

EXPEDITIONS



SIGNATURE: ICELAND'S WINTERSCAPES, GOLDEN CIRCLE & NORTHERN LIGHTS

6 days, Reykjavik to Reykjavik

Trip code ELRHNS

WHAT'S INCLUDED

- Your G for Good Moment: Solheimar Ecovillage Visit, Selfoss
- Your Welcome Moment: Welcome meeting at Reykjavík hotel, Reykjavik
- Your Foodie Moment: Fontana Geothermal Baths & bread making, Laugarvatn
- Signature Moment: Visit to the Geothermal Hellisheidi Power Plant, Hengill
- Signature Moment: Lava Centre Visit with a Vulcanologist, Hvolsvollur
- Arrival and Departure Transfers
- Guided walk at Þingvellir National Park
- Greenhouse tour at Friðheimar
- Visit Sólheimar Eco-Village
- Geysir Geothermal Field Visit
- Gullfoss Waterfall Visit
- Fontana Geothermal visit & bread making
- Fontana Geothermal Baths & Steams by the lake
- Night excursions to see the Northern Lights
- Private visit of the Geothermal Hellisheidi Power Plant
- Lava Tunnel visit
- Visit Seljalandsfoss and Skogafoss waterfalls
- Private Guided visit of Skogar Museum
- Visit the the Lava Centre with volcanologist
- Visit Skeidvellir Icelandic Horseworld
- 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 May 27th, 2026 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/SELFOSS

Welcome to Iceland. Your expedition begins as you touch down on this volcanic island, greeted by crisp Arctic air. You will be met and transferred to Reykjavík, for an introductory gathering with your fellow travellers, National Geographic Expedition Leader and National Geographic Expedition Expert. From here, venture into the landscapes of Þingvellir National Park to walk between the towering tectonic plates of North America and Eurasia. Next, visit an innovative geothermal greenhouse farm. Learn about zero-waste, earth-powered agriculture before sitting down to a fresh farm-to-table lunch. Settle into your countryside lodging this afternoon. This evening, enjoy a welcome dinner highlighting sustainable local flavours.



Meals included

Lunch | Dinner



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.

ACTIVITY

Transfer to a centrally located hotel where your fellow travellers, National Geographic Expedition Leader and National Geographic Expedition Expert gather for a welcome meeting before continuing the day.

Private Vehicle

Reykjavik – Thingvellir

1h

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 – Selfoss

1h

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

Under the soft mantle of Nordic winter darkness, visit Sólheimar Ecovillage to learn about this pioneering community's self-sufficiency. From there, head into the volatile heart of the Golden Circle. Witness the Geysir geothermal field, where the restless Strokkur geyser violently ejects boiling columns into the crisp air. Nearby, watch the thundering Gullfoss waterfall plunge dramatically into an icy canyon. Conclude at Laugarvatn Fontana, baking traditional rye bread in the geothermally heated earth before a relaxing soak in lakeside thermal baths. In the evening, venture into the dark with your Expedition Leader to scan the skies for the dancing green ribbons of the elusive aurora borealis.



Meals included

Breakfast



TODAY'S ACTIVITIES

Private Vehicle

Selfoss – Sólheimar

30m

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

ACTIVITY

Stop to visit Solheimar Ecovillage, a sustainable community of over 100 people, dedicated to helping people with disabilities. Nestled beautifully amongst the countryside, take in the panoramic views as you support this non-profit community by touring the village to learn about the various workshops, businesses, and programs and opting to enjoy a meal at the local coffee house.

Private Vehicle

Sólheimar – Geysir

45m

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

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.

Private Vehicle

Geysir – Gullfoss

15m

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.

Private Vehicle **Gullfoss – Laugarvatn** 45m

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

ACTIVITY

We gather around as a pot of rye bread is unearthed from warm black sand after baking underground for 24 hours. Served steaming hot with butter, it is sweet, chewy, and rich—a taste preserved for generations. Afterward, step into natural steam from a bubbling geyser. Listen to the earth's hiss, inhale mineral mist, and feel heat dissolve tension while unwinding in thermal baths or cooling off in the lake: pure geothermal bliss.

Private Vehicle **Laugarvatn – Selfoss** 30m

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

Night walk to see the Northern Lights **Selfoss** 1h-1h

As night falls over the dark Icelandic countryside, step outside the warmth of your hotel into the crisp, still air for an evening walk across the grounds with your National Geographic Expedition Expert. Far from the ambient glow of the capital, the rural darkness provides an ideal canvas to capture the essence of the science behind the aurora borealis.

Feel the ground hum as you plunge into the restless forces shaping Iceland's volatile crust. Descend into a pioneering geothermal power plant to examine the brilliant innovations and cutting-edge technology shaping the future of green energy. Transition from modern technology to raw geology as you step into the cool, silent sanctuary of a subterranean volcanic lava tube. Follow your Expedition Leader along the ancient pathways of underground fire, where specialised illumination reveals spectacular frozen rivers of multi-hued basaltic rock. Afterward, travel to the steaming geothermal valley of Hveragerði, where you have free time for lunch on your own before returning to your hotel to enjoy dinner.



Meals included

Breakfast | Dinner



TODAY'S ACTIVITIES

Private Vehicle

Selfoss – Hellisheiði

30m

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

ACTIVITY

This morning travel to the volcanic plateau of Hengill for a visit and private tour of the Hellisheiði Geothermal Power Plant, one of the world's largest renewable energy facilities. Step inside the sleek, modern complex, feeling the low, rhythmic hum of the earth's raw energy vibrating through the floorboards. Inhale the faint, earthy scent of sulfur as you look out over the vast landscape of steaming vents and moss-covered lava fields. You specialist guides you through the facility, detailing how subterranean water, heated to roaring temperatures by deep magma chambers, is harnessed to power the modern nation. Learn about pioneering carbon-capture technology that turns emissions into stone, witnessing a masterclass in green innovation.

Private Vehicle

Hellisheiði – Raufarhólshellir

30m

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

Visit the Raufarhólshellir Lava Tunnel

Raufarhólshellir

45m-1h

Descend beneath the Earth's crust for a visit to Raufarhólshellir, one of Iceland's longest and most magnificent lava tunnels. Fasten your helmet and step onto a specially constructed footbridge that leads you into a subterranean world carved by a roaring river of fire over 5,000 years ago. Walk through

the colossal, cathedral-like main chamber as expertly placed lighting illuminates a natural gallery of vibrant crimson, amber, and deep purple mineral bands etched directly into the rugged basalt walls.

Private Vehicle **Raufarhólshellir – Hveragerdi** 15m

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

Visit to Hveragerði **Hveragerdi** 2h

Hveragerði is an Icelandic town built on an active geothermal area. It features rising volcanic steam, hot rivers for bathing, earthquake history, and greenhouses powered by Earth's energy. The town is packed with unique outdoor, culinary, and geological activities. Because the town sits right on a tectonic plate boundary, everything here revolves around the earth's natural energy.

Private Vehicle **Hveragerdi – Hella** 1h

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

Travel along the dramatic southern coast, where the raw power of ice and rock takes centre stage. Stand before Seljalandsfoss waterfall as glacial meltwaters from Eyjafjallajökull glacier cascade down an ancient, moss-draped cliffside. Continue to the thunderous torrent of Skógafoss, feeling the cool mist from its immense hydraulic power. Following a lunch of local seasonal flavours, step through a living portal of Icelandic resilience at the Skógar Museum. Explore historic turf houses and delicate artefacts that reveal how early settlers survived this unforgiving landscape. After a rest at the hotel, join your Expedition Leader for a nocturnal search for the shifting colours of the aurora borealis.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

Private Vehicle

Hella – Seljalandsfoss

1h

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

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.

Private Vehicle

Seljalandsfoss – Skógafoss

30m-45m

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

Skógafoss Waterfall Visit

Skógafoss

1h

Visit Skógafoss, one of the largest and most recognisable waterfalls in Iceland. The 60m (200 ft) high falls form a constant mist that floats in the air, creating rainbows as sunlight allows. The sound and view of the thundering water cutting through the green hills make the falls a must-see on any trip to Iceland.

Private Vehicle

Skógafoss – Skogar

15m

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

Visit to the Skógar Museum

Skogar

1h45m-2h

Step across the threshold of history during a private guided visit to the Skógar Museum, nestled under the mist of the towering southern cliffs. Meet a local curator who guides you through an extensive collection of cultural treasures, where the scent of aged timber and weathered iron tells the story of early Icelandic survival. Wander past beautifully preserved rowboats, handmade woollen textiles, and intricate woodcarvings, learning how past generations braved the harsh Arctic elements. Afterwards, step outside into the crisp coastal air to explore the open-air heritage site, walking amongst historic turf houses with green-carpeted roofs that blend seamlessly into the volcanic landscape.

Private Vehicle **Skogar – Hella** 1h

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

Night walk to see the Northern Lights **Selfoss** 1h-1h

As night falls over the dark Icelandic countryside, step outside the warmth of your hotel into the crisp, still air for an evening walk across the grounds with your National Geographic Expedition Expert. Far from the ambient glow of the capital, the rural darkness provides an ideal canvas to capture the essence of the science behind the aurora borealis.

Uncover the fiery heart of the island at an interactive lava centre. Alongside a volcanologist, analyse the powerful seismic forces that drive iconic peaks like Hekla, Katla, and Eyjafjallajökull. Head to a heritage horse farm for a private session that illuminates living history. Meet purebred Icelandic horses, learning how their unique genetics have been intertwined with the human saga since the days of early settlement. Return to the hotel for some downtime before gathering for a farewell dinner and presentation decoding the science of the aurora borealis and celebrating an amazing time in Iceland.



Meals included

Breakfast | Dinner



TODAY'S ACTIVITIES

Private Vehicle

Hella – Hvolsvollur

30m

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.

Private Vehicle

Hvolsvollur – Hella

30m

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

Visit the Skeidvellir Icelandic Horseworld

Hella

1h15m-1h30m

Travel to Skeiðvellir horse farm for a private session dedicated to the iconic Icelandic horse, a breed deeply woven into the country's historic legacy. Meet your host for a guided tour of the stables, breathing in the scent of sweet hay as you get up close to these spirited animals. Learn how strict genetic isolation since the Viking Age has preserved their pure bloodline and unique five gaits. Your host shares stories of the farm's heritage and the breed's vital role in Icelandic survival through centuries of volcanic winters. Stand in the crisp country air as the horses move across the paddock, gaining a newfound appreciation for their resilience and place in the national identity.

Savour a final breakfast as the frost-dusted countryside catches the soft morning light, then transfer to the airport for your onward travel.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Transfer

Hella – Keflavík International Airport

2h-2h

Today the group will be transferred from Hella to Keflavik Airport where your tour ends.

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What are the main highlights of this trip?

Walk the fractured chasm between North American and Eurasian tectonic plates at Þingvellir, Bake rye bread in geothermal earth and relax in the thermal baths of Laugarvatn Fontana, Search the night sky to witness and photograph the dancing colours of the Aurora Borealis, Visit the Lava Centre and analyse Iceland's tectonic forces alongside a volcanologist, Go behind the scenes at Hellisheiði Geothermal Power Plant with a specialist guide.

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

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

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

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

What is the maximum and typical number of participants on this tour?

Max 22.

What meals are included in this trip?

5 breakfasts, 2 lunches, 3 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?

Hotels (5 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 should I do if I can't find my airport transfer or experience arrival issues?

"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 do I contact for arrival issues or in the event 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.

[INSERT CORRECT EMERGENCY NUMBERS HERE]

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 details should I be aware of when planning my departure day?

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.

What are the packing guidelines and luggage restrictions?

"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 I pack for this trip?

Cold Weather:

- Long-sleeved shirts or sweater
- Warm gloves
- Warm layers
- Scarf
- Warm hat
- Warm waterproof jacket

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:

- Binoculars (optional)
- Flashlight/torch (Headlamps are ideal)
- Shirts/t-shirts
- Camera (With extra memory cards and batteries)
- Fleece top/sweater
- Sleepwear
- Cash, credit and debit cards
- Footwear
- Small travel towel (For visits to hot springs and rivers)
- Day pack (Used for daily excursions or short overnights)
- Hat
- Sunglasses
- Ear plugs
- Hiking pants (Please bring long pants that are not jeans or cotton in fabric. We suggest hiking pants, windproof pants, or waterproof pants in order for you to be comfortable.)
- Swimwear
- 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)
- Locks for bags
- Toiletries (Preferably biodegradable)
- Watch and alarm clock
- Moneybelt
- Waterproof backpack cover
- Outlet adapter
- Windproof rain jacket
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle

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)

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](#)"

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

What emergency funds do I need access to on this trip?

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

What are the tipping guidelines for this 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 not expected across Central Asia. However, should you wish to reward exceptional service during independent dining or activities, a modest gratuity of 3-5% is entirely appropriate and warmly received by local community members."

What activities are optional on this trip?

- No optional activities

Are there any health considerations I should know before travelling?

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

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

What general safety tips and free-time guidelines should I follow?

"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/"

Are there any specific safety considerations for this itinerary?

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 are the mandatory group rules regarding laws and behaviour?

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.

What are the mandatory travel insurance requirements for this 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."

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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."

What are the age restrictions for 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.