



Trekking in Iceland - The Laugavegur Trail

8 days, Reykjavik to Reykjavik

Trip code ELST

What's included

- Your Welcome Moment: Meet Your CEO and Group
- South Iceland trekking

- Mountain camping and hiking along the Laugavagur Trail
- Glacier walking
- Golden Circle visit including Thingvellir National Park and Gullfoss Waterfall
- All transport between destinations and to/from included activities

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

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

VALIDITY: Valid for all trips departing October 7th, 2015 - December 31st, 2016

Itinerary



Itinerary Notes

Please 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

Reykjavik

Arrive at any time.



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. 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.

Visit Thingvellir National Park and Gullfoss Waterfall before driving across to Landmannalaugar. Pass by Mt. Hekla, an active volcano that was once considered to be the gates of Hell which erupts every few years.

Transfer from Reykjavik east along the tabletop mountains of the Esja and down to Lake Thingvallavatn. Here stop to visit the National Park Thingvellir to see one of only two tectonic rift valleys in the world, created as the continental plates of America and Europe slowly drift apart.

From Thingvellir, head over Geysir hot springs. Just 10km up the road is Gullfoss waterfall where the group will stop to view the spectacular 32 meter high cascade. Grab some lunch at the local cafe before saying goodbye to civilization and heading into the highlands.

The route through the highlands is a remote road that passes by Mt. Hekla. Often shrouded in cloud, this volcano was once believed to be the entrance to hell by early Icelanders. The road gets progressively more rocky as it climbs up to Landmannalaugar, the campsite for the night. At Landmannalaugar, there are hot springs and bathroom facilities to make the camping experience more comfortable. As this is the first night of camping, you will get a lesson in how to put up your tent as practise for the rest of the week.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Thingvellir National Park Visit

Thingvellir

2h-3h

Stop at Thingvellir National Park, a UNESCO world heritage site, to see the tectonic faults created by North American and Eurasian tectonic plates shifting apart. The Oxara river cuts through the largest rift in the valley, Almannagja, and leads to the Oxarafoss waterfall. Iceland's parliament was also established in the area in 930. The park was later created to protect the remains of the open-air assembly grounds.

Geysir Visit

Geysir

30m-45m

See a variety of geothermal pools and the erupting hot spring Strokkur. Geysir is one of the oldest geysers recorded in the world, but is most often dormant. Strokkur erupts a spray of boiling hot water straight into the air about every ten minutes.

Gullfoss Waterfall Visit

Gullfoss

45m

Discover one of the most impressive waterfalls in Iceland, Gullfoss, and complete the circuit known as the Golden Circle. This massive waterfall cascades over three “steps” before spilling into a large crevice. Fed by a glacier lake, the water passing through the falls can be a dark grey depending on how much sediment gets pushed through the river.

Private Vehicle

Reykjavik - Landmannalaugar

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

Day 3

Landmannalaugar/Álftavatn

Pass rivers and streams while hiking from Landmannalaugar through the mountains to Lake Álftavatn. Follow the Laugavegur Trail, one of Iceland's most famous hiking routes.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Laugavegur Trail Trek

Landmannalaugar - Álftavatn

8h-10h

24km

Begin on the Landmannalaugar Trail, starting from the mountain hut near the campsite and ending at the northern shore of Lake Álftavatn for the day.

Start on the rough lava field of Laugahraun before climbing the hills to the plateau by Brennisteinsalda. Between Landmannalaugar and Hrafninnusker there are several water crossings over rivers, streams and, possibly snow. Above 1000m (3280 ft) reach the Icelandic highland desert, a barren, rocky landscape.

Continue along the hills of Reykjafjöll to Jökultungur, an area with mountains and glaciers. Enjoy the green scenery after the lava field and highland desert. After completing a steep descent, the rest of the walk towards the Lake Álftavatn camp is easy going.

Approx ascent: 900 m

Day 4

Álftavatn/Emstrur

Continue to follow the route of the Laugavegur Trail, hiking from Álftavatn to Emstrur.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Laugavegur Trail Trek

Álftavatn – Emstrur

6h-7h

15km

Cross Brattháls hill before starting east towards Hvanngil gorge. The route to the Emstrur campsite crosses two rivers: the Bratthálskvísl (traversed on foot) and the Kaldaklofskvísl via a narrow, wooden bridge. The final hike passes between two sandy hills before arriving to the campsite. In the evening, opt to take a walk and view the 200m deep Markarfjótsgljúfur canyon.

Approx ascent: 40 m

Trek from Emstrur to Pórsmörk, crossing rivers and fields of flowers.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Laugavegur Trail Trek

Emstrur - Pórsmörk

7h-8h

19km

Start down the path to the Syri Emstruá river, cross by bridge and continue south towards the Almenningar. On a clear day, the landscape is more open and there are views over the nearby glaciers. Enjoy the change in landscape and a break from crossing through chilly rivers. This downhill section of the hike is among the most challenging sections of the week. Enter the beautiful Pórsmörk valley, an area where warmer temperatures allow vegetation like moss, birchwood and shrubs to grow. Make a river crossing on foot before a short walk from the valley to the campsite.

Spend the day around the campsite at Þórsmörk. There are a variety of hikes available here, including the chance to hike through volcano alley, that winds through the mountains with spectacular views across the glaciers. Depending on the feelings of the group, alternatives could include Mt. Valahnúkur, right at the heart of the Þórsmörk valley. Depending on the conditions at the time and what the group wants to do, this can be decided at the time.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Þórsmörk Volcano Hike

Þórsmörk

4h-6h

Begin hiking in the Þórsmörk valley surrounded by glaciers and their mighty glacial rivers. Make the journey up to the famous Eyjafjallajökull glacier, crossing narrow ridges and open plateaus before reaching the glacier itself. Take in the harsh volcanic landscape before reaching the snow covered highest point of our trek that provides amazing views over two of the worlds most powerful glacier covered volcanoes, Eyjafjallajökull and Mýrdalsjökull. Enjoy vast sweeping views of one of the most beautiful highland nature in Iceland.

Experience ice hiking on the Sólheimajökull Glacier. Travel back to Reykjavík, stopping at the beautiful Skógafoss waterfall en route.

Visit the frozen glacial tongue of Sólheimajökull.



Meals included

Breakfast | Lunch



Today's Activities

Glacier Hiking on Sólheimajökull from Skogar

Sólheimajökull – Skogar

4h-5h

Learn how to walk safely on the ice of the Sólheimajökull glacier, explore the ice formations and crevices. The ice flows from the larger Myrdalsjökull glacier to Sólheimajökull, an outlet glacier. The icy landscape with bright, blue caves and ridges is a unique hiking experience, one that is rapidly changing due to climate change.

****Please note that availability cannot be guaranteed and we recommend booking in advance****

Private Vehicle

Sólheimajökull – Reykjavík

2h

160km

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

Skógafoss Waterfall Visit

Skógafoss

1h

Visit Skógafoss, one of the largest and most recognisable waterfalls in Iceland. The 60m (200 ft) high falls form a constant mist that floats in the air, creating rainbows as sunlight allows. The sound and view of the thundering water cutting through the green hills make the falls a must-see on any trip to Iceland.

Private Vehicle

Þórsmörk – Sólheimajökull

1h

59km

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

Depart at any time.



Meals included

Breakfast



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

- Your Welcome Moment: Meet Your CEO and Group
- South Iceland trekking
- Mountain camping and hiking along the Laugavagur Trail
- Glacier walking
- Golden Circle visit including Thingvellir National Park and Gullfoss Waterfall
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Explore the ever-changing geographical wonderland of Iceland, Trek one of Iceland's famous route: the Laugavegur Trail, Camp at Þórsmörk where other scenic day hikes are available, Stop at the stunning Skógafoss waterfall

Itinerary Notes

Please 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?

Explore the ever-changing geographical wonderland of Iceland, Trek one of Iceland's famous route: the Laugavegur Trail, Camp at Þórsmörk where other scenic day hikes are available, Stop at the stunning Skógafoss waterfall

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

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

VERY IMPORTANT: Please ensure that you 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.

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.

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

Are there Itinerary notes?

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

1. 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.

2. In Europe it is very rare to find elevators in train stations, hotels or other public places. We use public transport on this trip, which means you will need to carry your luggage from platform to platform, in and out of trains and buses etc. and also possibly up several flights of stairs. You will also need to be able to stow your luggage safely on trains and buses. It is therefore essential that you pack light and bring luggage which is compact and lightweight, and which you can easily transport.

3. If you wish to visit the Blue Lagoon, please know that this activity must be done before or after your tour. As this activity is very popular, we recommend booking it in advance.

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

This G Adventures group trip is accompanied by one of our group leaders. 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.

What is the maximum and typical number of participants on this tour?

Max 14, Avg 10

What meals are included in this trip?

7 breakfasts, 6 lunches, 5 dinners

What are the meals like on this trip?

Travellers will have a variety of food options to choose from before starting the hiking portion of the tour. During the hike, the meals will be prepared by the CEO and group members, with direction being given by the CEO. Breakfast is typical continental fair adapted to the rustic conditions of highland camping. Each traveller prepare his/her own lunch and snacks for the day from the breakfast table, along with some energizing trail mix. Dinner is a warm meal, meat, pasta or fish. Travellers are welcome to bring along some of their own beverages (alcoholic or non-alcoholic) and have on the luggage trailer between camps.

What are the modes of transportation on my trip?

Local bus, private minivan, walking

How will we travel between destinations?

While trekking the majority of your luggage will be transported via vehicle to your next destination.

Are local flights included in the cost of the trip?

If required all local flights are included in the cost of your tours unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Is there an extra cost for travelling solo?

We believe single 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 single travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hostels (2 nts, multi-share), participation camping (5 nts)

What should I expect from the accommodations on this trip?

Camping in Iceland is truly an adventure, taking you off the beaten track to get a first-hand experience of the beautiful wilderness and nature. While camping, we stay at designated campsites along the trek route. The campsites have basic facilities such as toilets, showers, and drinking water. For the group, there is a big dining tent and sometimes an extra cooking tent. On the first day, you will be guided through setting up your personal tents, which should be easy to manage for the rest of the nights. As part of the experience, you may be required to help with cooking dinner/washing up.

If you intend to use the showers or charge your electronics you will need to bring some coins with you. There are showers at all the campsites, however they cost 500 ISK for 5 minutes, payable only in coins. Bear in mind that early and late season tours may not have the luxury of showers or flush-toilets due to ground frost. The wardens can often charge some of your electronics for a fee of 500 ISK (The electrical current is 220V AC 50Hz. Most plugs are of the European two-pin type).

Each campsite visited on this tour will include a tent (twin-share) and a sleeping mat for every traveller (travellers are responsible for their own sleeping bags). All of the campsites we use are equipped with western flush-toilets. Along the trail, we pass through two other campsites with similar toilet facilities, on the first and second days. During the early and late season trips, these plumbing facilities may be out of order due to ground frost, in which case, the replacement will be to use outhouses. Between campsites, the “call of nature” can be answered according to the leave-no-trace rules of wilderness travel. Toilet paper must be buried, burned, or carried out.

For passengers travelling as couples, we use multi-share hostels, and couples will likely be split into separate rooms.

What is the joining hotel?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

What are the joining instructions?

Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation), please make your way to the joining hotel (note that check-in time will be in the afternoon). Once you arrive at the hotel, look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

GETTING TO Hlemmur Square Hostel:

From Keflavík International Airport:

Upon exiting the airport, there are shuttle bus services available. The Flybus is recommended and pricing is as follows:

Return ticket to go directly to the hotel: 6950 ISK per person

One way ticket to go directly to the hotel: 3950 ISK per person

Please note that a larger shuttle bus will drive you to the Bus Terminal first, and travellers will get split into smaller busses depending on which hotel they are going to.

What should I do if I can't find my airport transfer or experience arrival issues?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details.

Who do I contact for arrival issues or in the event 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: +44 7817 262559

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 details should I be aware of when planning my departure day?

Reykjavik airport is well connected to major international airports around the world.

What are the packing guidelines and luggage restrictions?

We recommend using a backpack for your convenience, or a medium-sized luggage if you prefer. Space is limited on transportation, so there is a limit of one main piece of luggage per person. Luggage will be transported by vehicle during your treks. You must be prepared to carry your luggage up and down stairs, as well as on and off transportation. You should be able to fit everything you will need into a 30-35litre rucksack.

We recommend bringing a day pack to help carry your lunch, water bottle, medication, sunglasses, river crossing shoes, rain gear, and other items or clothing you might need for the day.

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

You are able to rent the following:

- Sleeping bag rental: 1000 ISK per day, total 6000 ISK for the whole tour
- Hiking boots: 1000 ISK per day, total 6000 ISK for the whole tour
- Waterproof jacket or pants: 1000 ISK per day, total 6000 ISK for the whole tour
- Hiking poles are 1000 ISK per day, total 6000 ISK for the whole tour

What should I pack for this trip?

Additional Items:

- Sleeping bag (required)

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, band-aids/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

Hiking/Trekking:

- Gloves
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets)
- Socks (Trekking socks – woollen or synthetic, not cotton)
- Thermal base layer (Woollen or synthetic, not cotton)
- Walking poles (Highly recommended)

Wet Weather Trekking:

- Pack liners to waterproof bags
- Rain gear
- Waterproof footwear (For river crossings) Note: When packing your gear, the best clothing for trekking is either wool or synthetic materials, as this is quick-drying and can keep heat in better. The optimum clothing for trekking is layering, as it allows for easy temperature regulation as you ascend or descend. We suggest a base-layer, then a mid-layer such as a sweater, followed by a fleece jacket or similar, then a windproof and waterproof jacket. For your bottom half, thermal underwear, hiking pants then windproof and waterproof layers are recommended. 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.

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.

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?

The unit of currency in Iceland is the Krona.

Credit cards and debit cards are very useful for cash advances but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs). Both Cirrus and Plus system cards are the most widely accepted debit cards. Visa cards are the most widely accepted credit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work in Iceland - 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 Krona 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

What emergency funds do I need access to 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!

What are the tipping guidelines for this 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 \$3-5 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?

- Please see the itinerary for information on optional activities, descriptions and estimated pricing.

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. For travellers over 70 years a completed Medical Form is required. 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 general safety tips and free-time guidelines should I follow?

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 CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your 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 or 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 judgment 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.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

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.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

What are the mandatory group rules regarding laws and behaviour?

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 prostitutes 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 use prostitutes.

What are the mandatory travel insurance requirements for this trip?

Travel Insurance: 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 CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

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.

What are the age restrictions for this trip?

Minimum age of 15 years for this trip.

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.