

EXPEDITIONS



SIGNATURE: ICELAND'S REYKJAVIK, GOLDEN CIRCLE, & FJORDS OF THE NORTH

9 days, Reykjavik to Reykjavik

Trip code ELRRNS

WHAT'S INCLUDED

- Signature Moment: Lava Centre Visit with a Vulcanologist, Hvolsvollur
- Signature Moment: Meet with a Marine Biologist at the University of Iceland's Research Center, Husavik
- Arrival and Departure Transfers
- Seljalandsfoss Waterfall Visit
- Sólheimajökul Glacier Hike
- Gullfoss Waterfall Visit
- Geysir Geothermal Field Visit
- Greenhouse tour at Friðheimar
- Guided walk at Þingvellir National Park
- Into the Glacier Tour
- Guided Tour Viðgelmir Lava Cave
- Hraunfossar & Barnafoss Waterfalls Visit
- Húsafell Canyon Baths
- Visit Glaumbær Turf Museum
- Visit Akureyri Botanical Garden
- Whale-watching expedition from Húsavík Harbor
- Free time in Akureyri
- Perlan Museum 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

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

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

ITINERARY



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

Day 1

REYKJAVIK

Welcome to Iceland. Your expedition begins as you touch down in Keflavík airport. You will be met and transferred to your hotel—crossing the moss-covered lava fields to reach Reykjavík, the world's northernmost capital. In the evening, meet your fellow travellers and National Geographic Expedition Leader for an introduction and welcome reception. Enjoy a short presentation from the National Geographic Expedition Expert before heading to a local restaurant for dinner, sampling modern Icelandic cuisine and sharing toasts as you prepare for your exploration of this dynamic island.



Meals included

Dinner



ACCOMMODATION

Hotel Reykjavik Saga (or similar) **Hotel**



TODAY'S ACTIVITIES

Arrival Transfer **Keflavík International Airport – Reykjavik**

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

Welcome Moment - Meet Your Expedition Leader and Group **Reykjavik**

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

REYKJAVIK/HELLA

Venture to the stunning southern coast of Iceland, a landscape shaped by the earth's powerful natural forces over millions of years. Begin at the Lava Centre for an exclusive tour with a leading volcanologist. Gain unique insight into the magmatic forces rumbling beneath your feet. Continue to Seljalandsfoss, walking behind the thundering curtain of water to feel the cool spray on your face. Then, strap on crampons for a guided hike on Sólheimajökul glacier. Traverse the gleaming blue ice and deep crevasses, witnessing firsthand the immense power of the ice cap before settling into your hotel for the night.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Landhotel Hella (or similar) Hotel

Nestled in Southern Iceland, boasting views of highlands, lowlands, and midlands, the Scandinavian design makes you feel at peace with Iceland's diverse nature. Built with reduced energy consumption and sustainability in mind, you can feel good knowing Landhótel is deeply focussed on reducing harmful impact.



TODAY'S ACTIVITIES

Private Vehicle

Reykjavik - Hvolsvollur

1h30m-1h45m

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

ACTIVITY

Visit this stunning interactive exhibition with a volcanologist to learn about all aspects of Iceland's unique geography, including volcanoes, earthquakes and geothermal activity.

Seljalandsfoss Waterfall Visit

Seljalandsfoss

30m-1h

Seljalandsfoss is a 60m (196 ft) tall waterfall located along the popular ring road. Behind the flow of water is a path, allowing visitors to peek behind the curtain of water cascading over the rocks above.

Sólheimajökull Glacier Hike

Sólheimajökull

3h

3km

Equipped with crampons and an ice axe, hike through the dramatic glacier valley and along the black sand flood plains to the edge of the ice. Enjoy stunning, panoramic views of the surrounding mountains, glaciers and the Eyjafjallajökull volcano. The guide will explain the volcanic history of the area and the effects of global warming.

Private Vehicle

Sólheimajökull - Hella

1h30m

100km

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

Day 3

HELLA

Explore the famed Golden Circle, where the earth's power is once again on full display. Feel the ground shake at Gullfoss, the "Golden Falls," and watch the Strokkur geyser erupt skyward in a column of steaming water. Stop at the Friðheimar Greenhouse and learn how they harness geothermal energy to grow food year-round, then enjoy a lunch served on site. Conclude at Þingvellir National Park, a UNESCO World Heritage site that sits atop of the Mid-Atlantic Ridge, separating the North American and Eurasian tectonic plates, and stand where the continents are slowly drifting apart.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Landhotel Hella (or similar) **Hotel**

Nestled in Southern Iceland, boasting views of highlands, lowlands, and midlands, the Scandinavian design makes you feel at peace with Iceland's diverse nature. Built with reduced energy consumption and sustainability in mind, you can feel good knowing Landhótel is deeply focussed on reducing harmful impact.



TODAY'S ACTIVITIES

Private Vehicle **Hella - Gullfoss** 1h30m 130km

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

Gullfoss Waterfall Visit **Gullfoss** 45m

Discover one of the most impressive waterfalls in Iceland, Gullfoss, and complete the circuit known as the Golden Circle. This massive waterfall cascades over three "steps" before spilling into a large crevice. Fed by a glacier lake, the water passing through the falls can be a dark grey depending on how much sediment gets pushed through the river.

Geysir Visit **Geysir** 30m-45m

See a variety of geothermal pools and the erupting hot spring Strokkur. Geysir is one of the oldest geysers recorded in the world, but is most often dormant. Strokkur erupts a spray of boiling hot water straight into the air about every ten minutes.

Friðheimar Greenhouse Tour and Lunch **Selfoss** 2h

Tour the Friðheimar greenhouses with a local expert to discover how geothermal energy is used to grow Mediterranean-style tomatoes year-round in the Icelandic climate. Following the tour, enjoy a unique lunch served among the vines.

Private Vehicle **Selfoss - Thingvellir** 1h 60km

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

Guided walk at Þingvellir National Park **Thingvellir** 45m

Explore the historic Þingvellir National Park on a guided walk through the dramatic rift valley where the North American and Eurasian tectonic plates are pulling apart. This UNESCO World Heritage Site is the ancestral home of Iceland's parliament and offers a unique look at both the island's geological marvels and its cultural origins.

Private Vehicle **Thingvellir - Hella** 1h15m 80km

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

Day 4

HELLA/HÚSAFELL

Continue west through the rugged landscapes of Borgarnes, where jagged peaks rise from the sea. In Húsafell, board a massive 8-wheel glacier truck to ascend the slopes of Langjökull, then venture into the glacier itself, walking through illuminated, man-made tunnels carved deep into the blue heart of the ice cap. Feel the ancient chill of the ice as a glaciologist explains the science of ice cores and the impact of climate change on this fragile environment. In the evening, settle into your hotel, surrounded by the silence of the highlands.



Meals included

Breakfast | Dinner



ACCOMMODATION

Hotel Husafell Reykholt (or similar) **Hotel**



TODAY'S ACTIVITIES

Private Vehicle **Hella - Borgarnes** 2h15m 170km

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

Private Vehicle **Borgarnes - Húsafell** 1h15m 90km

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

Langjokull Glacier Expedition **Húsafell** 3h-4h

Enter the raw beauty of Iceland's second largest glacier, Langjokull. Set off in modified glacier vehicles to the Klaki Basecamp and the glacier entrance where you'll go into man-made ice tunnels toward the heart of the glacier. Learn all about ice and geology along the way and gain a new perspective on these massive features that have shaped the planet.

Day 5

HÚSAFELL

Descend into the darkness of Viðgelmir, the largest lava tube in Iceland. Set off with a local guide to explore the colorful rock formations and learn about Viking outlaws who once hid here. Then, marvel at the Hraunfossar waterfalls, where glacial water streams mysteriously from beneath a lava field. In the afternoon, enjoy an unforgettable private experience at the Húsafell Canyon Baths. Relax in secluded, stone-lined pools fed by natural hot springs, gazing out at the remote canyon walls – a moment of pure geothermal bliss before a delicious dinner.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Hotel Husafell Reykholt (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle Húsafell - Reykholt 15m 15km

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

The Vidgelmir Cave Reykholt 1h30m

Take a tour into the depths of the earth at the Viðgelmir Cave. Don helmets and headlamps as you explore this subterranean wonderland that showcases the raw power of Iceland's geological forces. Stroll along the walkways and admire the features and colours of this underground natural wonder.

Hraunfossar & Barnafoss Visit Barnafoss 45m-1h

Stroll along easy walking paths to witness the striking turquoise glacial waters of Hraunfossar as they filter through an ancient lava field into the river below. Nearby, you can explore the powerful rapids of Barnafoss while learning about the local legends and geology through interpretive signage at scenic viewpoints.

Free Time Húsafell

Spend the evening however you wish with free time or an optional short forest walk around the Húsafell birchwood area.

Húsafell Canyon Baths Húsafell 1h30m-2h

Descend on foot from the hotel in the remote Icelandic wilderness to natural geothermal pools nestled in highland canyon. Enjoy private access to these pools fed by pure underground volcanic hot springs.

Day 6

HÚSAFELL/AKUREYRI

Travel north across the highland moors to the Skagafjörður region. Step back in time at the Glaumbær Turf Museum, wandering through traditional 18th-century sod farmhouses that blend seamlessly into the landscape. Continue to Akureyri, the "Capital of the North" and stroll through the Akureyri Botanical Garden, admiring a surprising collection of Arctic and foreign flora thriving just miles from the Arctic Circle.



Meals included

Breakfast | Dinner



ACCOMMODATION

Berjaya Akureyri (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle Húsafell - Skagafjörður 3h15m 245km

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

Glaumbær Turf Museum Visit Glaumbær 1h

Discover the iconic grass-roofed farmhouses of Glaumbær, a remarkably preserved example of how early Icelanders utilized the earth for insulation and shelter. Guided by a local expert, you'll explore the interconnected rooms and learn about the daily rhythms of rural life in these historic structures.

Private Vehicle Glaumbær - Akureyri 1h15m 90km

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

Guided Visit of Akureyri Botanical Gardens Akureyri 1h-2h

Take a stroll around one of the northern most botanical gardens in the world, and see a variety of both Icelandic and foreign flora.

Day 7

AKUREYRI

Drive along the coast to Húsavík, the whale watching capital of Iceland. Visit the University of Iceland research center for an exclusive meeting with a marine biologist. Learn about their research into cetacean populations and sustainable fishing then take to the sea on a whale watching boat. Scan the dark, cold waters of Skjálfandi Bay for the blow of humpback, minke, and blue whales, hoping to catch a glimpse of these giants breaching against a backdrop of snow-capped mountains. Return to Akureyri for some free time to explore or relax before dinner in the evening.



Meals included

Breakfast | Dinner



ACCOMMODATION

Berjaya Akureyri (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle **Akureyri - Husavik** 1h 90km

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

ACTIVITY

Visit the University of Iceland's Research Center and meet with one of their resident marine biologists to learn about ongoing studies into North Atlantic whale populations and the development of sustainable fishing practices.

Whale Watching **Husavik** 3h-4h

Head out to sea to spot whales off the coast. The town of Húsavík is the whale watching capital of Europe and the best spot in Iceland to view Humpbacks, Minke, or Blue Whales. Over 20 species have been spotted in the area but the most frequent visitors are the Humpback and Blue Whales.

Private Vehicle **Husavik - Akureyri** 1h15m 90km

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

Free Time **Akureyri**

Explore Akureyri with free time this evening. Check out the several cafés, harbor area, or art galleries

Day 8

AKUREYRI/REYKJAVIK

Fly back to Reykjavik this morning, watching the volcanic landscape pass below you. Visit the Perlan Museum, a glass-domed landmark offering 360-degree views of the city. Explore interactive exhibits showcasing Iceland's geology, glaciers, and climate, including a real indoor ice cave. Spend the afternoon exploring the vibrant streets of Reykjavik on your own, perhaps take an optional visit to soak in the thermal springs of the Sky Lagoon before a farewell dinner in the evening.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Hotel Reykjavik Saga (or similar) Hotel



TODAY'S ACTIVITIES

Plane Akureyri - Reykjavik 45m 250km

Sit back and enjoy the views from above on a short flight between Akureyri and Reykjavik.

Perlan Museum Visit Reykjavik 1h30m

Visit the Wonders of Iceland exhibit at the Perlan museum, where you can see and feel all of Iceland's natural wonders under one roof. Walk through a 100m long man-made ice cave to experience what glacial environments are like, and how global warming affects this part of the world. Top your visit off with an unparalleled 360° view of Reykjavik and surrounding areas from the observation deck.

Free Time Reykjavik

Spend a final afternoon in Reykjavik before your farewell dinner.

Your expedition to Iceland concludes today. After breakfast, enjoy a final breath of fresh Arctic air before your transfer to Keflavík International Airport, provided at any time during the day.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Transfer

Reykjavik – Keflavík International Airport

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

What's included

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What are the main highlights of this trip?

Join a volcanologist for an exclusive tour of the Lava Centre's seismic exhibits, Travel by specialized vehicle to walk the illuminated ice tunnels deep inside Langjökull, Meet a researcher in Húsavík to discuss whale conservation and sustainable fishing, Soak in secluded natural hot pools nestled in a remote volcanic canyon in Húsafell, Enjoy the local flavours inside a geothermal greenhouse powered by renewable energy.

What are the main highlights of this trip?

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Is there a disclaimer I should read before booking this trip?

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

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

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

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

What is the group leader like?

All National Geographic Signature group trips are accompanied by one of our National Geographic Expedition Leaders throughout. The aim of the Expedition Leaders is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

How large will the group be?

Max 22.

What meals are included in this trip?

8 breakfasts, 4 lunches, 8 dinners

What are the modes of transportation on my trip?

Private vehicle, boat, airplane, 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 (8 nts).

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Signature Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your Expedition Leader. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your Expedition Leader and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your Expedition Leader will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

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 Króna 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

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 a guideline would be \$10 per person per day.

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

What activities are optional on this trip?

- No optional activities

Are there any health considerations I should know before travelling?

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

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our Expedition Leader they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Expedition Leader will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your Expedition Leader will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions. Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our Expedition Leaders to make arrangements on your behalf for water based activities that are not accompanied by guide(s). Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our Expedition Leaders have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How can I share feedback about my trip experience?

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

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

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

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.