

EXPEDITIONS



SIGNATURE: PORTUGAL'S PORTO, DOURO VALLEY, & LISBON

8 days, Porto to Lisbon

Trip code EPPLNS

WHAT'S INCLUDED

- Your G for Good Moment: Mezze Restaurant, Lisbon
- Your Welcome Moment: Meet Your Expedition Leader and Group, Porto
- Signature Moment: Livraria Lello Private Visit, Porto
- Your Foodie Moment: Cooking Class, Lamego
- Arrival and Departure Transfers
- Port Wine Tasting
- Porto Tuk Tuk Tour
- Expedition Leader-Led Walk of the São Gonçalo Bridge
- Pastry and Coffee at Confeitaria da Ponte
- Regua to Pinhao Boat Cruise
- Guided Tour of Tomar
- Fado Night with Traditional Portuguese Meal
- Lisbon City Tour
- Jerónimos Monastery Visit
- Maritime Museum Visit
- São Roque Church Visit
- Carmo Archaeological Museum Visit
- Cabo da Roca Viewpoint
- Guided tour of Pena Palace
- Guided tour of Quinta da Regaleira
- 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



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

PORTO

Welcome to Portugal. Your expedition begins as you touch down in Porto, one of the oldest settlement centres in Europe. You'll be met at the airport and transferred to your hotel in the heart of the city's UNESCO-designated historical centre. In the evening, meet your fellow travellers and National Geographic Expedition Leader for an introduction to your journey and a short presentation from the National Geographic Expedition Expert. Set off on foot across the river into Vila Nova de Gaia for a welcome dinner, accompanied by a curated sampling of local wines.



Meals included

Dinner



TODAY'S ACTIVITIES

Arrival Transfer

Porto

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

PORTO

Start the day with a walk to the Livraria Lello, widely considered to be one of the most beautiful bookstores in the world, for an exclusive pre-opening tour with a specialist-bookseller. Peruse the stacks in quiet reverence amid the unique atmosphere of neo-gothic, art deco and art nouveau designs and the majestic central staircase. Next, board electric tuk-tuks for a guided exploration of UNESCO-listed Porto. Visit the awe-inspiring São Francisco Church, featuring over 200lbs (90.7kg) of gold leaf, the Romanesque Palácio da Bolsa and stop at the São Bento Railway Station to marvel at the dramatic azulejo tile panels. After lunch, the late afternoon and evening are yours to wander Porto's winding streets at your own pace—perhaps stepping into the golden interior of the Church of Saint Francis, navigating the lively stalls of Bolhão Market, or simply lingering at a riverside café.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

ACTIVITY

Join an expert bookseller for a private, early-access tour of the legendary Livraria Lello before it opens for the day. Discover the stories behind this architectural masterpiece and enjoy the rare opportunity to explore its world-famous interior in a peaceful, intimate setting.

Tuk Tuk Tour **Porto** 2h15m 5km

Explore Porto's UNESCO-listed treasures on a privately guided tuk tuk tour, offering a comfortable and stylish way to see the city's most prestigious landmarks. Marvel at the opulent gold leaf of São Francisco Church and the Romanesque beauty of the Stock Exchange Palace before visiting the iconic São Bento Station.

Day 3

PORTO TO THE DOURO VALLEY

Travel to the Douro Valley, soaking in the scenery of rolling hills and dramatic, terraced vineyards. Stop in the charming town of Amarante for a stroll along the Tâmega River, crossing the São Gonçalo Bridge on the way to the historic Confeitaria da Ponte for coffee and a taste of some of the local sweets. Continue to a family-owned vineyard and winery for a tasting paired with a lunch of local specialties, highlighting the robust flavours borne from this unique terroir. Enjoy a discussion about the pivotal role of Portuguese wines throughout history before returning to the hotel for the evening.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Douro Royal Valley Hotel & Spa (or similar) **Hotel**



TODAY'S ACTIVITIES

Private Vehicle **Porto - Amarante** 1h 46km

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

Confeitaria da Ponte **Amarante**

Experience a taste of Amarante's history at Confeitaria da Ponte, the city's premier destination for regional delicacies since 1930. Located directly across from the historic bridge, this iconic shop is renowned for the quality of its traditional sweets and its stunning riverside terrace, providing a perfect vantage point over the Tâmega River.

Private Vehicle **Amarante - Tabuado** 30m 15km

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

Sapateiro Vineyard & Winery **Tabuado**

Enjoy a visit to the Sapateiro winery to sample a selection of fine local wines paired with regional cheeses, meats, and fresh breads. This tasting offers a relaxed opportunity to experience the estate's unique character and the traditional flavors of the area.

Private Vehicle **Tabuado - Douro** 30m-45m 17km

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

Day 4

THE DOURO VALLEY

Set off from the hotel and take a scenic drive along the Douro River, stopping for a hands-on cooking class. Learn to prepare local dishes using fresh regional ingredients, and enjoy the delicious results as a farm-to-table lunch. Later, board a vessel for one of the most spectacular experiences in the area with a navigation along the emblematic Douro River. Feel the immense scale of the UNESCO-listed landscapes rising dramatically around you, revealing the heart, soul and magic of the valley.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Douro Royal Valley Hotel & Spa (or similar) **Hotel**



TODAY'S ACTIVITIES

Private Vehicle **Douro - Lamego** 1h 44km

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

ACTIVITY

Immerse yourself in the culinary traditions of the Douro Valley with a hands-on cooking class focused on authentic regional recipes.

Private Vehicle **Lamego - Pinhão** 45m 30km

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

Boat Cruise Douro River **Pinhão** 2h

Embark on a breathtaking journey through the heart of the Douro Valley, where every turn reveals stunning, UNESCO-listed landscapes. Experience the river's timeless beauty on a cruise designed to showcase the most spectacular views in the region.

Private Vehicle **Pinhão - Douro** 1h30m 70km

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

Day 5

THE DOURO VALLEY TO LISBON

Bid the Douro Valley farewell and travel south towards Lisbon. The path is rich with history and storytelling, clearly seen in the city of Tomar, the former seat of the Order of the Knights Templar. Enjoy a guided walk and visit the Convent of Christ, a stunning UNESCO World Heritage Site and chief work of the Portuguese Renaissance. Continue in the afternoon to Portugal's bustling capital, steeped in history and charm. In the evening, gather for dinner and a Fado performance, experiencing the deep, melancholic soul of Portugal through its music.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Montebelo Vista Alegre Lisboa Chiado Hotel (or similar) **Hotel**

Montebelo Vista Alegre Lisboa Chiado is an exceptional five-star hotel in Lisbon's artistic Chiado district. Housed in a restored 18th-century building, it celebrates the heritage of the world-famous Vista Alegre porcelain with hand-painted artwork and floral motifs. Guests are perfectly placed to explore Rossio Square and the Tagus River. A culinary highlight is Ponja Nikkei, offering a creative fusion of Peruvian and Japanese flavours, while elegant rooms blend historic stucco ceilings with modern porcelain design.



TODAY'S ACTIVITIES

Private Vehicle **Douro - Tomar** 3h 248km

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

Tomar Walk with Convent of Christ **Tomar** 1h

Explore the historic heart of Tomar on a guided walk that highlights the city's unique Templar heritage and architectural evolution. The experience features a visit to the magnificent Convent of Christ, a UNESCO World Heritage site renowned for its stunning Manueline design and storied military history.

Private Vehicle **Tomar - Lisbon** 2h 145km

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

Fado Night with Traditional Portuguese Meal **Lisbon** 2h

Sit down to a traditional meal and lend your ears to the sound of a performance by Portuguese folk music artists.

Day 6

LISBON

Be immersed in Lisbon's vibrant culture and history on a tour of the city's vibrant neighbourhoods and iconic monuments. Visit Jerónimos Monastery, built with the profits of the spice trade and a UNESCO World Heritage Site. Lunch is at a community restaurant which promotes the integration of refugees and immigrants through training—celebrating empowerment and diversity within Lisbon's diverse communities. Continue to São Roque Church, whose chapels are extraordinary masterpieces then visit the Carmo Convent Archaeological Museum, a haunting reminder of the 1755 earthquake. The evening is free for dinner on your own.



Meals included

Breakfast | Lunch



ACCOMMODATION

Montebelo Vista Alegre Lisboa Chiado Hotel (or similar) Hotel

Montebelo Vista Alegre Lisboa Chiado is an exceptional five-star hotel in Lisbon's artistic Chiado district. Housed in a restored 18th-century building, it celebrates the heritage of the world-famous Vista Alegre porcelain with hand-painted artwork and floral motifs. Guests are perfectly placed to explore Rossio Square and the Tagus River. A culinary highlight is Ponja Nikkei, offering a creative fusion of Peruvian and Japanese flavours, while elegant rooms blend historic stucco ceilings with modern porcelain design.



TODAY'S ACTIVITIES

Lisbon City Tour Lisbon 45m

Discover the historic streets of Lisbon on a guided tour that traces the city's maritime legacy and its pivotal role during the Age of Discovery.

Jerónimos Monastery Lisbon 30m-1h

Built with the riches of the spice trade, the Jerónimos Monastery is a pinnacle of Portuguese artistry and a landmark of global history. It holds the distinction of being among the first European sites recognized by UNESCO for its exceptional universal value.

ACTIVITY

This venue promotes the integration of refugees and immigrants through training and employability. They value people's knowledge, experience and culture and these are the elements we use to facilitate inclusion and create more diverse, vibrant communities.

São Roque Church Visit Lisbon 30m

Visit the Church of São Roque to witness one of the world's most opulent displays of Baroque art and gold-leaf craftsmanship.

Carmo Archaeological Museum Visit Lisbon 30m

Explore the evocative ruins of the Carmo Archaeological Museum, a roofless Gothic convent preserved as a striking memorial to the 1755 earthquake.

Day 7

LISBON

Head west to Cabo da Roca, the westernmost point of Europe and an iconic landmark. Stand on the dramatic cliffs and marvel at the spectacular, windswept views of the expansive Atlantic – a powerful connection to the ocean that defined Portugal's history. Continue to Sintra, a 19th-century resort town and UNESCO World Heritage Site. Your guided tour immerses you in the region's Romanticism, including visits to the colourful Pena Palace and the intriguing, eclectic architecture of Quinta da Regaleira. Back in Lisbon, gather with your fellow travellers for a farewell dinner, celebrating your exploration of Portugal's historic and diverse past and present.



Meals included

Breakfast | Dinner



ACCOMMODATION

Montebelo Vista Alegre Lisboa Chiado Hotel (or similar) Hotel

Montebelo Vista Alegre Lisboa Chiado is an exceptional five-star hotel in Lisbon's artistic Chiado district. Housed in a restored 18th-century building, it celebrates the heritage of the world-famous Vista Alegre porcelain with hand-painted artwork and floral motifs. Guests are perfectly placed to explore Rossio Square and the Tagus River. A culinary highlight is Ponja Nikkei, offering a creative fusion of Peruvian and Japanese flavours, while elegant rooms blend historic stucco ceilings with modern porcelain design.



TODAY'S ACTIVITIES

Private Vehicle Lisbon - Cabo da Roca 1h 41km

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

Cabo da Roca Visit Lisbon 30m

Photo stop where “a terra se acaba e o mar começa...” which means “Where the land ends and the sea begins”. It's the westernmost point of continental Portugal, as well as of continental Europe. Enjoy a panoramic view over the Serra de Sintra. Historical records indicate that there was a fort on Cabo da Roca in the 17th century that played an important part in guarding the entrance to Lisbon's harbour, forming a defensive line along the coast, especially during the Peninsular Wars.

Private Vehicle Cabo da Roca - Sintra 45m 33km

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

Pena Palace and Park Guided Visit **Sintra** 1h30m-2h

Situated in the hills of Sintra, Pena Palace and its surrounding park are one of the greatest expressions of 19th-century romanticism in Portugal. With clear Manueline influence and Moorish architectural styles, the palace is built in a such a way as to be visible from any point in the park. Tour the Palace and park and learn about the Palace's origins and influences throughout Portuguese history.

Quinta da Regaleira Visit **Quinta da Regaleira** 1h

Explore the mystical estate of Quinta da Regaleira on a guided walk through its enigmatic gardens, hidden tunnels, and the iconic "Initiation Well."

Private Vehicle **Quinta da Regaleira - Lisbon** 1h 28km

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

Day 8

LISBON

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



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Transfer **Lisbon - Lisbon Airport**

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

What's included

- Your G for Good Moment: Mezze Restaurant, Lisbon
- Your Welcome Moment: Meet Your Expedition Leader and Group, Porto
- Signature Moment: Livraria Lello Private Visit, Porto
- Your Foodie Moment: Cooking Class, Lamego
- Arrival and Departure Transfers
- Port Wine Tasting
- Porto Tuk Tuk Tour
- Expedition Leader-Led Walk of the São Gonçalo Bridge
- Pastry and Coffee at Confeitaria da Ponte
- Regua to Pinhao Boat Cruise
- Guided Tour of Tomar
- Fado Night with Traditional Portuguese Meal
- Lisbon City Tour
- Jerónimos Monastery Visit
- Maritime Museum Visit
- São Roque Church Visit
- Carmo Archaeological Museum Visit
- Cabo da Roca Viewpoint
- Guided tour of Pena Palace
- Guided tour of Quinta da Regaleira
- 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?

Explore the colourful Pena Palace and the eclectic Quinta da Regaleira in the UNESCO-listed hills of Sintra, Join a cooking class at a traditional quinta learning to prepare local dishes in the heart of the Douro Valley, Visit the historic Port Wine Caves for a cellar tour dinner and sampling of locally produced wines, Dine at Mezze, a social enterprise promoting the integration and employability of refugees and immigrants, Experience the melancholic soul of Portugal with a Fado performance and dinner in Lisbon.

What are the main highlights of this trip?

Explore the colourful Pena Palace and the eclectic Quinta da Regaleira in the UNESCO-listed hills of Sintra, Join a cooking class at a traditional quinta learning to prepare local dishes in the heart of the Douro Valley, Visit the historic Port Wine Caves for a cellar tour dinner and sampling of locally produced wines, Dine at Mezze, a social enterprise promoting the integration and employability of refugees and immigrants, Experience the melancholic soul of Portugal with a Fado performance and dinner in Lisbon.

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

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

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

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

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

What is the group leader like?

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

How large will the group be?

Max 22.

What meals are included in this trip?

7 breakfasts, 5 lunches, 5 dinners

What are the modes of transportation on my trip?

Private vehicle, tuk tuk, river boat, 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 (7 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 either the G Adventures Local Representative (if one is listed below) or 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 NUMBERS

G Adventures Office London, United Kingdom

During Office hours (Weekdays, 9am-5:30pm Local Time)

+44 20 7243 9870

For absolute emergencies after office hours please contact: +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 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

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.