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Sorry! There are no remaining departures for "Trekking in the Dolomites" (EIDT), [but here are some similar trips](#).



Trekking in the Dolomites

10 days, Calalzo di Cadore to Bolzano

Trip code EIDT

What's included

- Your Welcome Moment: Meet Your CEO and Group

- Challenging hikes led by an International Mountain Leader (IML) (7 days)
- 5 hearty home-cooked dinners of local produce
- Main luggage transfer from Calalzo to Bolzano

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 January 1st, 2015 and onwards

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

Calalzo di Cadore

Arrive at any time.

Tonight you will pack your hiking backpack with everything you will need for the next eight days trekking. Your large luggage will be transferred to our Bolzano Hotel, and securely stored, ready for you to collect on your arrival on Day 9. You will pack everything you need for a week of trekking into a purpose built trekking pack/ruck sack. We recommend maximum of 40 litre capacity for your comfort. Please note, there are no support vehicles- you carry your own kit for the duration of the hike.



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.

Day 2

Calalzo di Cadore/Cortina d'Ampezzo

Transfer to Cortina, and begin hiking with a short walk across the valley with the Monte Cristallo behind.

We start our walk to the west of Cortina, walking up through coniferous forests and into mountains with magnificent views across the valley to the town and Monte Cristallo behind. If we are lucky, we might catch a glimpse of the Alpine Marmot, as they are numerous in this area. Listen out for their distinctive whistling.



Meals included

Breakfast | Dinner



Today's Activities

Local Bus

Calalzo di Cadore - Cortina d'Ampezzo

1h

Climb aboard, grab a seat, and enjoy the ride.

Hike across Cortina

Cortina d'Ampezzo

5h-6h

15km

Walk up through coniferous forests and into mountains to west of Cortina, with magnificent views across valley to the town and Monte Cristallo behind. With luck you might catch a glimpse of the Alpine Marmot, as they are numerous in this area – keep an ear out for their whistling.

Height Gain: Approx 800-1,000m (2,600-3,300 ft)

Day 3

Cortina d'Ampezzo/Col di Lana

Hike from Cortina to the Col di Lana region across higher ground, passing evidence of First World War trenches.



Meals included

Breakfast | Dinner



Today's Activities

Dolomite Trek

Cortina d'Ampezzo - Col di Lana

7h-8h

15km

A longer hike today, though with the same amount of ascent, as we cross high ground from the Cortina valleys to the Col di Lana area. As well as the magnificent views in all directions, we will see more evidence of the trenches dug into the mountains in WWI. There are many stirring stories of bravery and tragedy from that era.

Day 4

Col di Lana/Passo Fedaia

Time to stretch those legs again with another superb Dolomites hike, through Alpine meadows up to the mountains.

Crossing green Alpine meadows and descending through larch forests, we are in Ladin country today. The ancient Ladin language and culture can be seen as we walk – as well, of course, as the magnificent views! From our high points today you can see westwards to the magnificent Sella massif, while ahead is Monte Civetta.



Meals included

Breakfast | Dinner



Today's Activities

Dolomite Trek

Col di Lana – Passo Fedaia

7h-8h

15km

Crossing green Alpine meadows and descending through larch forests, we are in Ladin country today. The ancient Ladin language and culture can be seen as we walk – as well, of course, as the magnificent views! From our high points today you can see westwards to the magnificent Sella massif, while ahead is Monte Civetta.

Height Gain: Approx 800-1,000m (2,600-3,300 ft)

Day 5

Passo Fedaiia/Canazei

Ascend the legendary Via del Pan and walk towards Canazei, with views out to the Marmolada, the highest peak in the Dolomites.

Today we ascend to the legendary Via Del Pan and walk westwards. We traverse steep south-facing slopes in the direction of Canazei. There are stunning views south to the Marmolada, the highest peak in the Dolomites, and its hanging glacier. A century ago, this was a site for many battles, which, incredibly, were fought from the icy summits themselves.



Meals included

Breakfast



Today's Activities

Dolomite Trek

Passo Fedaiia - Canazei

7h-8h

15km

Ascend to the legendary Via Del Pan and walk westwards. Traverse steep south-facing slopes in the direction of Canazei. There are stunning views south to the Marmolada, the highest peak in the Dolomites, and its hanging glacier. A century ago, this was a site for many battles, which, incredibly, were fought from the icy summits themselves.

Height Gain: Approx 800-1,200m (2,600-3,900 ft)

Day 6

Canazei

Enjoy a free day to explore. Opt to visit a spa, the local skating rink, hire a bike, or try climbing around the valley.



Meals included

Breakfast



Today's Activities

Free Time

Canazei

A variety of optional activities are available here, or just relax and enjoy the mountain scenery.



Optional Activities - Day 6

Skating

Canazei

9EUR

Lace up your skates and have some fun at the skating rink.

Bike Ride

Canazei

Get on your bike and enjoy the ride.

Day 7

Canazei/Val Gardena

Hike round the impressive Sasso Lungo rock massif and enjoy views out across the Fassa Dolomites.



Meals included

Breakfast | Dinner



Today's Activities

Dolomite Trek

Canazei - Val Gardena

7h-8h

15km

Start the day by rounding the impressive Sasso Lungo rock massif, which dominates the skyline to our right. The Val di Fassa drops away to the south, with stunning views across to the Fassa Dolomites. Then, descend through green meadows to the head of Val Gardena, and enjoy our first views of the north-western Dolomites mountains.

Day 8

Val Gardena

Head into Ladin territory climbing up the slopes of Val Gardena, home to the Sella Ronda ski circuit.



Meals included

Breakfast | Dinner



Today's Activities

Dolomite Trek

Val Gardena

7h-8h

15km

We are in Ladin territory again as we ascend the slopes at the head of Val Gardena, a name familiar to anyone who is a keen skier. This is the home of the legendary Sella Ronda ski circuit, which doubles as a fantastic walking trail in the summer.

Day 9

Val Gardena/Bolzano

Head down through the valley on a shorter hike to the trailhead before transferring to Bolzano.

A shorter walk today brings us down to the valley, where after a well-earned coffee break we can catch the local bus to Bolzano, arriving early-mid afternoon. Bolzano is a beautiful typical Tyrolean small city, with traditional buildings and a multilingual heritage, which shows itself in the cuisine. Why not round off your Dolomites adventure with a stein of beer or an apple strudel?



Meals included

Breakfast



Today's Activities

Dolomite Trek

Val Gardena - Bolzano

2h

A shorter walk today brings us down to the valley where, after a well-earned coffee break, we catch the local bus to Bolzano, arriving early-mid afternoon. Bolzano is a beautiful typical Tyrolean small city, with traditional buildings and a multilingual heritage that shows itself in the cuisine. Why not round off your Dolomites adventure with a stein of beer or an apple strudel?

Day 10

Bolzano

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
- Challenging hikes led by an International Mountain Leader (IML) (7 days)
- 5 hearty home-cooked dinners of local produce
- Main luggage transfer from Calalzo to Bolzano

What are the main highlights of this trip?

Enjoy magnificent hiking amongst towering peaks, pass by the highest peak in the Dolomites, revel in the chance to learn about local Ladin language and customs.

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Enjoy magnificent hiking amongst towering peaks, pass by the highest peak in the Dolomites, revel in the chance to learn about local Ladin language and customs.

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

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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.

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.

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?

HIKING NOTES:

This is a demanding walking trip, with hikes of up to 7-8 hours involving some ascents and descents of over 1000 metres (3300ft). The terrain is often uneven, rough and stony underfoot and some of the paths are narrow and exposed. The Dolomites are very steep and rocky mountains, and dizzying heights and steep slopes are a feature of the walks in this area. Please be prepared for this, and in particular for some steep downhill over rough ground. You will need to be fit, experienced and free from vertigo to get the most from the hikes on this trip.

Please note that the walks may vary due to weather and/or path conditions. There are plenty of other walks in the region that can be recommended by your CEO and enjoyed on the free day.

All walking times given are approximate and will vary according to the speed and fitness of the group, weather conditions etc. They do not include stopping time for lunch.

LUGGAGE: 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. The carrying of your luggage remains your responsibility at all times.

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. The CEO will accompany you on the treks; however, there are up to 12 people in a group and the trip is self-supported, there are no luggage transport, porters or guides. Therefore it is important that you are a fit and confident walker over mountain terrain, able to manage ascents and descents and cross streams by yourself.

In the Dolomites, we employ the services of fully-trained International Mountain Leaders (IML). The IML qualification requires significant international trekking experience followed by 3 weeks of training and assessment in the Alps in both summer and winter conditions. The training includes avalanche awareness, dealing with altitude sickness, being aware of the surrounding elements and an understanding of physiology. With experienced IMLs guiding you on your trek, you are guaranteed the best possible experience whilst in the mountains.

How large will the group be?

Max 12, Avg 8

What meals are included in this trip?

9 breakfasts, 5 dinners

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. All but one dinner is provided on this trip; on the free night you can walk to the village for a change of scene or you are welcome to stay at home and book yourself in for dinner. Lunches are not included in the trip price. On most days the group will either picnic (in which case your CEO will give you information on options for getting lunch supplies) or eat at the mountain huts or refuges.

On some days there are water points en-route and also some mid-morning or afternoon coffee stops when extra water can be purchased. On some days trekkers will need to carry enough water for the day. The leader will always advise on the situation the night before.

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?

Train, bus, walking, minivan

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?

Mountain huts/refuges (6 nts), hotels (3 nts)

What kind of accommodation can I expect on this trip?

Our accommodation on most nights of this trip are simple traditional mountain refuges. These are mostly situated above 2000m in the mountains, with magnificent views. They are not all accessible by vehicle, so on most nights we will enjoy the peace and tranquility of the mountains and magnificent views (weather permitting of course!) The Dolomites are famed for their marvellous pink sunsets or Enrosadira - where better to watch this than a refuge perched amongst the mountains?

Accommodation is in multi-bedded and mixed-sex refuge dormitories - bring your earplugs if you're a light sleeper !

Duvets or blankets are provided, but you will need a sheet sleeping liner of cotton or silk and a lightweight travel towel. You will also need a torch as many refuges have power supplied by generator and it's "lights out" at 10pm. Almost all the refuges do have hot water and showers, though you may occasionally have to pay extra for this. Dormitories are usually between 3 and 10 beds per room. All the refuges provide a full catering service (usually with a choice of menu) and a full bar service. The accommodation is basic but the experience of staying in a mountain refuge is second to none!

Please note that the all the mountain refuges except for Val Gardena do have 2 power sockets for charging electronic items, however they must be shared between everyone staying in the hut. therefore it is recommended that you do not carry too much in the way of electronic items as charging opportunities are limited.

Toilets: All the refuges have 'western' flushing toilets and running water, though it may not always be hot! All the refuges also have showers, sometimes you have to buy a token for these and sometimes they are free. The final refuge is more basic so the shower is in an outhouse and is considerably more rustic than the others - all the other refuges have indoor showers and (usually - not guaranteed!) hot water. However, to compensate for this, the final refuge - though very simple - grows all its own organic fresh salad and vegetables and will feed us a 4-course feast using food they hand-picked just hours (or sometimes minutes!) before.

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 with us), 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 HOTEL FERROVIA:

The closest international airports to Calalzo are Venice or Treviso. However, it is possible to reach Calalzo from a number of gateway cities.

Here is a list of train travel times to Calalzo from various Italian cities:

Venice / Treviso (recommended) - 2.5 hrs

Verona - 4 hrs

Milan - 5.5 hrs

Rome - 6.5 hrs

Pisa - 6.5 hrs

Train tickets and timetables can be found at <http://www.trenitalia.com> or through your travel agent. Alternatively, it is easy to buy tickets at the train station.

Upon arrival at Calalzo train station (Calalzo-Pieve di Cadore-Cortina), exit onto Via Stazione and turn right along the road. Continue for 200m along Via Stazione, and you will see the Hotel Ferrovia on the left hand side.

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, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO. Alternatively you can use the emergency contact numbers provided in these notes.

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 NUMBERS

G Adventures UK office (manned UK 8am - 8pm)
+44 (0) 2072439878

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

For absolute emergencies after office hours please contact +44 7817 262559

If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, and your call will be returned as soon as possible.

What instructions should I follow at the finishing point?

You are free to depart at any time on departure day.

There are 3 trains to Rome per day, taking around 5hrs - if you are flying from Rome airports, please do not book flights before 4pm.

Total train time to Venice is around 3hrs with a change in Verona. If you are flying from Venice airport, we do not recommend you to book a flight departing earlier than 2pm.

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.)

You will be leaving your main luggage behind on the morning of Day 2 of this trek and will not have access to it until we arrive in Bolzano on Day 9 after completing our trek.

You will pack everything you need for a week of trekking into a purpose built trekking pack/ruck sack. We recommend maximum of 40 litre capacity for your comfort. Please note, there are no support vehicles- you carry your own kit for the duration of the hike.

What should be on my packing list?

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.)

When can I do my laundry on this trip?

As this accommodation is in a rural location there is no self-service laundry nearby. we recommend you bring biodegradable washing soap for any hand washing you may need to do.

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](#)

All visitors to the EU (European Union) and EEC (European Economic Community) countries require a valid passport (with a minimum 6 months validity). USA, Canada, Australia and New Zealand passport holders do not need a visa to visit the Schengen area (see below), however they may not stay longer than three months in any 6-month period.

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.

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?

Italy is in the Eurozone and the unit of the currency is the Euro.

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 Italy - check with your bank. You should be aware when purchasing products or services on a credit card, that a fee usually applies.

Do not rely on credit or debit cards as your only source of money. A combination of Euros, traveller's cheques and cards is best. Avoid relying on traveller's cheques alone as these are less and less readily cashed as clients use them very little.

Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds. On this trip there are no cash withdrawal facilities in Longuaru and most places do not accept credit cards, so you will need to arrive with sufficient funds to see you through the week.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates:
www.xe.com

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!

Do I need to pay a departure tax?

Usually included in international air ticket, check with your air travel agent.

Should I be tipping on my trip?

It is customary in Europe to leave a small tip for service providers, such as waiters, if you are pleased with the service (€1-2).

Tipping is an expected - though not compulsory - component of your tour program, and an expression of satisfaction with the persons who have assisted you on your tour. 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. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €3-5 per day, depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Also 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?

Canazei

- Skating (9EUR per person)
- Bike Ride

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. 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 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 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 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 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.

Is travel insurance required for my 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 should I dress to respect local customs during the tour?

In Italy, shoulders should be covered while visiting churches and cathedrals. Ask your CEO for more specific advice.

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.