



Trekking Eastern Iceland

6 days, Egilsstaðir to Egilsstaðir

Trip code ELHI

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Borgarfjörður eystri Village Walk and Valley Hike

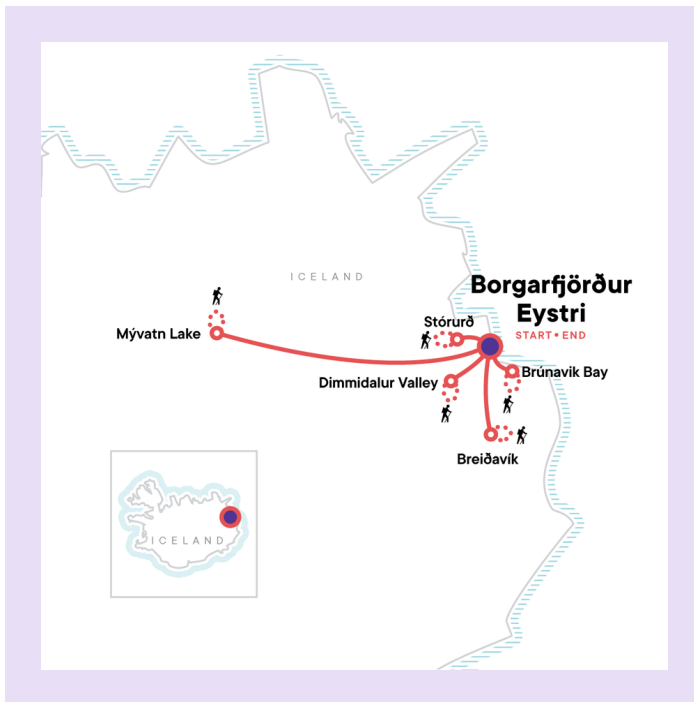
- Stóruurð Hike
- Dettifoss Waterfall Visit
- Leirhnjúkur Lava Fields Hike
- Visit Hverir and Myvatn Geothermal sites
- Moors and Breiðavík area Hike
- Borgarfjörður Harbour Visit
- Brúnavík area Hike
- Seyðisfjörður Village Walk
- All transport between destinations and to/from included activities

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 December 8th, 2020 and onwards

Itinerary



Itinerary Notes

Please note that due to high demand there may be limited availability when booking optional activities during the tour. Many of these can be pre-booked and we recommend that they are purchased in advance in order to secure space as they are quite popular. See the Available Extras below for details and add them in the Tour Extras section when confirming your trip.

Please also note that the weather near the Arctic Circle can be variable. Occasionally this will mean that we need to amend our itinerary to keep you safe. We will always endeavour to deliver a tour as close to the itinerary described as possible and ensure you see as much as possible, despite any bad weather.

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

Egilsstaðir/Bakkagerdi

Arrive at the Egilsstaðir airport in the morning and transfer to our local guest house, home for the next 5 nights. Visit the fishing village of Borgarfjörður eystri which offers a glimpse into daily life and enjoy lunch at a local fish soup restaurant. After, take a hike through Borgarfjörður valley following sheep trails up to Dimmidalur (the Dark Valley) and keep an eye out for the "hidden people" as we pass through legendary elf communities. This evening, settle in for a farm-to-table dinner prepared by our host.

This centre-based trip offers a chance to connect with our local hosts in a family-run guest house. In their words, this is your home away from home and their warmth and hospitality will make it hard to leave. Here we enjoy our included breakfasts and dinners which offer a true immersion into local cuisine. Our hosts focus on fresh, local ingredients and support their neighbours; small-scale farmers and fishermen, much to the delight of our palate.

While difficult to see, the "hidden people" make Borgarfjörður eystri their home and the area is thought (according to folklore) to hold a large population of elves. The elves make their home in the many interesting rock formations and they have no concern with hikers walking by, so long as you respect their homes and nature. On occasion, they are known to help humans, in particular those being bullied, so be kind to each other.

This trip starts at the Egilsstaðir airport - domestic flights from Reykjavik and accommodation in Reykjavik are NOT included. Please speak to your GCO or agent to assist in booking these arrangements.



Meals included

Lunch | Dinner



Accommodation

Alfheimar Guesthouse (or similar)

Guesthouse



Today's Activities

Private Vehicle

Egilsstaðir Airport – Bakkagerdi

1h

70km

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

Borgarfjörður eystri Village Walk

Bakkagerdi

2h30m

Take a walk in the Icelandic fishing village of Borgarfjörður eystri which offers a glimpse into daily life. Home to a small fishery, the area is renowned for its hospitality and friendly people. Here we visit Old turf house, the concert hall, the local fish factory and more. After, sit down for a lunch of fish soup at a local restaurant.

Borgarfjörður Valley Hike

Bakkagerdi

4h

10km

Hike through Borgarfjörður valley following sheep trails up to Dimmidalur (the Dark Valley) at the base of the Door Mountains. Enjoy stunning rugged landscapes and keep an eye out for the "hidden people" as we pass through reported elf communities. This entire region boasts the largest population of elves according to local folklore and we pass by their homes (the rocks) and learn more about their stories.

ACTIVITY

Your opportunity to meet your CEO 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.

Day 2

Bakkagerdi

Enjoy a full day of trekking. Drive to Vatnskarð pass and hike across Geldingafjall mountain for exceptional views over Njarðvík, Fljótsdalshérað valley, Héraðsflói bay and beyond. Continue down into Stóruð, with its enormous rocks crossed by a small river hiding turquoise-coloured basins of icy water. Hike back and return to the guest house for a hearty dinner.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Alfheimar Guesthouse (or similar)

Guesthouse



Today's Activities

Private Vehicle

Bakkagerdi

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

Stóruð (Boulder Hollow) Day Hike

Stóruð

5h

14km

Enjoy a strenuous trek up and over gravel, scree and boulders. Start from Vatnskarð pass (431 m) hiking up and crossing Geldingafjall mountain (640 m), before heading inland. The effort is worth the stunning views that await us over Njarðvík, Fljótsdalshérað valley, the black sand beach of Héraðsflói bay and if its clear, over to Vatnajökull glacier and Mt. Snæfell in the eastern highlands. Continue the trek down into Stóruð, and its enormous rocks and small river. Search out between the boulders the turquoise-coloured pools of icy cold water. After enjoying this hidden gem we can opt either for the hike along the Dyrfjöll (Door Mountains) or the easier way down into the valley below Rjúpnafell peak.

Day 3

Bakkagerdi

Enjoy an excursion to the stunning sites around Mývatn lake. Stop en route to visit Dettifoss waterfall, one of the most powerful waterfalls in Europe. Then, hike in the smoking lava fields of Leirhnjúkur, often compared to a martian landscape. From here, drive to Hverir, a geothermal wonder of bubbling mud and smoking steam. Continue to Mývatn Lake and enjoy lunch at a local restaurant. Take some free time here and opt to visit the geothermal nature bath. Return to the east Fjords for dinner at our guesthouse.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Alfheimar Guesthouse (or similar)

Guesthouse



Today's Activities

Private Vehicle

Bakkagerdi - Mývatn

3h-4h

265km

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

Dettifoss Waterfall Visit

Dettifoss

Stop at the Dettifoss Waterfall in northeast Iceland, rumored to be the most powerful in Europe, with an average water flow of 193 m³/s. Take in the view of 45m high and 100m wide falls and take some photos to show off back home.

Leirhnjúkur Lava Fields Hike

Mývatn

1h30m

4km

Last active in 1984, hike along the smoking Leirhnjúkur lava fields which lie within the Krafla caldera. The landscape is striking and many compare it to a Martian-cape.

Visit Hverir Geothermal Site

Mývatn

Visit the fascinating Hverir geothermal area with steam vents (yes that's sulphur you smell), bubbling mud pools and steaming hot springs.

Myvatn Geothermal Lake Visit

Mývatn

Explore the beautiful scenery around Lake Mývatn. Formed during a volcanic eruption 2,300 yrs ago, the geothermal area is a haven for a massive number of birds. The nutrient rich water also attracts over ten species of migrating ducks to the area. Atlantic salmon and brown trout thrive in the river, feeding on the healthy midge fly population that swarm over the waters in the summer.

Private Vehicle

Mývatn - Bakkagerdi

3h-4h

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

Day 4

Bakkagerdi

Enjoy another day of hiking and exploration. Drive to Afrétt and begin the hike across the moors through Urðarhólavatn, Gæsavötn and Víknaheiði. Continue to Breiðavík inlet with its golden sand beaches and high cliffs where we break for a lunch stop. After, hike to Gagnheiði ridge which offers a stunning panoramic view of the mountains. Walk back to the guesthouse.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Alfheimar Guesthouse (or similar)

Guesthouse



Today's Activities

Private Vehicle

Bakkagerdi - Afrétt

15m-30m

8km

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

Moors and Breiðavík area Hike

Afrétt

7h

16km

Starting in Afrétt, begin the hike across the moors through Urðarhólavatn, Gæsavötn and Víknaheiði and marvel at the pretty range of pastel colours of the rhyolite mountains. Continue to beautiful Breiðavík inlet with its golden sand beaches and high cliffs, perfect for bird watching and a lunch stop. After, hike to 479 m at Gagnheiði ridge which offers a stunning panoramic view of the mountains.

Day 5

Bakkagerdi

Start at Borgarfjörður harbour to view the puffins and sea birds nesting there, when in season. From here, hike up from the coast across green mountain screes to Brúnavík pass then down to Brúnavík inlet. Walk across the black sand beach and take a break in this serene spot. Continue the hike over Hofstrandarskarð pass, and alongside the colourful Helgárgil canyon. Enjoy our last home-cooked dinner at the guesthouse.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Alfheimar Guesthouse (or similar)

Guesthouse



Today's Activities

Private Vehicle

Bakkagerdi

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

Brúnavík area Hike

Brúnavík

6h

13km

Hike up from the coast across green mountain screes to Brúnavík pass at 360 m then down to Brúnavík inlet. Walk across the black sand beach and take a break in this serene spot. Continue the hike over Hofstrandarskarð pass at 321 m, and alongside the colourful Helgárgil canyon.

Borgarfjörður Harbour Visit

Bakkagerdi

Visit Borgarfjörður harbour, considered one of the best places in Iceland to view Atlantic puffins. Follow the boardwalks from Hafnarholmi Marina (known as Puffin Marina) to view the massive colony who nest here.

Drive to historic Seyðisfjörður fishing Village for a walk around what is considered once of the most picturesque towns in Iceland. After, drive to one last waterfall before transfer to the airport where the tour ends.

This trip ends at the Egilsstaðir airport - domestic flights to Reykjavik and accommodation in Reykjavik are NOT included. Please speak to your GCO or agent to assist in booking these arrangements.



Meals included

Breakfast



Today's Activities

Private Vehicle

Bakkagerdi - Seyðisfjörður

2h

100km

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

Seyðisfjörður Village Walk

Seyðisfjörður

3h-4h

Visit historic Seyðisfjörður fishing Village nestled under Mt. Strandartindur and Mt. Bjölfur and along the deep fjord. Known for its preservation of old 19th century buildings and stunning location, it is considered one of the most picturesque towns in Iceland.

Airport Transfer

Seyðisfjörður - Egilsstaðir Airport

1h

50km

What's included

- Your Welcome Moment: Meet Your CEO and Group
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- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Live like a local in a small fishing community, Hear tales of the magic village elves, Stare in awe at the Eastfjords, Feel the serenity of Myvatn Lake, Witness the beauty of the Dettifoss waterfall, Feast on nightly farm-to-table dinners

Itinerary Notes

Please note that due to high demand there may be limited availability when booking optional activities during the tour. Many of these can be pre-booked and we recommend that they are purchased in advance in order to secure space as they are quite popular. See the Available Extras below for details and add them in the Tour Extras section when confirming your trip.

Please also note that the weather near the Arctic Circle can be variable. Occasionally this will mean that we need to amend our itinerary to keep you safe. We will always endeavour to deliver a tour as close to the itinerary described as possible and ensure you see as much as possible, despite any bad weather.

What are the main highlights of this trip?

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Is there an 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.

Are there Itinerary notes?

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

1. This is an active trip with hiking everyday. You must be fit to participate in the included activities.
2. The landscape of Iceland is unique and unlike most things you've seen. So is the weather. It is unpredictable and changeable, so be prepared to experience a variety of conditions during your time in Iceland. It's not uncommon to experience rain, sun wind and snow all in the same visit, so please pack accordingly. An Icelandic summer is also not what most people consider as summer temperature and in the highlands it can get quite cold.
3. This trip starts/ends at the Egilsstaðir airport - domestic flights from/to Reykjavik and accommodation in Reykjavik pre or post tour are NOT included. Please speak to your GCO or agent to assist in booking these arrangements.
4. 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 group leaders, known as a CEO (Chief Experience Officer). The aim of the group leader 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.

How large will the group be?

Max 16, avg 12.

What meals are included in this trip?

5 breakfasts, 5 lunches, 5 dinners

What are the modes of transportation on my trip?

Private minivan/bus, hiking, walking

What transportation will we take on this trip?

Private van/mini-buses are used on this trip.

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?

Local guesthouse (5 nts)

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops.

Please be aware that single room accommodations in European hotels are often smaller, and may not be to the same service level as double-occupancy rooms.

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, 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. Please be aware that single room accommodations in European hotels are often smaller, and may not be to the same service level as double-occupancy rooms.

What is the joining hotel?

Alfheimar Guesthouse

Address: V/Merkisveg, Borgarfirdi Eystra, 720 Borgarfjörður Eystri, Iceland

Phone: +354 861 3677

What are the joining instructions?

In order to arrive in time for your included group airport pickup on day 1, please take the first morning flight from Reykjavik to Egilsstaðir Airport (EGS). This is generally scheduled for an 8:30am departure, arriving in Egilsstaðir by 09:35am. Please note the flight departs from Reykjavik (domestic) Airport (RKV), not Keflavik (international) Airport (KEF).

Your CEO will meet you at Egilsstaðir airport. Group arrival transfer is included for 09:35am arrival flight.

If you do not arrive at Egilsstaðir airport for the scheduled group transfer, you will need to book a private transfer as transport options are limited in Egilsstaðir and Borgarfjörður, and taxis may not be easily available.

ARRIVING EARLY:

If you would like to book additional nights in either Borgarfjörður or Reykjavik, please contact our Sales team who can assist you.

Please note if you book a pre-night in Borgarfjörður, the arrival transfer will not be included. Please contact our sales team in advance to book a private airport transfer.

You can then meet the group at the property's reception at 10:30am on Day 1.

ARRIVING LATE:

If you will be arriving late into Egilsstaðir, please contact our sales team to book a private airport transfer. Please note that taxi service may not be available upon arrival.

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 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 NUMBER

G Adventures Berlin office: +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, from calls within North America only: 1 888 800 4100

Calls from within UK: 0344 272 0000

Calls from within Germany: 0800 365 1000

Calls from within Australia: 1 300 796 618

Calls from within New Zealand: 0800 333 307

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

What instructions should I follow at the finishing point?

When booking departure flights from Egilsstaðir to Reykjavik, select the mid-afternoon flight (15:40pm - 16:40pm) to take advantage of the included group transfer to Egilsstaðir airport.

What should I take on my trip?

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.)

Dressing in layers is recommended as weather can change dramatically, without notice.

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)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

ELBI:

- Antibacterial wipes/gel
- Batteries
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- 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, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (This item is optional and is only useful through the months of August - March)
- Fleece top/sweater
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Long pants/jeans
- Moneybelt
- Nicer outfit for an evening out
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Pocketknife
- Reusable water bottle
- Shirts/t-shirts
- Small travel towel
- Socks
- Sunblock
- Sunglasses
- Sun hat/bandana
- Swimwear
- Toiletries (Preferably biodegradable)
- Warm gloves
- Warm hat
- Watch and alarm clock
- Waterproof backpack cover
- Waterproof pants
- 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.) Note: The landscape of Iceland is unique and unlike most things you've seen. So is the weather. It is unpredictable and changeable, so be prepared to experience a variety of conditions during your time in Iceland. It's not uncommon to experience rain, sun wind and snow all in the same visit, so please pack accordingly. An Icelandic summer is also not what most people consider as summer temperature and in the highlands it can get quite cold. Layering is key. We also recommend packing hiking poles or a single walking stick for added support while hiking on changing terrain. Please be aware that you will have an option to rent hiking poles during your trip should you choose not to pack your own.

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. 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 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

How much spending money do I need for my trip?

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?

The currency in Iceland is the Icelandic Krona (ISK).

It is recommended to bring a combination of cash, credit and debit cards.

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Should I be tipping on my trip?

Tipping in Iceland is not customary. In many cases, a service charge is added to the bill which means that it is not necessary to add a tip. If you wish to express your satisfaction with the service in a bar or restaurant, then a gratuity of 10% or to round up the amount of the bill is perfectly acceptable.

Tipping during the tour program is similarly not expected, but it can be a way to express satisfaction with the persons who have assisted on your tour. Recommendations for tipping local guides would range from the equivalent of \$6-8 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

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 €30-40 per person, per week can be used.

What activities are optional on this trip?

- No optional activities

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings in this dossier 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?

Weather can change dramatically, even in the summer months. It is best to layer clothing to ensure you are prepared for any extremes.

How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

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.

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.