

# EXPEDITIONS



## SIGNATURE: GREECE'S ANCIENT HISTORY OF ATHENS, METEORA & THE PELOPONNESE

10 days, Athens to Athens

Trip code EGTANS

# WHAT'S INCLUDED

- Your G for Good Moment: Visit to Shedia Home, Athens
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Athens
- Signature Moment: Archaeologist- Led Exploration of Theopetra Cave, Kalampáka
- Your Foodie Moment: Olive Farm Visit, Olympia
- Signature Moment: Bairaktaris Winery Visit, Neméa
- Arrival and Departure Transfers
- Local Guided Tour of Agora
- Guided Tour of Acropolis Museum
- Leonidas Statue Photo Stop
- Meteora Highlights with Archeologist
- Agios Dimitrios Village Brunch
- Hermit Cave of Agios Theodosio Visit
- Hosios Loukas Monastery Visit
- Delphi Orientation Walk
- Delphi Guided Tour
- Temple of Athena Pronaia Visit
- Olympia Archaeological Site Guided Visit
- Leader Led Exploration of Bourtzi Castle
- Nafplio Guided Walk
- Mycenae Open Air Museum
- Epidaurus Exploration
- Corinth Canal Photo Stop
- National Archeological Musuem Guided 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

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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

## ATHENS

Welcome to Greece. Your expedition begins as you touch down in Athens, the ancient capital where the pulse of history beats beneath a modern metropolis. You will be met at the airport and transferred to your hotel to settle in. In the evening, gather with your National Geographic Expedition Leader and fellow travellers for a welcome reception followed by a delicious dinner at the rooftop restaurant. Gaze out at the illuminated Acropolis glowing golden against the night sky, standing guard over the winding streets of the Plaka old town below.



### Meals included

Dinner



### ACCOMMODATION

Electra Palace Athens (or similar) **Hotel**



### TODAY'S ACTIVITIES

Arrival Transfer

Athens Eleftherios Venizelos International Airport - Athens

39m-45m

35km

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

## ATHENS

Set off this morning to wander the ancient Agora, standing where Socrates once spoke and democracy was born, then venture into the vibrant Plaka neighborhood. Visit Shedia Home, a non-profit café supporting the homeless, and participate in a hands-on upcycling workshop before a delicious lunch of fresh local ingredients. Later, immerse yourself in ancient history on an exploration of the New Acropolis Museum to examine the Parthenon frieze up close, then ascend the sacred rock to stand before the Parthenon itself, marveling at the symmetry of the columns against the vivid blue sky.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Electra Palace Athens (or similar) Hotel



### TODAY'S ACTIVITIES

Ancient Agora Visit Athens

Explore the ruins, located in the heart of modern Athens, which were once the site of the marketplace in ancient times. It was the political, cultural, social and economic centre of the ancient world, where the likes of Socrates, Plato and affluent Athenians used to gather to discuss philosophy, political issues, exchange gossip and trade.

#### ACTIVITY

Take time to relax at Shedia Home, a non-profit cafe providing purpose and employment to over 150 individuals experiencing homelessness in Athens. You'll enjoy a drink while one of Shedia's guides recounts the recent history of Greece's financial crisis which has made initiatives like Shedia even more important for those who have found themselves without work and shelter. Your stop here supports their programs - including the cafe, art program, and magazine - all dedicated to supporting the community.

Acropolis Museum Visit Athens 1h-3h

Visit the Acropolis Museum to see some of the artifacts and artworks discovered during excavations of the Acropolis. With over 25,000 square meters (82,020 ft) the museum is architecturally as interesting

as the collection. The museum is built over an archaeological dig site and there is an impressive view of the Acropolis from the third floor.

Day 3

## ATHENS/KALAMPÁKA

Depart Athens for the legendary pass of Thermopylae to stand before the statue of Leonidas, honoring the 300 Spartans who held the line of battle. Continue north as the landscape shifts to the surreal, towering rock pillars of Meteora. After lunch, join a local expert for an off-the-beaten-path exploration away from the crowds. Visit an active monastery, admire 11th-century frescoes in the Byzantine Church of the Virgin Mary, and walk to hidden hermit caves tucked into the cliffs. Take in breathtaking panoramic views of Mount Olympus before dinner at a local restaurant, watching the shadows lengthen over the valley.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Divani Meteora Hotel (or similar) **Hotel**

Divani Meteora Hotel is a refined retreat situated at the very base of the towering Meteora rocks, a UNESCO World Heritage site. Rising majestically above Kalampaka, the hotel offers grandiose vistas of the 'suspended' Byzantine monasteries from spacious rooms with private verandas. Guests can rejuvenate at the Wellness Club, featuring an indoor pool with jacuzzi spots and a steam bath. With eclectic restaurants and a brand-new contemporary outdoor pool arriving in 2026, it serves as an exceptional base for spiritual discovery.



### TODAY'S ACTIVITIES

Private Vehicle **Athens - Thermopylae** 2h30m 200km

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

Meteora Highlights with Archeologist **Meteora** 4h

Discover the wonders of Meteora through a visit to St. Stephen's Monastery and the historic Church of the Virgin Mary, renowned for its 11th-century artistry. After, take a short walk to the secluded Hermit Caves and take in unparalleled panoramic views of the entire landscape.

Private Vehicle **Thermopylae - Kalampáka** 1h45m 145km

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

Start the day with a presentation about the spiritual architecture of the region then step back 130,000 years at the Theopetra Prehistoric Cave. Guided by an archaeologist, uncover the traces of early human life in this ancient site, seeing footprints of our ancestors. After a local brunch, continue on to the Hermit Caves of Agios Theodosios for a private visit to the secluded religious retreat. After lunch, enjoy free time before venturing into the damp, mossy forests for a thrilling truffle hunt. Follow an expert hunter and their trained dog as they sniff out "black diamonds" in the earth, culminating in a short tasting of these incredible and rare local delicacies



## Meals included

Breakfast | Lunch



## ACCOMMODATION

Divani Meteora Hotel (or similar) Hotel

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Guests can rejuvenate at the Wellness Club, featuring an indoor pool with jacuzzi spots and a steam bath. With eclectic restaurants and a brand-new contemporary outdoor pool arriving in 2026, it serves as an exceptional base for spiritual discovery.



## TODAY'S ACTIVITIES

### ACTIVITY

Led by a professional archaeologist, this immersive journey bridges the gap between prehistory and local tradition through an exploration of the region's most significant sites. You will uncover the ancient secrets of the Theopetra Prehistoric Cave and enjoy an exclusive visit to the secluded Hermit Cave of Agios Theodosios, gaining rare insight into the area's long human history. This cultural experience is complemented by a series of authentic culinary encounters, from traditional village snacks to a full taverna lunch featuring classic regional specialties.

Hermit Caves

Kalampáka

30m

Step inside the Hermit Cave of Agios Theodosios for a private tour of this secluded rock-hewn sanctuary. You will have exclusive access to explore the ascetic cells and ancient frescoes preserved within the quiet mountainside.

Truffle Hunting Experience with Dogs

Kalampáka

3h

2km

Take part in a truffle hunt with a local guide and their trained dogs. You'll follow the dogs as they use their sense of smell to locate truffles buried in the forest; a rewarding experience that connects you with nature and the joy of the hunt. Then, enjoy a snack featuring the famous truffles.

Day 5

## KALAMPÁKA / DELPHI

Travel south, stopping at the Hosios Loukas Monastery to admire its Byzantine mosaics and peaceful courtyards before arriving at Delphi, clinging to the slopes of Mount Parnassus and considered to be the “navel” of the ancient world. Explore the sanctuary with a local guide and walk in the footsteps of pilgrims along the Sacred Way to the Temple of Apollo. Marvel at the theatre and stadium carved into the mountainside, offering sweeping views of the valley. In the evening, enjoy an open-air barbecue dinner featuring homemade savory pies, perched on a cliff overlooking Greece's largest continuous olive grove.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Hotel Amalia Delphi (NGS) (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle

Kalampáka - Boeotia

2h30m

220km

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

Guided Hosios Loukas Monastery

Boeotia

Experience the architectural splendor of the UNESCO-listed Hosios Loukas monastery, a premier masterpiece of Middle Byzantine art and architecture nestled on the slopes of Mount Helicon.

Private Vehicle

Boeotia - Delphi

45m

36km

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

Delphi Orientation Walk

Delphi

15m-30m

1km

Orient yourself to the dramatic setting of Delphi with an Expedition Leader led walk through its historic streets and cliffside pathways. This brief tour offers a helpful overview of the town's geography and the stunning natural scenery that has inspired visitors for millennia.

Guided Tour of Ancient Delphi

Delphi

2h

Visit the ancient city of Delphi, at the base of Mount Parnassos. The UNESCO World Heritage Site includes ancient buildings like treasuries, a stadium, a gymnasium, an altar, hippodrome and the Temple of Apollo.

Temple of Athena Pronaia Photo Stop Delphi 30m

Capture the iconic image of Delphi with a brief photo stop at the Temple of Athena Pronaia, home to the famous circular Tholos. This visit offers a stunning perspective of the sanctuary's graceful columns set against the dramatic, steep backdrop of the Parnassus mountain range.

Day 6

## DELPHI/OLYMPIA

Journey to Olympia, the UNESCO World Heritage site where the Olympic Games began in 776 BC. Explore the ancient ruins and walk under the archway into the stadium, visualizing athletes standing before the temples of Zeus and Hera. Visit the archaeological museum to deepen your understanding of the site's significance. In the evening, head to a family-owned olive farm and learn the secrets of harvesting and pressing techniques from the owners before sampling the fresh, peppery oil. Delve into an al fresco dinner of delicious local specialties, surrounded by the silvery leaves of the groves.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Hotel Europa Olympia (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle Delphi - Olympia 3h30m 237km

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

Guided Visit to Olympia Archaeological Site and Museum Olympia 2h-4h

Olympia, the birthplace of the Olympic Games, lies in a lush valley filled with symbolic ruins and captivating landscapes. Wander through the ancient olive groves to see remains of the Temple of Hera (today the starting point of the Olympic torch relay), the Temple of Zeus (a model for the development of Doric architecture) and the great Stadium of Olympia. Visit the nearby Archaeological Museum, whose collection spans over 3,500 years of Greek history. Here, find sculptures depicting Hermes and the Infant Dionysus, Zeus and Ganymede, and Nike of Paionios.

#### ACTIVITY

Go behind the scenes for an exclusive visit to a family-owned estate, where you will meet the owners and discover the time-honored secrets of harvesting and pressing olives. After an expert-led tasting, enjoy a private al fresco dinner featuring regional specialties paired with local wine or beer in a beautifully branded, intimate setting.

Day 7

## OLYMPIA/NÁFPLIO

Travel to the coastal town of Nafplio, one of Greece's most romantic destinations with its Venetian architecture and seaside promenades. Board a small boat for a short ride to Bourtzi Castle, a fortress perched on a harbour island that once guarded the city. Stroll among the fortifications before returning to the mainland. Join a guided walk through the narrow, bougainvillea-draped alleyways of the old town, discovering hidden squares and neoclassic mansions before a dinner of Greek delicacies. Finish the evening with a scoop of gelato – a sweet end to a beautiful day by the sea.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Liberty Hotel of Nafplio (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle Olympia - Náfplio 3h 214km

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

Nafplio Orientation Walk Náfplio 15m-30m

Take a short Expedition Leader led orientation walk through the elegant streets of Nafplio, Greece's first modern capital, to discover its unique blend of Venetian, Ottoman, and Neoclassical charm.

Bourtzi Castle Náfplio 1h

Take a short ferry ride to this Venetian landmark - a medieval castle off the coast of Nafplio. A visit here offers visitors the chance to explore the castle's rooms, and a great views of the city on shore.

Walking Tour of Nafplio Náfplio 30m 2km

Explore the highlights of Nafplio's Old Town, from its charming alleys to its impressive landmarks. The walking tour offers perfect views of Bourtzi Castle and Palamidi Fortress, giving you a great overview of the city's unique history.

Day 8

## NÁFPLIO

Set off from the hotel for a visit of the fortified city and open-air museum of Mycenae. Pass beneath the iconic Lion Gate to discover the royal palace, the ancient grave circle, and the monumental Tomb of Agamemnon, feeling the weight of a civilization that inspired Homer's epics. Next, visit an award-winning winery to meet the owners, learn about the winemaking process from vine to bottle, and sample distinct Greek varietals like Agiorgitiko over a delicious gourmet lunch in the vineyard.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Liberty Hotel of Nafplio (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle Náfplio - Mycenae 30m 30km

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

Guided Tour of Mycenae Mycenae 1h30m

Visit the famous Mycenae, a UNESCO World Heritage Site and archaeological site with spectacular ruins and a treasury. Once a major settlement of Greek civilization, Mycenae was occupied during the Neolithic period around 4000 BC, and is linked to the mythology in Homer's epics the Iliad and the Odyssey.

Private Vehicle Mycenae - Neméa 30m 25km

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

### ACTIVITY

Experience an exclusive National Geographic Signature moment with a private visit to the Bairaktaris Winery, where you will meet the owners for a personal tour of their storied estate and cellars. This intimate encounter concludes with a guided wine tasting and sampling of local flavours, offering a sophisticated deep dive into the heritage of Greek viticulture.

Private Vehicle Neméa - Náfplio 45m-1h 39km

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

Free Time

Náplio

The evening is yours to explore Nafplio's vibrant waterfront and hidden squares, offering the perfect opportunity to browse the town's artisan boutiques.

Day 9

## NÁFPLIO/ATHENS

Explore the sanctuary of Epidaurus, a healing center dedicated to Asclepius. Marvel at the acoustics of the magnificent ancient theatre, where a whisper on stage can be heard in the back row. Pause at the Corinth Canal to see the engineering marvel connecting the Ionian and Aegean seas, cutting through solid rock. Return to Athens for a guided visit of the National Archaeological Museum, home to the world's finest collection of Greek antiquities, including the Mask of Agamemnon. In the evening, gather for a family-style farewell dinner, toasting your journey through the ages in the shadow of the Acropolis.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Electra Palace Hotel Athens (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle

Náfplio - Epidaurus

3h

190km

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

Epidaurus

Athens

Explore the ancient sanctuary of Asklepios, a UNESCO site and the birthplace of organized medicine. See the ruins of the world's first recorded hospital where ancient Greeks sought cures through a combination of physical and spiritual healing, and then the famous, well-preserved ancient theater, still in use today.

Corinth Canal Visit

Corinth Canal

30m

Take a quick break at the Corinth Canal, a marvel of engineering, connecting the Gulf of Corinth to the Saronic Gulf in Greece.

Private Vehicle

Corinth Canal - Athens

1h15m

93km

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

Guided National Archeological Musuem

Athens

Delve into the heart of ancient Greece with a guided exploration of its most iconic artifacts and artistic milestones within the nation's premier archaeological institution.

Day 10

## ATHENS

Your expedition to Greece concludes today. After a final breakfast, transfers are provided to the Athens airport at any time during the day.



### Meals included

Breakfast



### TODAY'S ACTIVITIES

Departure Transfer

Athens - Athens Eleftherios Venizelos International Airport

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: Visit to Shedia Home, Athens
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Athens
- Signature Moment: Archaeologist- Led Exploration of Theopetra Cave, Kalampáka
- Your Foodie Moment: Olive Farm Visit, Olympia
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- Epidaurus Exploration
- Corinth Canal Photo Stop
- National Archeological Musuem Guided 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?

Explore hidden hermit caves and Byzantine frescoes in Meteora with a local specialist, Join a local specialist and trained dog to search for truffles in the forests of Meteora, Savor award-winning vintages and a gourmet lunch at a celebrated winery in Nemea, Learn the art of pressing olives at a family farm before an al fresco feast, Tour the prehistoric Theopetra Cave with an archaeologist to uncover 130,000 years of history

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

### OPTIONAL ACTIVITIES NOTE:

During high season in Europe (May-October) we highly recommend booking reservations for any popular optional activities/museum tickets etc. in advance to avoid encountering sold-out activities on the ground while on tour.

## **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.

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

9 breakfasts, 5 lunches, 6 dinners

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

Private vehicle, small 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 (9 nts)

## **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 NUMBERS

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?

## Archaeological and Historical Sites:

- Lightweight Clothing  
(Lightweight linens and breathable cottons are ideal for archaeological sites.)
- Modest dress (For our visits to the monasteries and other religious locations, modest dress is required. Please pack a lightweight scarf or wrap to ensure shoulders and knees are covered.)
- Sturdy walking shoes (Sturdy walking shoes or sandals with exceptional grip for navigating historic sites.)

## Documents:

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

Tavelling 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?

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.

## 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 in Greece. 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)

## Do I need to pay a departure tax?

Usually included in international air ticket.

## 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 portage.

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. Tipping is neither required nor expected for your National Geographic Expedition Expert.

For the independent moments on your itinerary, tipping is generally expected across Europe. Should you wish to reward exceptional service during independent dining or activities, a gratuity of 10% is appropriate.

## 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.

## 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.