

# EXPEDITIONS



## SIGNATURE: NORWAY'S FJORDS & MOUNTAIN VISTAS

10 days, Bergen to Oslo

Trip code ENBONS

# WHAT'S INCLUDED

- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Bergen
- Signature Moment: Floating Sauna Experience, Flåm
- Signature Moment: Special opening and guided tour of the Norwegian Fjord Center, Geiranger
- Arrival and Departure Transfers
- Bergen Walking Tour
- Scenic Bergen Railway Journey
- Private Fjord Cruise
- Flåm Fjord Farm Visit
- Borgund Stave Church Visit
- Bøyabreen Glacier Sightseeing Stop
- Loen Skylift Experience
- Geiranger Skywalk at Dalsnibba
- Fjord Cruise through Geirangerfjord
- Trollstigen (Troll's Road) Travel and Viewpoint
- Romsdalen Gondola Experience
- Guided Walk of Lingsbakken Apple Farm
- Lillehammer Visit
- Maihaugen Open Air Museum
- Oslo Orientation Walk
- Bybi Project Visit
- Fram 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

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

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

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

## ITINERARY

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

Day 1

## BERGEN

Welcome to Norway. Your expedition begins at the airport where you will be met and transferred to your hotel in the heart of Bergen, the 'Gateway to the Fjords'. In the evening, meet your fellow travellers and National Geographic Expedition Leader for an introduction to your journey along with a welcome reception and short presentation from the National Geographic Expedition Expert before dinner.

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### Meals included

Dinner

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### ACCOMMODATION

Opus XVI Hotel Bergen (or similar) Hotel

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### TODAY'S ACTIVITIES

Arrival Transfer Bergen

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

#### ACTIVITY

Your opportunity to meet your Expedition Leader and fellow travellers, and learn more about your tour. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group. There will be an included group welcome dinner after the meeting.

Day 2

## BERGEN

Set off and explore the city on a guided walk through Bergen's historic centre. Stroll through Bryggen, the UNESCO World Heritage-listed Hanseatic wharf, where brightly painted wooden warehouses stand as living reminders of medieval trade. The walk concludes at the vibrant Fish Market, a mainstay since the 13th century, where you'll enjoy lunch at a nearby restaurant, showcasing the best of Norway's coastal cuisine in a vibrant, authentic setting. The remainder of the day is free for your individual exploration, such as visiting the Kode Art Museum or taking a funicular ride for scenic views.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Opus XVI Hotel Bergen (or similar) Hotel



### TODAY'S ACTIVITIES

Bergen Walking Tour Bergen 1h30m 3km

Discover the legacy of the Hanseatic League as you explore the colorful alleys of Bryggen while hearing captivating tales of the seafarers who built this trading empire. Afterward, immerse yourself in the sights and scents of the legendary Fish Market, where centuries of maritime tradition continue through a bounty of fresh local delicacies.

Free Time Bergen

After an included lunch the group will walk together to the Kode Museum. Travellers can choose to visit at their own expense and at their leisure between 12:30pm and 3:00pm. The Kode Museum is an impressive stretch of four distinct galleries that serve as the crown jewel of Bergen's art scene. Should you choose to visit you will explore at your own pace, whether you want to stand face-to-face with the world-famous masterpieces of Edvard Munch or admire centuries of shimmering Bergen silver and craft.

Later this afternoon around 3:30PM, your Expedition Leader will take the group to the bottom of the Bergen Funicular. Here you can stroll to the base of the city's iconic Fløibanen funicular. You have the option (at an additional cost) to take the cable car to the summit for breathtaking panoramic views of the surrounding fjords and mountains.

The remainder of the evening travellers will be able to explore charming Bergen on their own with free time.

\*Please note that the optional activities offered during free time during day 2 (the museum and funicular) are not included and are at an additional cost locally.

Day 3

## BERGEN/FLÅM

Depart Bergen this morning aboard the Bergen Railway, one of Europe's most scenic trains. As the train winds its way across soaring mountains, travel in comfort, taking in breathtaking views of Norway's landscapes. At Myrdal Station, connect to the legendary Flåm Railway – an engineering wonder and among the steepest standard-gauge lines in the world. Over the course of this unforgettable hour-long ride, you'll admire plunging waterfalls, towering cliffs, and sweeping fjord panoramas before arriving in the idyllic village of Flåm. Join a short orientation before spending the afternoon at leisure – perfect for a gentle stroll along the waterfront before gathering for dinner at the hotel, along with some local beer samples.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Fretheim Hotel (or similar) Hotel



### TODAY'S ACTIVITIES

Local Train Bergen - Myrdal 2h 175km

Climb aboard, take a seat, and enjoy the ride.

Local Train Myrdal - Flåm 1h 18km

Climb aboard, take a seat, and enjoy the ride.

Orientation Walk Flåm Flåm 15m-30m

Enjoy a brief walk with your Expedition Leader. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Day 4

## FLÅM

Embark on a boat cruise through the majestic Aurlandsfjord and Nærøyfjord, part of the UNESCO World Heritage landscape. Glide past sheer cliffs and cascading waterfalls soaking up the views – a moment of natural grandeur. The trip continues to the Flåm Fjord Farm, where you'll enjoy a guided tour and cultural experience, meeting local hosts who share their traditions and stories of life on the fjord. Your visit culminates with a seasonal farm-to-table lunch – a memorable tasting menu reflecting the fjord's bounty. In the evening, join a special floating sauna session with a local sauna master, who will introduce you to this deep Norwegian cultural tradition of cleansing both body and mind.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Fretheim Hotel (or similar) Hotel



## TODAY'S ACTIVITIES

Private Fjord Cruise

Flåm

2h15m

15km

Set out on rib boats with your fellow group mates and cruise through Aurlandsfjord and Nærøyfjord, where dramatic scenery, stunningly narrow, emerald-green waterways are framed by sheer, snow-capped mountains and cascading waterfalls, earning them a rightful place as a UNESCO World Heritage site.

Flåm Fjord Farm Visit with Lunch

Flåm

15m

1km

Set out for a short guided farm tour and cultural experience, meeting local hosts who share their traditions and stories of life on the fjord. Finish things off with a delicious farm-to-table lunch, highlighting the regional specialties and fresh, local ingredients.

### ACTIVITY

Surrounded by the calm waters of the Aurlandsfjord and dramatic mountains, unwind in the most unique way possible, in two floating saunas docked just steps from the Flåm town center. Join a local sauna master and immerse yourself in a deeply ingrained part of the Norwegian culture, serving as a historic and traditional way to cleanse both the body and mind.

Day 5

## FLÅM/LOEN

Set off from Flåm this morning and visit the extraordinary Borgund Stave Church, one of Norway's best-preserved medieval wooden churches, dating back to the 12th century. View the intricate carvings and dragon-headed details, followed by a local-style lunch at the museum cafe. Continue onwards as the coach winds its way toward Loen, pausing for a stop at the spectacular Bøyabreen Glacier. In the evening, ascend the dramatic Loen Skylift, one of the world's steepest cable cars, soaring 1,011m (3,609 ft) straight up Mount Hoven. At the summit, you'll be treated to an unforgettable dinner, with panoramic views over Nordfjord.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Hotel Alexandra Loen (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle Flåm - Borgund 30m 18km

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

Private Vehicle Borgund - Loen 2h 92km

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

Loen Skylift Loen

In just five minutes, the record-breaking Loen Skylift transports you from the shoreline to the 1,011-meter peak of Mount Hoven. This engineering marvel offers a near-vertical journey into the clouds, revealing some of Norway's most spectacular alpine panoramas.

Borgund Stave Church Borgund 30m

Explore Borgund Stave Church, a masterclass in medieval timber engineering and the best-preserved of its kind.

Day 6

## LOEN/GEIRANGER

Travel toward Geiranger this morning, one of Norway's most famous fjord destinations. En route, ascend to the spectacular Geiranger Skywalk at Dalsnibba, Europe's highest fjord view platform at 1,500m (4,921 ft) above sea level. From this vantage point, admire views over snow-capped peaks and the deep-blue waters of the Geirangerfjord. In the afternoon, embark on a fjord cruise through Geirangerfjord, sailing past sheer cliffs, abandoned mountain farms, and the legendary Seven Sisters Waterfall – a true sight to behold. The remainder of the day is free to relax before gathering in the evening for dinner.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Hotel Union Geiranger AS (or similar) **Hotel**



### TODAY'S ACTIVITIES

Private Vehicle **Loen - Geiranger** 1h30m 75km

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

Dalsnibba Skywalk **Dalsnibba**

Gaze from the 1,500-meter-high Geiranger Skywalk for Europe's highest panoramic view of the UNESCO-listed Geirangerfjord.

Geiranger Orientation Walk **Geiranger** 30m

Join your Expedition Leader on a short orientation of Geiranger before enjoying free time for lunch.

Scenic Boat Cruise **Geirangerfjorden** 1h30m

Head out by boat to explore the nooks and crannies of this UNESCO fjord. View waterfalls and breathtaking scenery.

Free Time **Geiranger**

Return to the hotel, then explore Geiranger however you wish with free time.

Day 7

## GEIRANGER

This morning, enjoy a special curator-led visit to the Norwegian Fjord Centre before it opens to the public. Peruse exhibits on the region's natural and cultural history, learning about how the dramatic landscape was forged. Next, set out on a full-day trip along the legendary Trollstigen (Troll's Road), a masterpiece of engineering. Stop at the Trollstigen viewpoint and step out onto dramatic platforms suspended over the cliffs to admire cascading waterfalls and sweeping valley views, then board the Romsdalen Gondola and glide silently up Mount Nesaksla for lunch featuring beautiful views and gourmet cuisine. Make a final stop at an apple farm, where you'll enjoy a guided walk and taste artisanal products such as ciders and jams before returning to Geiranger for the evening.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Hotel Union Geiranger AS (or similar) Hotel



### TODAY'S ACTIVITIES

#### ACTIVITY

Experience an exclusive, pre-opening tour of the Norwegian Fjord Centre personally led by the museum's curator.

Private Vehicle Geiranger - Trollstigen 2h 69km

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

Trollstigen Viewpoint Trollstigen halvbru

Stretch your legs with a stop at the iconic Trollstigen viewpoint, where you can walk along the architecturally striking platforms suspended over the valley. From this vantage point, you will witness the dramatic 11 hairpin bends of the "Troll's Path" as it snakes past the thundering Stigfossen waterfall.

Private Vehicle Trollstigen - Åndalsnes 30m 21km

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

Romsdalen Gondola Romsdalen

Take a modern cable car journey up Mount Nesaksla for unrivaled aerial perspectives of the winding Rauma River and the dramatic peaks of the Romsdal Alps.

Private Vehicle **Romsdalen - Sylte** 1h30m-2h 59km

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

Lingebakken Apple Farm Walk **Sylte**

Discover the legacy of Norwegian fruit farming during an immersive orchard walk, followed by a curated tasting of premium, estate-made ciders and preserves.

Private Vehicle **Sylte - Geiranger** 1h 30km

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

Day 8

## GEIRANGER/OSLO

Depart for Oslo, passing between the dramatic peaks of Jotunheimen and Rondane National Parks. A highlight stop awaits in Lillehammer, the host city of the 1994 Winter Olympics. Visit the fascinating Maihaugen Open-Air Museum, one of Norway's largest cultural heritage museums. With more than 200 historic buildings, Maihaugen paints a vivid picture of Norwegian life through the centuries. After a guided introduction, enjoy lunch and some free time to explore the open-air grounds before travelling onwards to Oslo, arriving in the early evening.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Grand Hotel Oslo (or similar) **Hotel**

Since 1874, The Grand Hotel Oslo has been a prestigious, storied landmark that has defined Norwegian elegance. It's witnessed over a century of history as it has hosted countless famous figures, including Presidents, the Dalai Lama, world leaders, and artists. In addition, it is a traditional gathering spot for Nobel Peace Prize winners. It's just steps from Aker Brygge and the city's top attractions.



### TODAY'S ACTIVITIES

Private Vehicle **Geiranger - Lillehammer** 4h 360km

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

Private Vehicle **Lillehammer - Oslo** 2h30m 181km

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

Oslo Orientation Walk **Oslo** 1h45m-2h 2km

Get your bearings alongside your leader on an orientation walk through town, culminating in a visit to the iconic Oslo Opera House and the vibrant Bjørvika district.

Olympic Museum + Maihaugen Museum guide 45 min **Lillehammer**

Day 9

## OSLO

Venture out to the Bygdøy Peninsula for a visit to the Fram Museum, which features the incredible history of polar exploration. Walk on board the original polar ship Fram, and imagine yourself as one of the early explorers venturing into the unknown. Next, at the Kon-Tiki Museum, enjoy a specially arranged meeting with a family member or biographer of Thor Heyerdahl, learning about his family's scientific seafaring adventures, often chronicled in National Geographic magazine. Continue to Bybi, an urban beekeeping program, learning about biodiversity projects and how the community supports apiaries in this vital mission. In the evening, gather for a farewell dinner to toast an unforgettable Norwegian expedition.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Grand Hotel Oslo (or similar) Hotel

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### TODAY'S ACTIVITIES

Visit to Bybi, short stroll in the garden, and talk about the Project

Oslo

Join the experts at Bybi to explore how this local network of beekeepers and urban farmers is transforming the city into a haven for bees. Your visit includes an insightful look at urban biodiversity and a complimentary jar of delicious, locally produced honey.

Fram Museum

Oslo

1h-2h

Step aboard the legendary Fram, the world's toughest wooden ship, and explore the very decks that conquered both poles. This immersive museum brings the heroic age of polar exploration to life through gripping tales and authentic artifacts.

Kon-Tiki Museum

Oslo

Enjoy a private talk with a Heyerdahl family member or biographer about the daring expeditions famously featured in National Geographic. Signature Moment: View the legendary Kon-Tiki raft and the papyrus boat Ra II up close.

Day 10

## OSLO

Your expedition concludes today. Transfers are provided to the airport at any time during the day.



### Meals included

Breakfast



### TODAY'S ACTIVITIES

Departure Transfer

Oslo

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

## What's included

- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Bergen
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- Porterage at hotels and when getting on and off of vehicles
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- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Visit the Fjord Centre pre-opening with the curator to learn how the extreme landscape was formed, Embrace Norwegian culture with a guided sauna and cold-water dips in the fjord, Ascend the Loen Skylift for dinner atop Mount Hoven viewing Nordfjord from above, Meet a relative or biographer of Thor Heyerdahl to learn of his scientific seafaring adventures, Travel Europe's steepest railway then cruise the UNESCO-listed Nærøfjord.

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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, Avg. 16.

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

9 breakfasts, 5 lunches, 6 dinners

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

Private vehicle, public train, private RIB boat, cable car, cruise boat, gondola, walking.

## **Is there an extra cost for travelling solo?**

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

## **Where will we stay during the trip?**

Hotels (9 nts)

## What are the joining instructions?

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, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your Expedition Leader. If you are unable to get in touch with your leader, please refer to our emergency contact details.

## 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 Krone and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

## How much emergency money should I bring on this trip?

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

## Do I need to pay a departure tax?

Usually included in international air ticket.

## 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.