

EXPEDITIONS



SIGNATURE: IRELAND'S DUBLIN, KILLARNEY & THE CLIFFS OF MOHER

9 days, Dublin to Ennistymon

Trip code EQDENS

WHAT'S INCLUDED

- Your Welcome Moment: Meet Your Expedition Leader and Group, Dublin
- Signature Moment: Experience Gaelic Games, Dublin
- Your Foodie Moment: Ballykeefe Distillery visit, Ballykeefe
- Your Foodie Moment: Lunch at a Medieval Inn, Kilkenny
- Signature Moment: Tour of Ballyvourney with a Local Archeologist, County Cork
- Arrival and departure transfers
- Visit to Trinity College (Book of Kells), Dublin
- Community Tourism Walking Tour, Dublin
- Sweny's Pharmacy Visit, Dublin
- EPIC Museum Visit with local guide, Dublin
- Ballykeefe Distillery visit
- Guided Tour of Kilkenny including Kilkenny Castle
- Visit St
- Canice's Cathedral, Kilkenny
- Rock of Cashel Visit, Rock of Cashel
- Dingle Town Orientation Walk
- Dingle Peninsula Scenic Drive, Dingle
- Stop in Adare Village
- Irish Dance Experience in Ennis
- Cliffs of Moher
- Visit Poul nabrone Dolmen Ancient Tombs
- Engaging Discussions with the National Geographic Expedition Expert Throughout
- Porterage at hotels and when getting on and off of vehicles
- Tips are included for all activities, meals and porterage, except for your Expedition Leader
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is

usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

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

VALIDITY: Valid for all trips departing March 8th, 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

DUBLIN

Welcome to the Fair City. Your expedition begins in Dublin, a capital where medieval history meets a legendary literary spirit. Later, gather with your National Geographic Expedition Leader, National Geographic Expedition Expert and fellow travellers for a welcome presentation that sets the stage for your journey through Ireland's ancient east and rugged west, followed by a welcome dinner at the hotel to toast the start of your Irish odyssey.



Meals included

Dinner



ACCOMMODATION

Dylan Hotel Dublin (or similar) **Hotel**

"Set within a handsome Victorian red-brick building in Dublin's leafy Ballsbridge district, Dylan Hotel occupies what was once the Royal City of Dublin Hospital, dating back to the late 19th century. Thoughtfully reimaged, the property blends architectural heritage with contemporary Irish design, creating one of the city's most distinctive boutique luxury hotels.

The building's layered past lends a quiet gravitas to the experience, while its modern incarnation has attracted a sophisticated international clientele over the years, including writers, musicians, artists, film figures, and visiting cultural tastemakers, drawn by its discretion, design-forward sensibility, and residential feel. The hotel's name itself nods to Ireland's literary legacy, reinforcing its connection to the country's creative spirit.

Inside, interiors are bold yet refined, combining rich textures, custom furnishings, and playful modern details with the building's original proportions. Guest rooms and suites feel intimate and expressive, offering a calm retreat from the city while maintaining a strong sense of character. Public spaces – from the courtyard to the dining and cocktail areas – are designed for lingering, conversation, and understated social energy.

Guests choose Dylan Hotel for its quiet, upscale location, just beyond the bustle of the city center yet within easy reach of Dublin's historic sights, cultural institutions, and dining scene. The hotel's atmosphere, highly personalized service, and distinctive design make it especially appealing to travelers seeking a stay that feels both stylish and authentically Dublin.

Rooted in history but confidently contemporary, Dylan Hotel offers a refined and character-rich base for experiencing Ireland's capital – a place where heritage, creativity, and modern luxury meet."



TODAY'S ACTIVITIES

Arrival Transfer

Dublin

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.

The day opens with an experience unlike any other – a private introduction to the passion and pride of Ireland's national sports. Join local athletes for a hands-on session of hurling and Gaelic football, feeling the raw energy and amateur devotion that has defined Irish identity for centuries. Afterwards, stand before the breathtaking illuminated pages of the Book of Kells at Trinity College, where centuries of craftsmanship unfold in vivid detail. After lunch, step into Dublin's layered past on a walking tour led by a formally unhoused guide from a social enterprise, whose personal perspective brings the city's streets to life in unexpected ways. The afternoon concludes with a stop at Sweny's Pharmacy, immortalised in the pages of James Joyce's Ulysses.



Meals included

Breakfast | Lunch



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TODAY'S ACTIVITIES

ACTIVITY

A visit to Experience Gaelic Games offers a hands-on introduction to Ireland's national sports at a real community club. Led by passionate local coaches, the session combines interactive history with active training in Hurling, Gaelic Football, and Handball, concluding with fun-filled mini-matches that provide a true taste of Ireland's sporting soul.

Visit to Trinity College (Book of Kells) Dublin 2h

Step into the halls of Trinity College Dublin, founded in 1592, to visit the Book of Kells Exhibition and the historic Long Library. Written in the 9th century, the Book of Kells is a richly illustrated document (inscribed in Latin) of the four Gospels in the New Testament. Widely considered Ireland's greatest cultural treasure, it's one of the world's most famous medieval manuscripts. Continue to the Long Library, a soaring room filled with over 200,000 books, including the library's oldest collections. A must-visit for book lovers, it's also known for its appearance in Harry Potter movies.

Community Tourism Walking Tour Dublin 1h-1h

Enjoy a walking tour led by a local social enterprise. Hosted by professional guides who have navigated the challenges of homelessness, the experience weaves personal storytelling with the social history of iconic neighbourhoods like the Liberties. This walk offers an authentic and ultimately hopeful view of Dublin, ensuring your presence leaves a direct, positive impact on the local community.

Sweny's Pharmacy Visit Dublin 30m-30m

A visit to Sweny's Pharmacy is a multisensory journey into Dublin's literary soul. From the scent of the famous lemon soap to the sound of James Joyce's prose being read aloud in multiple languages, this volunteer-run Victorian gem offers an intimate, unscripted encounter with history. It's a place where you don't just learn about Ulysses—you breathe it in.

Day 3

DUBLIN/KILKENNY

Begin at the EPIC Museum, a vivid digital tribute to the extraordinary global reach of the Irish diaspora – a story of resilience, creativity, and cultural endurance told across continents. Then leave the city behind as the landscape softens into the rolling countryside en route to Kilkenny, one of Ireland's best-preserved medieval towns. After a local lunch, discover the artisanal craft behind Ireland's most celebrated spirit at the Ballykeefe Distillery, where the intricate origins of whiskey-making are revealed in the warmth of a working still. Check into your hotel as the amber light of evening settles over the ancient stone streets, before gathering for dinner.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Lyrath Estate Hotel (or similar) Hotel



TODAY'S ACTIVITIES

EPIC Museum Visit with local guide Dublin 1h30m

A visit to EPIC with a local guide is a journey through the "spirit" of the 70 million people who claim Irish heritage. By combining award-winning digital interactivity with the personal storytelling of a Dublin guide, the experience moves beyond data and dates to reveal the emotional core of the Irish identity—one defined by resilience, creativity, and an enduring connection to the "Old Country."

Private Vehicle Dublin - Ballykeefe 2h

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

ACTIVITY

Discover the origins of Irish Whiskey at Ballykeefe Distillery. The tour will be a journey through every part of the Ballykeefe operation, which has revived the lost traditions of a family farm distillery, with a unique commitment to environmental protection, carbon neutrality and sustainability.

Private Vehicle Ballykeefe - Kilkenny 30m

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

Day 4

KILKENNY

This morning, Kilkenny reveals its medieval soul on foot. A local guide leads you through the city's historic lanes – including the atmospheric Butter Slip, a narrow medieval passageway worn smooth by centuries of footfall. Step inside the commanding ramparts of the 12th-century Kilkenny Castle, where grand halls and richly decorated ceilings speak to the ambitions of the Butler dynasty. Visit the former stables, now a design centre alive with contemporary Irish craft. After a traditional lunch at a historic inn once owned by the legendary Dame Alice Kyteler – Ireland's first recorded witch – explore the soaring Gothic heights of St. Canice's Cathedral. The evening is yours, whether spent in a candlelit pub or along the quiet riverside paths that wind through the city.



Meals included

Breakfast | Lunch



ACCOMMODATION

Lyrath Estate Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Guided Tour of Kilkenny Including Kilkenny Castle Kilkenny 3h

A tour of Kilkenny blends the narrow, stepped history of the Butter Slip with the aristocratic grandeur of Kilkenny Castle. From the stables-turned-design-hub to the vibrant, hand-painted ceilings of the Picture Gallery, the experience offers a perfect balance of medieval grit and artistic elegance.

Visit St Canice Cathedral + tips (2 EUR) Kilkenny 1h-1h

St. Canice's Cathedral offers a profound sense of continuity, bridging the gap between its 6th-century monastic roots and its current role as a vibrant center of Kilkenny life. Whether you are marvelling at the medieval effigy tombs, listening to the choral echoes in the nave, or conquering the Round Tower, it remains the definitive landmark of the "Medieval Mile."

ACTIVITY

A lunch at a medieval inn is an immersion into the darker, more atmospheric side of Ireland's "Marble City." Established in 1324 by the notorious Dame Alice Kyteler (the first person in Ireland to be accused of witchcraft), the building is a labyrinth of stone, shadow, and local lore.

Day 5

KILKENNY/KILLARNEY

The Rock of Cashel rises dramatically from the surrounding plain – a cluster of medieval ruins perched atop a limestone hill that has witnessed the sweep of Irish history from the 4th century onward. Explore the ornate Romanesque chapel and weathered high crosses before lunch. The afternoon in the Gaeltacht town of Ballyvourney, meet a local archaeologist whose National Geographic-sponsored work is preserving Ireland's ancient holy wells for future generations. In the fading light, he connects the threads of modern science and ancient spiritual tradition in a way that stays with you long after you've left. The day concludes in Killarney, the storied gateway to the wild kingdom of Kerry.



Meals included

Breakfast | Lunch



ACCOMMODATION

The Victoria Killarney (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

Kilkenny - Rock of Cashel

1h

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

Rock of Cashel Visit

Rock of Cashel

1h

A visit to the Rock of Cashel is a journey through 1,500 years of Irish history. From the pre-Christian legends of the Devil's Bite to the Gothic grandeur of the cathedral ruins, it offers a visceral connection to Ireland's royal and ecclesiastical past. The combination of the Cormac's Chapel frescoes and the panoramic views over the Golden Vale makes it an essential stop in Ireland's Ancient East.

ACTIVITY

A tour of Ballyvourney is a rare opportunity to explore the "thin places" of the Irish landscape through the lens of modern archaeological preservation. Guided by a National Geographic sponsored archaeologist, you will move from the ancient stone huts and holy wells to the 13th-century monastic ruins, gaining an insider's understanding of how Ireland's medieval past is being meticulously saved for the future.

Private Vehicle

Rock of Cashel - Killarney

2h-2h15m

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

Day 6

KILLARNEY

The rugged Dingle Peninsula unfolds like a painting – a landscape of salt-sprayed cliffs, ancient stone huts, and vast Atlantic skies that stretch beyond the edge of the world. Peer inside the extraordinary clocháns, dry-stone beehive huts clinging to these hillsides for over a thousand years. Walk the wide sands of Inch Beach as the Atlantic breeze rolls in off the water. In Dingle, one of Ireland's last living Gaeltacht towns, the Irish language drifts from doorways and fishing boats bob in the harbour. Browse a local pottery studio before returning to Killarney – where a free evening awaits, perhaps in one of the town's legendary music pubs or along the shimmering lakeshore.



Meals included

Breakfast | Lunch



ACCOMMODATION

The Victoria Killarney (or similar) Hotel



TODAY'S ACTIVITIES

Exploring the Dingle Peninsula Dingle - Killarney 2h

Trace the rugged contours of the Dingle Peninsula on a comprehensive circuit defined by Gaelic culture and Atlantic drama. From ancient dry-stone dwellings to sheer cliffs that plunge into the churning surf, every turn reveals a new layer of Irish history, mythology, and breathtaking coastal geometry.

Private Vehicle Killarney - Dingle 1h-2h

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

Visit to Inch Beach Dingle Peninsula 30m

A stop at Inch Beach serves as a sensory palate cleanser. Between the roar of the surf, the calls of the red-billed choughs foraging in the dunes, and the panoramic mountain views, it is a place that makes one feel remarkably small in the best possible way. As you scan the horizon, imagine the massive camera crews of 1969; this stretch was a primary location for the Oscar-winning film *Ryan's Daughter*. The vastness that once made it perfect for the silver screen is exactly what makes it feel so tranquil today.

Visit the Beehive Huts Dingle Peninsula 45m

The Fahan Beehive Huts can be found on Sleah Head, which is part of the Dingle Peninsula in County Kerry. Here, there is a fascinating collection of clochans, or beehive huts, some of which are underground and others standing. A visit here is a sensory journey into Ireland's early Christian past. Located along the spectacular stretch of coast, these stone structures cling to the southern slopes of Mount Eagle, overlooking the vast, churning Atlantic.

Dingle Town Orientation Walk Dingle 1h-1h30m

A Dingle orientation walk is a loop of color and character. From the salty breeze of the harbor to the sloping streets of the town center, it provides an immediate feel for the town's "bohemian-meets-traditional" spirit. It's a place where Irish is spoken in the hardware stores and the world's best seafood is served in cozy, wood-paneled snugs.

Day 7

KILLARNEY/ENNISTYMON

Depart Killarney continuing through the beautiful countryside, pausing in the postcard-perfect village of Adare – its thatched cottages and manicured gardens offering a gentler side of the Irish landscape. In the historic market town of Ennis, enjoy a hands-on Irish dance experience with local experts introducing you to three distinct styles – from the precise footwork of céilí to the soaring athleticism of sean-nós. Feel the heartbeat of Irish culture through movement and the kind of shared experience that needs no translation. The evening gathers the group for dinner, reflecting on a day that moved between scenic beauty and tradition.



Meals included

Breakfast | Dinner



ACCOMMODATION

Falls Hotel & Spa (or similar) **Hotel**



TODAY'S ACTIVITIES

Private Vehicle **Killarney - Adare** 1h30m

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

Stop in Adare Village **Adare** 1h-4h

A stop in Adare offers a blend of architectural charm and aristocratic luxury. It is a village designed to be walked, where you can move from a medieval abbey to a fashion boutique in minutes. Whether you are browsing the Irish woollens at the Heritage Centre or enjoying a Sunday Roast in a 200-year-old cottage, Adare provides a refined, picturesque pause on the road to the Southwest.

Private Vehicle **Adare - Ennis** 1h-2h

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

Irish Dance Experience in Ennis **Ennis** 1h30m-1h30m

An Irish dance experience in Ennis provides an authentic "triple-threat" introduction to Gaelic culture. By mastering the soulful improvisation of Sean-nós, the communal joy of the Céilí, and the disciplined power of Step Dancing, you'll walk away with more than just a few steps—you'll have a genuine connection to the rhythm of the West of Ireland while getting hints and tips from a former Riverdance dancer

Day 8

ENNISTYMON

Stand at the edge of the world. The Cliffs of Moher rise over 700 feet above the churning North Atlantic – a wall of ancient rock that has humbled visitors for centuries. Afterwards, step into the otherworldly silence of Burren National Park, where a limestone landscape unlike anywhere else in Ireland stretches to the horizon. Marvel at the megalithic portal tomb of Poul nabrone Dolmen – a 6,000-year-old monument predating Stonehenge – and attend a presentation on the conservation work that earned this region a National Geographic World Legacy Award. This evening, enjoy a festive farewell dinner, celebrating the legends, landscapes, and connections made throughout this Irish odyssey.



Meals included

Breakfast | Dinner



ACCOMMODATION

Falls Hotel & Spa (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

Ennistymon - Cliffs of Moher

1h

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

Cliffs of Moher

Cliffs of Moher

2h

A visit to the Cliffs of Moher and the Burren is a journey through 330 million years of history. You move from the soaring heights and salty spray of the Atlantic cliffs to the quiet, alien beauty of the Burren's limestone hills. It is an experience of "vastness and detail"—where a massive sea stack is as compelling as a single blue gentian growing in a crack of stone.

Visit Poul nabrone Dolmen Ancient Tombs

Cliffs of Moher

1h30m

A visit to Poul nabrone today is an encounter with Neolithic empathy and celestial timing. Beyond the "big stones," it is the story of a community that cared for a child with special needs, used quartz to bring light to the dead, and built a territorial "billboard" that still hums with the sound of the wind. It is less a cemetery and more a 5,000-year-old anchor for the human spirit.

After a final Irish breakfast, take a last look at the rolling green hills of County Clare. A private transfer is provided to Shannon Airport where your expedition concludes. Continue on carrying with you the spirit of the ancient wells, the echoes of traditional music, and the enduring beauty of the wild Atlantic coast.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Transfer **Ennistymon - Shannon**

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

What's included

- Your Welcome Moment: Meet Your Expedition Leader and Group, Dublin
- Signature Moment: Experience Gaelic Games, Dublin
- Your Foodie Moment: Ballykeefe Distillery visit, Ballykeefe
- Your Foodie Moment: Lunch at a Medieval Inn, Kilkenny
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- 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
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What are the main highlights of this trip?

Experience the soul of Irish identity through a private cultural introduction and hands-on session with local athletes during a Gaelic Games Immersion, Meet a local archaeologist to discuss a National Geographic-sponsored project preserving Ireland's Ballyvourney Holy Wells, Discover Dublin's historic streets through the poignant lens and personal stories of a formerly unhoused professional 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.

How large will the group be?

Max. 22, Avg. 16

What meals are included in this trip?

8 breakfasts, 5 lunches, 4 dinners

What are the modes of transportation on my trip?

Private Vehicle, Walking

Is there an extra cost for travelling solo?

Yes, for those travelling solo there is a single supplement.

Where will we stay during the trip?

Hotel (8 nights).

What are the joining instructions?

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

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

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

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

What happens if I experience problems when arriving?

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

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

Who should I contact in case of an emergency?

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

EMERGENCY CONTACT NUMBER

G Adventures Berlin office: +441858378000

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

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

From the United Kingdom: 0870 080 1756

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

Emergency Mobile: (416) 305-6139

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

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

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

Are there any additional packing suggestions I should consider?

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

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

What should be on my packing list?

Documents:

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

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

What are the visas and entry requirements for my trip?

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

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

[here](#)

Travelling in Europe has been simplified with the introduction of the Schengen visa. As a visitor to the Schengen area (Austria, Germany, Netherlands, Belgium, Greece, Norway, Denmark, Iceland, Portugal, Finland, Italy, Spain, France, Luxembourg, Sweden, Czech Republic, Hungary, Estonia, Latvia, Lithuania, Malta, Poland, Slovakia, Slovenia and Switzerland) you will enjoy the many advantages of this unified visa system. Generally speaking with a Schengen visa, you may enter one Schengen country and travel freely throughout the Schengen region during the validity of your visa. There are limited border controls at Schengen borders, if any at all.

Please note that the UK and Ireland are NOT part of the Schengen agreement.

A Schengen visa is applied for at the Embassy or Consulate of the Schengen country in which you will be spending the most nights on your trip to the Schengen space. If you are only visiting one country on your trip then you apply for your visa at the Consulate of this Schengen country.

As of 2025, various European countries are introducing ETIAS travel authorisation as an entry requirement for visa-exempt nationals.

We highly recommend you checking in advance how your nationality and country/s you are visiting may be affected. Further details can be found [here](#).

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

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

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

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

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates:
www.xe.com

How much emergency money should I bring on this trip?

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

Should I be tipping on my trip?

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

On our National Geographic Signature tours, tipping is included for all included activities and meals, and portorage. Tipping is not included for the Expedition Leader. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. At the end of each trip if you felt your National Geographic Signature Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline would be \$10-\$15 per person per day. Tipping is neither required nor expected for your National Geographic Expedition Expert.

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

What activities are optional on this trip?

- No optional activities

Are there any health considerations I should know before travelling?

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

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

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

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

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

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

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

What are the trip specific safety considerations?

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

What rules should I know before joining this trip?

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

Is travel insurance required for my trip?

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

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

What is Planeterra?

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

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

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

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

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

How can I share feedback about my trip experience?

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

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

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

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

Itinerary Disclaimer

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

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