

# 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

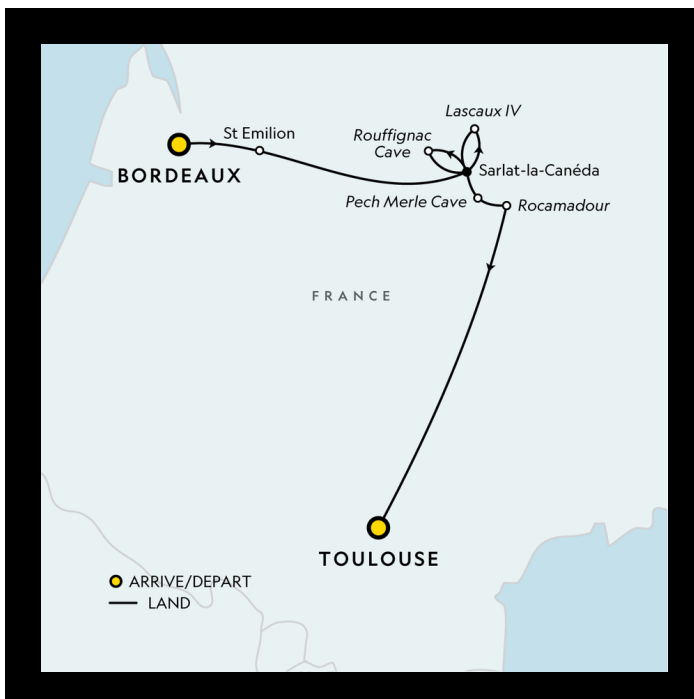
coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**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.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Hotel Burdigala Bordeaux (or similar) Hotel



### 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



### 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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## 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 disclaimer I should read before booking this trip?

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

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## **What 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, 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?**

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.

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

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

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

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

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

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

## **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?**

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## **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 as a guideline would be \$10-\$15 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 Leaders if 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.

## 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.

## 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.