

# EXPEDITIONS



## SIGNATURE: WALKING SPAIN'S CAMINO DE SANTIAGO

9 days, Bilbao to Santiago de Compostela

Trip code ESBSNS

## WHAT'S INCLUDED

- Your Welcome Moment: Meet Your Expedition Leader and Group, Bilbao
- Your Welcome Moment: Welcome Meeting at Guruzu, Bilbao
- Your Foodie Moment: Private Wine Tasting and Lunch at CVNE Winery, Haro
- Signature Moment: Private After Hours Tour of Santiago Cathedral, Santiago de Compostela
- Arrival and departure transfers
- Orientation Walk of Bilbao
- Guided Tour of Guggenheim Museum, Bilbao
- Hike Itero de la Vega - Frómista
- Hike Sahagún to Bercianos del Real Camino
- Guided Tour of Leon
- Hike Hospital de Órbigo to Crucero de Santo Toribio
- Lunch at La Peseta in Crucero
- Guided Tour of Villafranca del Bierzo
- Hike Las Herrerias to O Cebreiro
- Guided Visit Monastery of Samos
- Hike San Paio to Santiago de Compostela
- Visit to Muros
- Visit to Muxia
- Walk to Lighthouse Fisterra
- Engaging Discussions with the National Geographic Expedition Expert Throughout
- Porterage at hotels and when getting on and off of vehicles
- Tips are included for all activities, meals and porterage, except for your Expedition Leader
- All transport between destinations and to/from included activities

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

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

**VALIDITY:** Valid for all trips departing February 5th, 2026 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

## BILBAO

Welcome to the Basque Country. Your expedition begins in Bilbao, a city that seamlessly blends avant-garde design with deep-rooted tradition. You are met and transferred to your hotel to settle in before heading to a local community social enterprise. Here, join your National Geographic Expedition Leader, National Geographic Expedition Expert for a presentation illuminating the history and cultural significance of the pilgrimage ahead. After, gather with your fellow travellers for a welcome dinner, marking the start of your Spanish exploration with a celebration of vibrant Basque flavours and local hospitality.



### Meals included

Dinner



### ACCOMMODATION

Hotel Carlton Bilbao (or similar) Hotel



### TODAY'S ACTIVITIES

Arrival Transfer

Bilbao

30m-30m

10km

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.

#### ACTIVITY

Enjoy a welcome reception at Guruzu. This venue demonstrates how a high-end restaurant can function as a tool for labor insertion and community cohesion. By the end of the session, you understand Guruzu not as a soup kitchen, but as a professional, sustainable business where "every story counts" and where the simple act of sharing a table becomes a political and social act of equality.

Day 2

## BILBAO/BURGOS

Begin the morning with an orientation walk through Bilbao's main highlights, culminating at the iconic Guggenheim Museum for a private guided tour of its contemporary masterpieces. Later, leave the city behind and travel into the heart of the La Rioja wine region. In the charming town of Haro, inhale the scent of aging oak as you visit a renowned winery for a guided tour of its historic vineyards and cellars. Enjoy a curated wine tasting followed by a delicious local lunch before continuing your journey to the historic city of Burgos, where the evening is yours to explore at your own pace.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Hotel Burgos (NH Palacio de Burgos) (or similar) Hotel



### TODAY'S ACTIVITIES

Orientation Walk of Bilbao Bilbao 2h

This Expedition Leader led walking tour is a narrative of survival and metamorphosis. By connecting the aristocratic Gran Vía to the medieval Siete Calles and finally the futuristic Guggenheim, you witness how Bilbao successfully pivoted from a gritty industrial port to a global cultural capital without losing its soul. It is a walk through time where every bridge and cathedral stone tells a story of Basque resilience.

Guided Tour of Guggenheim Museum Bilbao 1h-1h 1km

Discover the icon that transformed the art world with a curated guided tour of the Guggenheim Museum Bilbao. This architectural deep-dive explores Frank Gehry's titanium-clad genius, from the monumental outdoor sculptures to the soaring, light-filled atrium.

Private Vehicle Bilbao - Haro 1h-1h15m

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

#### ACTIVITY

A private wine tasting and family-style lunch at CVNE (Compañía Vinícola del Norte de España) is widely considered the "holy grail" of Riojan wine tourism. The whole experience is an immersion into a

winemaking dynasty. By dining in one of their historic rooms, you are stepping out of the modern world and into a space where time is measured in decades, not minutes.

Private Vehicle

Haro - Burgos

1h15m

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

Day 3

## BURGOS/CARRIÓN DE LOS CONDES

The Camino begins in Itero de la Vega and continues onto Frómista, where the rhythm of the trail asserts itself almost immediately – a steady, meditative pace across la Meseta, the vast central plateau that has tested and transformed pilgrims for centuries. The landscape here is austere and quietly beautiful, the horizon impossibly wide. Pass the ancient Roman fountain at Boadilla del Campo and follow the serene waters of the Canal of Castile, an 18th-century feat of engineering that still carries boats through the breadth of the plateau. The day's walking spans four hours of ancestral path before arriving in Carrión de los Condes, where a night within the thick stone walls of a historic monastery provides a shelter as old as the pilgrimage itself.

Trail Detail: 14 km (9 mi) | 4h | + 45 m (148 ft) / - 45 m (148 ft) ascent/descent | Moderate



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Hotel Carrión de los Condes (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle Burgos - Frómista 1h15m

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

Hike Itero de la Vega - Frómista Itero de la Vega - Frómista 4h-4h

The hike from Puente Fitero to Frómista is a low-impact, high-reward stage. With a negligible elevation gain of only 45 meters, it is a day defined by horizontal beauty. By trading the wide-open, silent horizons of the wheat fields for the cool, shaded corridor of the 18th-century canal, you experience a literal and metaphorical "flow" that serves as a perfect physical recovery after the previous days of climbing.

Private Vehicle Villalcázar de Sirga - Carrión de los Condes 15m

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

Day 4

## CARRIÓN DE LOS CONDES/LEON

Set off from the medieval city of Sahagún, heading west through the quiet village of Bercianos del Real Camino. After a three-hour hike, drive to the elegant city of León. After lunch in town, spend the afternoon with a local guide discovering the city's historic treasures, standing in awe before the remarkable cathedral and its gallery of over 100 luminous stained-glass windows. The city's pulse is vibrant yet grounded in antiquity. This evening, enjoy time on your own before retreating to a spectacular Renaissance convent, where the grand architecture provides a serene backdrop for your overnight stay.

Trail Detail: 10.2 km (6.3 mi) | 2.30h | + 100 m (330 ft) / - 100 m (330 ft) ascent/descent | Moderate



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Hotel León (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle Carrión de los Condes - Sahagún 30m

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

Hike Sahagún to Bercianos del Real Camino Sahagún - Bercianos del Real Camino 3h-3h

The hike from Sahagún to Bercianos is a symbolic milestone on the Camino Francés. Stop at the Santuario de la Virgen Peregrina, a 13th-century Mudéjar-style former Franciscan convent. The 2.5-hour walk is gentle, rhythmic, and shaded by plane trees, allowing you to arrive in the historic village of Bercianos with plenty of energy.

Private Vehicle Bercianos del Real Camino - Leon 1h

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

Guided Tour of Leon Leon 1h-1h

This walking tour is a narrative of the "Kingdom of Light." By pairing the Romanesque depth of San Isidoro with the Gothic weightlessness of the Cathedral, you visit the two pillars of Leonese identity. Afterwards, walk to the Barrio Húmedo (the old tavern district), just steps from the Cathedral, for an included traditional lunch.

Day 5

## LEON/VILAFRANCA DEL BIERZO

Your morning hike begins at a storied Roman bridge in Hospital de Órbigo. Follow winding country roads to El Crucero de Santo Toribio, a stone cross that has guided pilgrims for centuries, offering sweeping views of the trail. In Astorga, enjoy a well-deserved lunch at a local institution before exploring the town's eclectic architecture, from Gothic churches to a palace designed by Antoni Gaudí. Continue west into the lush landscapes of Villafranca del Bierzo. Meet a local guide for an afternoon walk through the town's historic streets before gathering for a group dinner to share stories of the day's five-hour trek.

Trail Detail: 12 km (8 mi) | 3.30h | + 195 m (640 ft) / - 100 m (330 ft) ascent/descent | Moderate



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Parador de Villafranca del Bierzo (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle Leon - Hospital de Órbigo 45m

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

Hike Hospital de Órbigo to Crucero de Santo Toribio Hospital de Órbigo - Crucero 4h-4h

The hike replaces the flat horizons of the previous days with a series of "mini-peaks" and valleys that test your climbing legs. By starting at the monumental bridge of Hospital de Órbigo and finishing at the vantage point of Santo Toribio, you experience the Camino's transition from medieval history to the rugged natural beauty of the Leonine mountains.

Private Vehicle Crucero - Astorga 15m

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

Lunch at La Peseta in Crucero Crucero 1h30m

Lunch at La Peseta is not just a meal; it is a culinary rite of passage for anyone arriving in Astorga. After the dusty, undulating "rollers" from the Crucero de Santo Toribio, stepping into this wood-paneled institution feels like being welcomed into the dining room of a very wealthy, very talented Spanish grandmother.

Private Vehicle

Astorga - Villafranca del Bierzo

1h15m

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

Guided Tour of Villafranca del Bierzo

Villafranca del Bierzo

1h30m-1h30m

Enjoy a locally guided walk through Villafranca del Bierzo. This is an exploration of what locals proudly call "Little Santiago." The town is the final major stop in the province of León before pilgrims face the grueling climb into Galicia, and its architecture reflects its historical role as a sanctuary of both physical and spiritual refuge.

Day 6

## VILAFRANCA DEL BIERZO/LUGO

Galicia announces itself with hills rolling in deep, saturated green. The walking trail narrows into forest paths and ancient switchbacks, past thatched stone houses and villages seemingly unchanged for centuries. The ascent to O Cebreiro rewards with one of the Camino's most affecting sights: the oldest intact church on the route, its interior worn smooth by generations of pilgrims. Descend toward the 6th-century Samos Monastery – one of the oldest in the western world – its vast, silent cloister a reminder of the spiritual ambition that has shaped this landscape for fifteen centuries. The night is spent within the walls of a Benedictine monastery in Monforte de Lemos.

Trail Detail: 8.2 km (5.3 mi) | 3h | + 630 m (2,000 ft) / - 0 m (0 ft) ascent/descent | Challenging



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Parador de Monforte de Lemos (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle **Villafranca del Bierzo - Las Herrerias** 30m

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

Hike Las Herrerias to O Cebreiro **Las Herrerias - Cebreiro** 3h-3h

The hike from Las Herrerías to O Cebreiro is the stuff of Camino legend. It is the shortest but most vertically challenging day on the French Way—a literal "stairway to heaven" that takes you from the deep green valleys of El Bierzo into the misty, Celtic peaks of Galicia.

Private Vehicle **Cebreiro - Samos** 45m-1h

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

Guided Visit Monastery of Samos **Samos** 1h-1h

A visit to Samos is a plunge into deep time. From the 9th-century Mozarabic roots of the Cypress Chapel to the Gothic and Baroque grandeur of the cloisters, the monastery serves as a physical record of Galician resilience.

Private Vehicle

Samos - Monforte de Lemos

1h

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

Day 7

## LUGO/SANTIAGO DE COMPOSTELA

Travel to San Paio to begin the final leg of your journey toward Santiago. From the heights of Monte del Gozo, catch your first emotional glimpse of the cathedral's striking towers on the horizon. Walk into the heart of the city to Plaza do Obradoiro, the triumphant endpoint of the pilgrimage route. After an eight-mile hike, celebrate with a well-deserved local lunch in the bustling city centre. Check into your beautiful hotel to rest your legs and soak in the atmosphere of this holy city. The afternoon is yours to wander the medieval streets or simply watch the modern pilgrims arrive at the journey's end.

Trail Detail: 12.5 km (8 mi) | 3.30h | + 202 m (663 ft) / - 276 m (906 ft) ascent/descent | Moderate



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Parador de Santiago de Compostela (or similar) Hotel

The Parador de Santiago de Compostela is one of the oldest and most luxurious hotels in Spain. It is in the Plaza del Obradoiro next to the Cathedral of Santiago de Compostela, one of the most visited cathedrals in the world, and has witnessed the passage of pilgrims over the centuries. It began as a Royal Hospital with the Catholic Monarchs to offer them shelter and today it's known as Hostal dos Reis Católicos. The historic building preserves the Plateresque façade on the outside, four cloisters, elegant corridors and hallways, spectacular rooms, and a museum in its interior. The Hotel has the largest collection of Madrid School paintings in the Paradors collection. In Santiago de Compostela alone, more than 140 works by artists including Martínez Novillo, Álvaro Delgado and Menchu Gal are on display. What's more, the Parador has a business centre with large-capacity, spacious rooms for holding corporate and private events and celebrations of all kinds; it is equipped with the best technology and services to guarantee their success.

Beyond the Camino de Santiago, the city offers visitors a multitude of options, such as walking routes to discover the monuments in its streets and squares, walks through its parks and gardens and, if you have time, excursions to explore the Galician estuaries.



### TODAY'S ACTIVITIES

Private Vehicle

Lugo - San Paio

2h

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

Hike San Paio to Santiago de Compostela

San Paio - Santiago de Compostela

3h30m-4h

The hike from San Paio to Santiago is a victory walk. It replaces the rugged nature of the previous days with a choreographed urban arrival. With a modest 12.5 km distance and a final descent into the city, it is a stage defined not by the miles on your feet, but by the weight lifted from your shoulders as you finally set your pack down in the center of the Obradoiro.

Journey to the dramatic Atlantic coast to visit Cabo Fisterra and Muxia, the westernmost tip of Spain. For many, this "end of the world" is the true spiritual conclusion of the Camino. Walk to the lighthouse, feeling the ocean spray and the powerful energy of the cliffs before a local lunch in town. Return to Santiago for a calm afternoon of reflection. After a farewell dinner, experience a private night visit to the Cathedral of Santiago. Led by an art historian, explore the hushed, moonlit nave and learn the deep secrets of this Galician masterpiece in near-total silence.

Trail Detail: 2.4 km (1.3 mi) | 1.30h | + 0 m (0 ft) / - 100 m (300 ft) ascent/descent | Easy



## Meals included

Breakfast | Lunch | Dinner



## ACCOMMODATION

Parador de Santiago de Compostela (or similar) **Hotel**

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## TODAY'S ACTIVITIES

Private Vehicle

Santiago de Compostela - Fisterra

1h15m

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

Walk to Lighthouse Fisterra **Fisterra** 1h-1h

Enjoy a leisurely walk to the Lighthouse of Finisterre, known in Galician as Faro de Fisterra. This is an iconic 19th-century lighthouse located on Cape Finisterre in Galicia, Spain. Its name derives from the Latin finis terrae, meaning "end of the earth," as Romans believed it was the westernmost point of the known world.

Private Vehicle **Fisterra - Muxía** 45m

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

Visit and Hike in Muxia **Muxía** 3h

Muxía reveals itself through a lens of raw intensity, a village where the power of the Atlantic meets a sense of profound, ancient peace. Embark on a walk toward the Santuario Virxe da Barca, a sanctuary perched at the ragged, salt-sprayed edge of the European continent. While Fisterra is often cast as the 'End of the World,' it is here in Muxía where the Atlantic reveals its true power against the jagged shoreline. Returning to the village, take a moment to absorb a setting defined by granite, ancient miracles, and the relentless rhythm of the Costa da Morte: the Coast of Death.

Private Vehicle **Muxía - Santiago de Compostela** 1h30m

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

## ACTIVITY

A private after-hours tour with an ecclesiastical historian is a total immersion into the "Sacred Dark." You begin with the humanity of the Pórtico, move to the divine gold of the Altar Mayor, and finally ascend to the architectural mystery of the Triforium. By seeing the "superior parts," you gain a perspective of the Cathedral that 99% of visitors never witness—a view that connects the dust of the pilgrim's path with the soaring light of the Gothic and Romanesque heavens. You aren't just seeing the Cathedral; you are inhabiting and absorbing its living history from the ground to the heavens.

After a final breakfast in the heart of Galicia, take a moment to reflect on the miles walked and the ancient history witnessed. Your expedition to the Camino concludes today. You will be transferred to the airport for your flight home, carrying with you the spirit of the trail and the enduring memories of Spain's historic pilgrim path.



## Meals included

Breakfast



## TODAY'S ACTIVITIES

Departure Transfer **Santiago de Compostela - Santiago de Compostela Airport**

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

## What's included

- Your Welcome Moment: Meet Your Expedition Leader and Group, Bilbao
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- Your Foodie Moment: Private Wine Tasting and Lunch at CVNE Winery, Haro
- Signature Moment: Private After Hours Tour of Santiago Cathedral, Santiago de Compostela
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- Engaging Discussions with the National Geographic Expedition Expert Throughout
- Porterage at hotels and when getting on and off of vehicles
- Tips are included for all activities, meals and porterage, except for your Expedition Leader
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Experience the majesty of Santiago Cathedral during a private after-hours tour with an ecclesiastical historian, Journey to the rugged cliffs of Cabo Fisterra and Muxia where the ancient world once ended as Westernmost Tip of Spain, Explore a historic Rioja winery featuring designs by Gustave Eiffel, Visit the Guruzu Social Kitchen where every dish supports fair wages and training for marginalised communities.

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

This compiled itinerary represents our thoughtfully designed plan, provided in good faith and correct at the time of publication. However, to ensure we deliver the most rewarding experience possible, our itineraries remain dynamic; we continuously refine our routes based on research, field insights, and guest feedback, meaning details may evolve between the release of our annual directory and your departure. Flexibility is a cornerstone of our travel philosophy, and while we intend to follow the path described, the nature of exploring unpredictable environments means alterations may occur, and any mention of specific destinations or wildlife encounters cannot be guaranteed. We invite you to view these travel times and details as an approximate guide rather than a strict contract, and we kindly ask that you review a final copy of your Trip Details a few days prior to departure to ensure you have the most current information for your upcoming expedition.

## **What is the role of the group leader during this trip?**

Every National Geographic Signature departure is accompanied throughout by a dedicated National Geographic Expedition Leader, whose purpose is to ensure a seamless experience so you can fully immerse yourself in the destination. Your Expedition Leader offers deep insight into the landscapes you traverse, suggests enriching independent activities, recommends exceptional local dining venues, and connects you with our community friends along the way. Rather than acting as conventional guides, they possess a broad, sophisticated understanding of the historical, cultural, religious, and social tapestry of the region. To offer the ultimate perspective, we complement their expertise with specialist local guides whose deep regional knowledge adds profound depth to specific sites—delivering a masterfully balanced exploration.

## **How large will the group be?**

Max. 22, Avg. 16.

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

8 breakfasts, 6 lunches, 7 dinners

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

Private Vehicle, Walking

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

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

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

Hotel (8 nights)

## **What are the joining instructions?**

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

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

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

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

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

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

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

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

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

### EMERGENCY CONTACT NUMBER

G Adventures Berlin office: +441858378000

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

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

From the United Kingdom: 0870 080 1756

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

Emergency Mobile: (416) 305-6139

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

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

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

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

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

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

# What should be on my packing list?

## Documents:

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

## Essentials:

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

## Health & Safety:

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

**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](#).

## **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](http://www.xe.com)

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

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

## **Should I be tipping on my trip?**

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

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

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

## What activities are optional on this trip?

- No optional activities

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

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

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

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

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

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

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

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

## How old must I be to join this trip?

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

## Are international flights included in this trip?

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

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

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

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

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

## Dossier Disclaimer

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

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

# Itinerary Disclaimer

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

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