

# 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: Happy Tours : 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.

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### Meals included

Breakfast | Lunch | Dinner

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### 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.

Happy Tours : 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.

Happy Tours : 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.

Happy Tours : 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

Happy Tours :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
- Signature Moment: Floating Sauna Experience, Flåm
- Signature Moment: Happy Tours : Special opening and guided tour of the Norwegian Fjord Center, Geiranger
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- Engaging Discussions with the National Geographic Expert Throughout
- Porterage at hotels and when getting on and off of vehicles
- Tips are included for all activities, meals and porterage, except for your Expedition Leader
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

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 Sky lift 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 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?**

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?**

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

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

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

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

## **What happens if I experience problems when arriving?**

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

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

## Who should I contact in case of an emergency?

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

### EMERGENCY CONTACT NUMBERS

G Adventures Berlin office: +441858378000

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

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

From the United Kingdom: 0870 080 1756

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

Emergency Mobile: (416) 305-6139

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

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

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

## Are there any additional packing suggestions I should consider?

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

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

# What should be on my packing list?

## 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?

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](#)

Last updated: January 27th 2025

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

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

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

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work. 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)

## Do I need to pay a departure tax?

Usually included in international air ticket.

## Should I be tipping on my trip?

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

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

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

## What activities are optional on this trip?

- No optional activities

## Are there any health considerations I should know before travelling?

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

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

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

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

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

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

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

## **What are the trip specific safety considerations?**

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

## **What rules should I know before joining this trip?**

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

## **Is travel insurance required for my trip?**

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

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

## What is Planeterra?

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

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

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

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

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

## How can I share feedback about my trip experience?

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

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

## Are international flights included in this trip?

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

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

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

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

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

## Dossier Disclaimer

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

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

## Itinerary Disclaimer

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

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