represents our thoughtfully designed plan, provided in good faith and correct at the time of publication. However, to ensure we deliver the most rewarding experience possible, our itineraries remain dynamic; we continuously refine our routes based on research, field insights, and guest feedback, meaning details may evolve between the release of our annual directory and your departure. Flexibility is a cornerstone of our travel philosophy, and while we intend to follow the path described, the nature of exploring unpredictable environments means alterations may occur, and any mention of specific destinations or wildlife encounters cannot be guaranteed. We invite you to view these travel times and details as an approximate guide rather than a strict contract, and we kindly ask that you review a final copy of your Trip Details a few days prior to departure to ensure you have the most current information for your upcoming expedition.

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

Every National Geographic Signature departure is accompanied throughout by a dedicated National Geographic Expedition Leader, whose purpose is to ensure a seamless experience so you can fully immerse yourself in the destination. Your Expedition Leader offers deep insight into the landscapes you traverse, suggests enriching independent activities, recommends exceptional local dining venues, and connects you with our community friends along the way. Rather than acting as conventional guides, they possess a broad, sophisticated understanding of the historical, cultural, religious, and social tapestry of the region. To offer the ultimate perspective, we complement their expertise with specialist local guides whose deep regional knowledge adds profound depth to specific sites—delivering a masterfully balanced exploration.

## **How large will the group be?**

Max. 22, Avg. 16

## **What meals are included in this trip?**

8 breakfasts, 5 lunches, 4 dinners

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

Private Vehicle, 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?**

Hotel (7 nights)

## **What are the joining instructions?**

To review the specific details of your starting property, please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

A seamless arrival transfer is included for guests landing on the first day of the itinerary, or up to three days prior if your pre-trip accommodations were arranged directly through G Adventures at our starting property. To maintain the exceptional quality and continuity of your experience, all scheduled services must run consecutively.

Upon arriving at the starting property, where check-in begins typically by 3:00PM, please look for a dedicated notice from your National Geographic Expedition Leader at the reception desk. This message will outline the specific details for our evening welcome reception and meeting—typically held between 5:00 p.m. and 7:00 p.m.—where you will gather with your Expedition Leader, Expedition Expert, and fellow travellers to look ahead at the days to come. Should you arrive later in the evening and miss this initial gathering, your Expedition Leader will leave a comprehensive briefing note for you at reception detailing the next morning's schedule.

Please note that the joining day of the itinerary can vary, please refer to your specific itinerary for further details.

## **What happens if I experience problems when arriving?**

While we anticipate a seamless arrival, your peace of mind is our utmost priority. Should any unforeseen circumstances prevent you from beginning your expedition as scheduled, please refer to the essential emergency contact details provided in your documentation and contact us as soon as possible.

Upon landing, if you do not connect with our representative within 30 minutes of clearing customs and immigration, we recommend making your own way to the starting point property by following the Joining Instructions. Rest assured, you may submit a request to your travel professional upon your return to secure a refund for any transport costs incurred during this time.

## Who should I contact in case of an emergency?

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

### EMERGENCY CONTACT NUMBER

G Adventures Berlin office: +441858378000

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

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

From the United Kingdom: 0870 080 1756

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

Emergency Mobile: (416) 305-6139

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

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

You will be met at your hotel property and transferred to the airport for your onward travels at the end of your expedition. Please refer to your individual itinerary for more details.

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

When deciding what to pack, considerations will vary based on your specific itinerary, the regions you are visiting, and the season in which you are travelling. Generally speaking, we recommend packing thoughtfully and keeping your luggage to one checked bag at a manageable weight to facilitate seamless transitions throughout your expedition.

In addition to your primary luggage, you will also require a small day pack or shoulder bag. This smaller bag is essential for keeping your camera, water, and personal items close at hand during day walks, excursions, and daily explorations.

# 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?

Securing the necessary visas and travel documentation is an essential step in preparing for your upcoming expedition, and remains the responsibility of each individual traveller. Entry requirements fluctuate depending on your nationality and destination; while we strive to provide the most current information, immigration regulations change frequently. We strongly advise verifying all entry protocols directly with the relevant embassy or consulate well in advance of your departure. Please also ensure your passport remains valid for at least six months beyond your scheduled departure date from the country.

For tailored details specific to your nationality and destination, please consult our dedicated pre-departure resource page at

[here](#)

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](#).

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

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

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

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work. Check with your bank. You should be aware when purchasing products or services on a credit card, that a fee usually applies. Do not rely on credit or debit cards as your only source of money. A combination of Euros and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

## **How much emergency money should I bring on this trip?**

While personal spending habits naturally vary, we recommend factoring in your individual preferences for shopping, tipping, and beverages to ensure a seamless experience. In addition to these day-to-day comforts, we kindly ask that you maintain access to a minimum of USD \$200 (or its equivalent) as a dedicated emergency fund; though exceptionally rare, unpredictable circumstances such as changing weather patterns or natural events may occasionally necessitate a shift from our planned route, and this reserve ensures we can navigate any path ahead with peace of mind.

## **Should I be tipping on my trip?**

To ensure a seamless and elevated experience throughout your National Geographic Signature departure, gratuities have been fully taken care of for all included meals, activities, and luggage portorage.

On our National Geographic Signature tours, tipping is included for all included activities and meals, and portorage. 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 as a guideline would be \$10-\$15 per person per day. Tipping is neither required nor expected for your National Geographic Expedition Expert.

For the independent moments on your itinerary, tipping is generally not expected across Central Asia. However, should you wish to reward exceptional service during independent dining or activities, a modest gratuity of 3-5% is entirely appropriate and warmly received by local community members.

## What activities are optional on this trip?

- No optional activities

## Are there any health considerations I should know before travelling?

Please note that health requirements and recommended inoculations vary by destination. To ensure your well-being, it is your responsibility to consult with a specialized travel physician for up-to-date medical guidance well before departure.

We highly recommend carrying a personal first aid kit, hand sanitizer, and any essential prescription medications. Because our itineraries frequently trace paths through remote regions far from advanced medical facilities, legal regulations prohibit our National Geographic Expedition Leaders from administering any medication, including standard over-the-counter pain relievers. While local pharmacies along our route may stock familiar remedies, they are often produced under regional names, so we advise bringing the generic chemical name of any critical prescription. Before finalising your plans, please carefully review the itinerary and physical requirements to ensure your personal fitness aligns with our style of exploration. To safeguard the well-being of the group, we reserve the right to excuse any traveller from all or part of an itinerary if, in the professional judgment of our Expedition Leader, continuing would pose an undue risk to themselves or their fellow travellers.

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

To ensure your well-being and security throughout our explorations, we recommend consulting your home government's regularly updated international travel advisories prior to departure. For peace of mind while on the move, we strongly advise using a concealed neck wallet or money belt to secure your passport, travel documentation, and currency. We suggest leaving exceptional jewelry at home, as it is unnecessary for our style of travel; instead, make use of the safety deposit boxes available at most of our accommodations. Securing your luggage with a reliable lock is also highly recommended.

When travelling on a departure, your National Geographic Expedition Leader maintains the authority to modify or adapt any portion of the itinerary should environmental conditions or safety considerations require it. Your Expedition Leader accompanies the group on all scheduled activities, but you will also enjoy unstructured time to pursue personal interests, relax, or discover locales at your leisure. While your leader is delighted to suggest local options for these independent periods, please note that these optional choices do not form part of our curated itinerary, and we make no representations regarding their operating standards; we encourage you to exercise your own discerning judgment.

While the destinations we visit are welcoming during the daytime, navigating urban environments at night requires mindfulness. We recommend exploring in small groups and utilizing local taxis when dining out or moving about after dark. Furthermore, should you encounter public demonstrations or political gatherings, please prioritize your safety by leaving the vicinity immediately rather than remaining for photographs, as these situations can evolve rapidly.

Water-based experiences carry inherent risks. To ensure your protection, we recommend participating in aquatic activities only when accompanied by professional guides. Our commitment to safety means that our Expedition Leaders are strictly prohibited from facilitating unguided water activities on your behalf. Please note that swimming and snorkelling are always undertaken at your own risk. For further insights on enhancing your personal safety during your voyage, please visit [www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/).

## What are the trip specific safety considerations?

For peace of mind while on the move, we strongly advise using a concealed neck wallet or money belt to secure your passport, travel documentation, and currency. We suggest leaving exceptional jewelry at home, as it is unnecessary for our style of travel; instead, make use of the safety deposit boxes available at most of our accommodations. Securing your luggage with a reliable lock is also highly recommended.

## What rules should I know before joining this trip?

Our philosophy of travel is rooted in deep respect for the people, cultures, and lands we encounter. To ensure the safety of our travellers, staff, and the communities that welcome us, the possession or use of illegal drugs is strictly prohibited on all departures. While certain substances may be woven into local traditions in some regions, they are not permitted within our groups. Furthermore, any form of exploitation, including the solicitation of sex workers, directly contradicts our values. To protect the integrity of the experience and the well-being of the group, our National Geographic Expedition Leader retains the right to remove any traveller who violates these standards.

## Is travel insurance required for my trip?

Comprehensive travel insurance is a mandatory prerequisite for participation in all our departures. To safeguard your well-being, your National Geographic Expedition Leader will kindly request to verify your physical policy details before you may officially join your fellow travellers.

When choosing your coverage, please ensure your policy includes full medical protection, featuring a strict minimum requirement of \$200,000 USD for emergency rescue and medical repatriation. For complete peace of mind while exploring, we also strongly advise securing comprehensive coverage for personal liability, trip cancellation or curtailment, and the loss of luggage and personal belongings. If you intend to rely on insurance provided through your credit card, you must supply formal proof of purchase—such as a credit card statement or receipt in your name—along with explicit confirmation from your banking institution regarding the participating insurer, exact policy limits, and their dedicated 24-hour emergency contact 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?

Upon your return, we invite you to share your insights with us. Your valued feedback shapes the future of our itineraries and ensures we continue to deliver meaningful experiences. As a token of our appreciation for your time, we are pleased to offer a 5% savings (up to a maximum of \$100 USD) toward your next expedition with us. Simply submit your evaluation within four weeks of completing your travels to unlock this benefit and join our global community of returning travellers.

\*This offer is valid for new bookings only, limited to one per person, and cannot be combined with other promotions or applied to independent itineraries. Maximum value of \$100 USD (or local currency equivalent). This program may be amended or withdrawn at any time.

## 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.