

# 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

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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

## 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.

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### Meals included

Dinner

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### 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



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### 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

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### 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.

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### Meals included

Breakfast

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### 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
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- 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?**

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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.

## **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?**

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 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](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.