



Spain: Vibrant Cities & Countryside Walks

8 days, Seville to Seville

Trip code ESSG

What's included

- Your Foodie Moment: Olive Oil Tasting and Food Pairing Experience, Úbeda

- Your OMG Day: Sacromonte and Flamenco Show or Granada Food Tour, Granada
- Welcome dinner
- Guided walking tour of Córdoba
- Evening orientation walk of Baeza
- Explore the town of Úbeda with a local guide
- Orientation walk of Granada
- Guided visit of the Alhambra
- Caminito del Rey Trail hike with a local guide
- Guided hike to Benaolán in Sierra de Grazalema Natural Park
- Guided walking tour of Ronda
- Farewell dinner
- All tips included for activities and meals, except for CEO and portorage
- All transport between destinations and to/from included activities

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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 May 21st, 2024 - July 28th, 2025

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

Baeza: Córdoba and Andalucía

The Andalusian countryside beckons as you set off from Seville. Bustling cities and larger-than-life monuments soon give way to olive groves, rolling hills and small towns, where the pace of life feels somehow different. We welcome you to Spain, and we invite you to fall into step with the rhythm of Andalucía through its beautiful landscapes, fascinating history and incredible food.

Travel to Córdoba and take part in a guided tour of the winding streets leading to the mosque-cathedral and the Jewish quarter. Continue to the town of Baeza and enjoy a delicious dinner at the hotel before heading out on an orientation walk in the evening to see the sights lit up at night.

Please note that flights should arrive to Seville no later than 5am.

We recommend that you book a pre night at our hotel or nearby for the night prior so you don't miss the group transfer.



Meals included

Breakfast | Dinner

Day 2

Baeza: Úbeda and Olive Oil Country

Today will be a celebration of the humble olive, ubiquitous in these parts of Spain and its high quality oil being an essential ingredient in kitchens and on tables all over the world. You'll explore another nearby Andalusian town and taste some of the best olive oil on the planet before savouring another delicious meal made from local ingredients.

Transfer to the nearby town of Úbeda for a guided walking tour and then visit a local olive mill, where a local expert will guide you an olive oil tasting and food pairing experience with a light lunch. Take the rest of the day for individual exploration or to relax at a cafe or back at the hotel.



Meals included

Breakfast | Lunch



Today's Activities

Private Vehicle

Baeza - Úbeda

15m

10km

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

Walking Tour of Úbeda with a Local Guide

Úbeda

2h30m

Set off on a walking tour with a local guide through the narrow streets of the historical centre of Úbeda, a "sister city" of Baeza and also a UNESCO World Heritage Site. Learn about the history and see the beautiful Renaissance style palaces and churches, exemplified by the monumental Vázquez de Molina Square.

ACTIVITY

Dive into the world of extra virgin olive oil at a local oil mill, a specialty of this region of Spain. Learn all about the different types of olive oil from a local expert, smelling and tasting them as you go and then finish off with a session on how different types of oil are assembled and paired with various foods, which will serve as a light lunch

Private Vehicle

Úbeda - Baeza

15m

10km

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

Free Time

Baeza

Enjoy some free time this afternoon to explore more of the town or to relax at the hotel.

Day 3

Granada: Your OMG Day

Discover Granada today on your own terms. Choose between 2 activities which are very representative of the region, either immersing yourself in all things Flamenco or eating your way through the city on a food tour. Whichever you choose, your 5 senses will thank you.

Travel from Baeza to Granada and take a short orientation walk on arrival with your CEO before some free time.

In the evening, choose from two different activities, both options including dinner.



Meals included

Breakfast | Dinner



Today's Activities

Private Vehicle

Baeza - Granada

1h30m--1h

140km

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

ACTIVITY

Option 1: Visit the Sacromonte area of Granada, known as the "Gypsy Quarter," to learn of its origins and historical significance to the city. Continue to a cave museum then take in an iconic and vibrant Flamenco show with dinner.

Option 2: Set off on a food tour of Granada. Discover how locals eat out and try some of the best foodie places in town. Enjoy delectable dishes and drinks, at the same time you learn about Granada's rich gastronomy, history and culture.

Free Time

Granada

After getting your bearings, set off to explore the vibrant city of Granada for the afternoon.



Optional Activities - Day 3

Granada Cathedral (Cathedral of the Incarnation) Visit

Granada

5EUR

30m-1h

Be taken by the beauty of one of the largest cathedrals in Spain on this visit to the Cathedral of Granada. Tour its beautiful facades and interiors that house a grand altar and numerous chapels. Built by Queen Isabella, it is a masterpiece of Spanish-Renaissance style.

Granada: The Alhambra

No trip to Granada would be complete without a visit to one of the most famous Moorish architectural monuments in Europe, the Alhambra. Imagine yourself in ages past as you explore the grounds and take in the spectacular craftsmanship and design of the archways, courtyards and windows looking out towards the city. Truly an architectural marvel, the beauty, design and history of the Alhambra are timeless.

Take a guided tour of the Alhambra and then spend the rest of the day as you wish, with time to explore the city or to try out one of the many trendy tapas bars and restaurants.

Due to regulations for Alhambra's ticketing system, your passport information must be provided to G Adventures at the time of booking in order to guarantee your guided tour of the Alhambra. See "Important notes" under Tour Details for more information.



Meals included

Breakfast



Today's Activities

Alhambra Guided Visit

Granada

2h30m-3h

Enjoy a guided visit of the Alhambra, one of the greatest accomplishments of Islamic art and architecture. Learn about Granada's reign as one of the region's most regal cities during the Muslim rule of Spain, which is captured in time within the Alhambra.

Free Time

Granada

Enjoy free time to continue exploring and to get the most out of Granada's vibrant culture and food scene.

Ronda: Hike the Caminito del Rey

Leaving Granada behind, the landscapes change quickly and as you approach the Guadalhorce River you will quickly see the imposing cliff walls of a massive gorge called Desfiladero de los Gaitanes, where our trailhead lies. Tighten up your shoelaces and embark on one of the most exhilarating and spectacular hikes in the country along the Caminito del Rey, following walkways clinging to the sides of the cliffs with views to the valley and the canyons below.

Transfer in the morning from Granada to the start of the hike along the Caminito del Rey Route with a local guide. In the afternoon, transfer to your hotel in Ronda where you can freshen up before enjoying an included 3-course dinner with your group mates.



Meals included

Breakfast | Dinner



Today's Activities

Private Vehicle

Granada - Caminito del Rey

2h

140km

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

Private Vehicle

Caminito del Rey - Ronda

1h

62km

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

Hike Caminito del Rey

Ardales

3h30m

7km

Hike along the Caminito del Rey, a walkway carved into the walls of a steep, narrow gorge near the town of Ardales. The route is spectacular from beginning to end, running through cliffs, canyons, and a large valley, with hanging bridges and walkways built into the rocks - at times over 100m above the bottom of the gorge! The area is also inhabited by a wide variety of plant and animal species; with a little luck, you can see highland birds like Egyptian vultures, griffon vultures, or golden eagles, and mammals such as wild boar and Iberian ibex.

Day 6

Ronda: Hike to Benaoján

More spectacular scenery awaits you today as you embark on a hike in the mountainous Sierra de Grazalema Natural Park, to the town of Benaoján. Walk along rolling farmland and past olive groves as you take in the views of the surrounding landscapes and breathe in lungfuls of fresh air that replenish your energy with every step.

Transfer to the trailhead and set off on a hike to Benaoján with a local guide. After a delicious lunch, return to Ronda for some free time to explore on your own or simply relax at the hotel by the pool. In the evening, savour a well-deserved 3-course dinner at the hotel.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Hike to Benaoján with a Local Guide

Ronda

3h30m-4h

7km

Take a short drive from Ronda to start a scenic hike through rural landscapes, passing by Tajo del Abanico, a striking rock formation. Follow the path towards Cueva del Gato (the 'Cat's Cave'), where you will find a stunning natural freshwater pool refreshing but very cold! The trail includes some narrow, rocky sections with moderate ascents and descents. After reaching Benaoján, enjoy a delicious lunch at a traditional Spanish restaurant before returning to Ronda.

Elevation gain: 200m

Day 7

Seville: Captivating Ronda

The city of Ronda is dramatically situated on a mountaintop, perched above a deep gorge called El Tajo, which separates the old and the new parts of the city. As you explore some of the iconic sites on foot you will quickly appreciate the rugged geography of the area which somehow seems to perfectly frame the city's characteristic landmarks and historic architecture.

Head out in the morning on a guided walk of Ronda. In the afternoon, transfer to Seville for a delicious farewell dinner at a local restaurant.



Meals included

Breakfast | Dinner



Today's Activities

Private Vehicle

Ronda - Seville

2h-2h15m

130km

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

Guided Walking Tour of Ronda

Ronda

2h

On this guided walk through Ronda, you will explore some of the town's most captivating sites. Begin at El Tajo, the breathtaking gorge with nearly 100-meter depths. Proceed to La Plaza de Toros, one of Spain's oldest bullrings. Stroll through the serene Parque Blas Infante before marveling at the iconic Puente Nuevo, offering stunning views over the gorge. Next, admire the exterior of La Casa Don Bosco, a beautiful mansion. Enjoy the panoramic vistas from La Plaza de Campillos in the historic town, and conclude with a relaxing visit to El Jardín de la Duquesa de Parcent, a charming garden.

Day 8

Seville

The adventure finishes today, and you can depart at any time.



Meals included

Breakfast

What's included

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What are the main highlights of this trip?

Savour delicious regional food and taste delicious locally-produced olive oil, Marvel at the spectacular Alhambra Moorish palace, Hike along the cliffside walkways of the Caminito del Rey, Walk through olive groves and farmaland in the Sierra de Grazalema Natural Park

What are the main highlights of this trip?

Savour delicious regional food and taste delicious locally-produced olive oil, Marvel at the spectacular Alhambra Moorish palace, Hike along the cliffside walkways of the Caminito del Rey, Walk through olive groves and farmaland in the Sierra de Grazalema Natural Park

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

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

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

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

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

What important notes should I be aware of before the trip?

1. ALHAMBRA

Due to regulations for Alhambra's ticketing system, your passport information must be provided to G Adventures at the time of booking in order to guarantee your guided tour of the Alhambra.

If your booking for this trip is confirmed with less than 90 days prior to departure, we will do our best to secure a ticket for your guided Alhambra tour. However, please note that due to high demand for tickets, we are not able to guarantee this inclusion if your booking is confirmed within this time period. In the event we cannot secure a guided tour of the Alhambra for you, alternative options such as a self-guided visit of the Alhambra (with reduced access), or visits to the nearby districts of Albaicín and Sacromonte will be arranged.

2. LOCAL GUIDES

It is important to note that in Europe, all guiding is based around local guides all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places.

3. LUGGAGE

In Europe it is very rare to find elevators in train stations, hotels or other public places. You may need to carry your luggage up flights of stairs. You will also need to be able to stow your luggage safely on buses. It is therefore essential that you pack light and bring luggage which is compact and lightweight, and which you can easily transport. The carrying of your luggage remains your responsibility at all times.

4. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

5. OPTIONAL ACTIVITIES NOTE:

During high season in Europe (May-October) we highly recommend booking reservations for any popular optional activities/museum tickets etc. in advance to avoid encountering sold-out activities on the ground while on tour.

What is the group leader like?

This G Adventures group trip is accompanied by one of our Chief Experience Officers (CEOs). The aim of the CEO 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.

It is important to note that in Europe, all guiding is based around local guides all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places. If you wish to take a guided city tour in any location where this is not already included in the itinerary, your CEO will do their best to help you arrange this and pay locally.

How large will the group be?

Max 16, avg 12

What meals are included in this trip?

8 breakfasts, 2 lunches, 5 dinners

What are the meals like on this trip?

Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, coffee and tea, however this may vary depending on the city. Should breakfast not be included, your CEO can suggest some local options.

Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip.

For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Private vehicle, walking,

What transportation will we take on this trip?

Private vehicle, walking

Is there an extra cost for travelling solo?

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotels (7 nts).

What kind of accommodation can I expect on this trip?

On this trip you can expect to stay in small family-run hotels or pensions (with the exception of the start and finish hotels, which are often larger city hotels), which will vary a little in standard and facilities: some may not have elevators, air-conditioning or English-speaking staff, but most importantly all are locally-run, with some traditional character, and in excellent central locations to give you maximum time for exploring the sights. You can expect to find clean, safe, simple accommodation in convenient locations.

Note that most accommodation in Europe does not have air conditioning units in rooms. Air conditioning is not routinely installed in European homes and workplaces. However, nearly all hotels will provide a standing or desk fan for your room on hot nights. If you do not already have one in your room, please ask your CEO to organize one for you with reception.

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.

From Seville airport (SVQ), you can reach the city centre in a few ways. You can take the airport shuttle bus directly to the city centre.

To arrange an arrival or departure transfer, we recommend you book through our preferred transfer provider - [Welcome Pickups](#)

We advise that you book both your arrival and departure transfers in advance. Please make sure you have the following details before booking:

- Flight number
- Flight Arrival Time and Date
- Flight Departure Time and Date
- Passenger's Name
- Number of Passengers
- Email
- Valid Mobile Telephone Number
- Drop off and/or Pick Up Address

WELCOME MEETING TIME: 07:00

Please note that Day 1 is also a travel day, departing Seville around 8am from the joining hotel. Please refer to your tour voucher for your confirmed starting point.

Your CEO will organize a short meeting on the morning of Day 1 during which you will meet other tour participants and receive information about general and specific aspects of the trip. Should you arrive early, a welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, please call the emergency line as soon as possible to arrange onward transportation to catch up with the group.

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, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

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.

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: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

Are there any additional packing suggestions I should consider?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage. You must be prepared to carry your luggage up and down stairs, on and off transportation, and to hotels (max 15-20 mins.)

What should be on my packing list?

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

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

Light Hiking:

- Hiking boots
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

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

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge or ask your CEO where the closest laundromat is. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

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 widely available, there are no guarantees that your credit or debit cards will actually work in Western Europe. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of euros, travellers cheques 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

Should I be tipping on my trip?

On the Geluxe Collection tours, tipping is included for all included activities and meals. Tipping is not included for the CEO or Porterage. 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 G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline €8-10 per person, per day can be used.

For meals and activities not included in your itinerary, it is appropriate in Europe to tip 10%. Though not compulsory, tipping is expected. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels and shows an expression of satisfaction.

What activities are optional on this trip?

Granada

- Granada Cathedral (Cathedral of the Incarnation) Visit (5EUR per person)

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 CEO 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 Chief Experience Officer (CEO) 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 CEO 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 CEOs 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 CEOs 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 should I dress to respect local customs during the tour?

When in places of religious worship travellers are expected to dress modestly, with shoulders and knees covered.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

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.