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Sorry! There are no remaining departures for "Wellness Italy - Rome & Tuscany" (EIRRW), [but here are some similar trips.](#)



## **Wellness Italy - Rome & Tuscany**

7 days, Rome to Florence

Trip code EIRRW

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Your Wellness Moment: Yoga Class in Villa Borghese, Rome

- Your Wellness Moment: Yoga Class by Circus Maximus, Rome
- Your Foodie Moment: Cooking Class, Chianciano Terme
- Your Foodie Moment: Lunch and Local Wine Tasting, Bagno Vignoni
- Your Wellness Moment: Morning Guided Meditation, Lucca
- Your Wellness Moment: Afternoon Yoga, Lucca
- Half day cycling through Tuscan villages
- Bicycle and cycling equipment (including helmets)
- Bike support vehicle
- Orientation walk in Florence
- Walking tour of Lucca
- 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 June 20th, 2018 - November 23rd, 2019

## Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Rome

Arrive at any time. Meet your CEO and fellow travellers on the rooftop overlooking the Vatican for a healthy welcome drink. Take this opportunity to set your intention for the trip ahead.

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### 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.

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### Optional Activities - Day 1

Trastevere Visit

Rome

2h-4h

Cross the Tiber river to reach the quaint medieval neighbourhood of Trastevere. This is a great opportunity to escape the crowds and get a glimpse into local life.

Colosseum Visit

Rome

24EUR

Enjoy a guided tour of this famous spot, the scene of many bloody gladiator fights for the entertainment of ancient Rome's aristocracy. Learn from your expert guide and you wander the old venue—a UNESCO World Heritage site—and feel free to walk around on your own. No battles, please!

Day 2

## Rome

Enjoy a morning yoga session on the grounds of Villa Borghese. Take the rest of the day to explore Rome at your own pace. Opt to visit Rome's iconic sites including the Roman Forum or Trevi Fountain. Or relax with a Roman bath/Hammam experience.

While you're here, why not rent a Vespa for the day? Opt to pre-book the "Rome Vintage Vespa Toure" on the checkout page ahead of time, to include this optional on your tour.



### Meals included

Breakfast



### Today's Activities

#### ACTIVITY

Learn various stretches, postures, and breathing exercises during a yoga class on the grounds of Villa Borghese.

Free Time

Rome

Unquestionably Rome exudes history: from its Catacombs that entombed early Christians, to the Colosseum where gladiators battled to the death, and on up to the Palatine Hill, the traditional site of Rome's founding. This enthralling city is also home to the Vatican, home of the Pope, and St Peter's Basilica. Rome has plenty of excellent restaurants where meals consist of many courses, and a vibrant cafe culture and nightlife, too.



### Optional Activities - Day 2

Vatican Visit

Rome

16EUR

1h-2h

Take some time, or the day, to explore the Vatican and its museums. Stand in St. Peter's Square (Piazza di San Pietro), wander around the impressive Basilica, and marvel at the intricate paintings on the ceiling of the Sistine Chapel. For the smallest country in the world, the Vatican has one of the largest museums featuring incredible sculptures, and galleries - a can't miss for any art or history lover.

Traditional Roman Baths/Hammam Visit

Rome

Step into a world of calm and serenity in the heart of Rome. Melt the stress away as you indulge in traditional roman baths and hamman allowing yourself a new dimension of relaxation.

Christian Catacombs

Rome

8EUR

30m-1h

Follow a guide through this ancient underground cemetery.

Borghese Gallery

Rome

25EUR

1h-2h

Take a visit to the beautiful Borghese Gallery villa to indulge in a rich collection of ancient sculptures, relics, mosaics, and paintings. Pieces from Renaissance masters such as Bellini, Raphael, Bernini can be found here.

Rome Vintage Vespa Tour

Rome

3h-4h

When in Rome... live "la dolce vita" and hop onto a Vespa! Make your way around the city (like the locals do) on a vintage Vespa scooter. Visit Rome's must-see landmarks with a local guide, who will also be your Vespa driver, on this 3-4 hour afternoon excursion.

Day 3

## Rome/Chianciano Terme

Enjoy a morning yoga session overlooking the ancient Roman chariot-racing stadium, Circus Maximus. Afterwards, hop on the train to Chianciano Terme, one of Europe's most famous thermal bath cities. Take part in a traditional Tuscan farm to table cooking class before enjoying dinner as a group.



### Meals included

Breakfast | Dinner



### Today's Activities

#### ACTIVITY

Nurture your mind, body, and soul in a yoga class overlooking the famous ancient Roman-chariot racing hippodrome, Circus Maximus. Situated in the valley between the Avenue and Palatine Hill, start the day with a long stretch on one of the most ancient and historic locations of the eternal city.

Local Train

Rome - Chiusi

2h

160km

Climb aboard, take your seat, and get around like the locals do.

Private Vehicle

Chiusi - Chianciano Terme

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

#### ACTIVITY

Expand your culinary skills with a cooking class. Learn how to prepare typical Tuscan dishes and enjoy the fruits of your labour.



### Optional Activities - Day 3

Local Spa Treatment

Chianciano Terme

30-100EUR

Visit a day spa and choose from a number of treatments available, like a full body massage or water treatment circuit with local mineral water that's said to have healing properties.

Day 4

## Chianciano Terme

Cycle to the beautiful spa town of Bagno Vignoni. Explore the spa town, opt to soak in the thermal pools, or relax and enjoy the views. Enjoy a local wine tasting. Opt for an evening meditation.

Please note: a support vehicle is provided for this day.



### Meals included

Breakfast | Lunch



### Today's Activities

Cycle to Bagno Vignoni

Chianciano Terme

6h

55km

Cycle out to beautiful spa town of Bagno Vignoni, a popular holiday spot since Etruscan and Roman times. Follow country lanes and gravel paths to reach Bagno Vignoni. There is a support vehicle should you prefer to relax and enjoy the journey.

Day 5

## Chianciano Terme/Florence/Lucca

Travel to Florence, the heart of Tuscany and home to the many masterpieces of Renaissance art and architecture. Enjoy a CEO-led orientation walk followed by time to explore at your own pace. Opt to visit Il Duomo, take a stroll on Ponte Vecchio or head to Fiesole hilltop for some inward reflection. Continue to Lucca for the evening.



### Meals included

Breakfast | Dinner



### Today's Activities

Private Vehicle

Chianciano Terme - Florence

1h48m

130km

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

Free Time

Florence

Considered the birthplace of the Italian Renaissance, Florence is the capital of Tuscany. The city has much to offer lovers of art, architecture, fashion, food, and history—the centuries-old city centre is a UNESCO World Heritage Site. Marvel at Michelangelo's David, the medieval Duomo, and the impressive art collection of the Uffizi Gallery. Savour steak Florentine, stewed wild boar, gelato, and wash it all down with an espresso at one of the city's famous squares.

Private Vehicle

Florence - Lucca

1h30m

85km

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



### Optional Activities - Day 5

Fiesole Hill

Fiesole

Tucked in the northern Tuscan hills, Fiesole is about an hour's walk or short drive from Florence and the perfect spot to capture extraordinary views of the city.

Ponte Vecchio Visit

Florence

Walk across this medieval bridge and look over the Arno River to feel the romance of this city. Jewelers, art dealers and souvenir shops run the length of the bridge, featured in many master paintings.

Il Duomo di Firenze Visit

Florence

Free-30EUR

1h-2h

This green, pink, and white marbled 13th century basilica is one of Italy's largest churches and its brick dome is the largest ever constructed. Wander through the cathedral or choose to climb the 463 steps to the top of the dome and be rewarded with extraordinary views of the city!

Day 6

## Lucca

Start the day with a guided meditation session. Enjoy a walking tour of Lucca, and discover the city's rich Roman heritage. In the afternoon, re-join the group for a poolside yoga session before enjoying another Tuscan dinner with the group.

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### Meals included

Breakfast | Dinner

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### Today's Activities

#### ACTIVITY

Start the day with a guided meditation session. Calm the mind and set intentions for the day ahead.

Lucca Guided Walking Tour

Lucca

2h

Discover medieval Lucca on foot with a guided walking tour. Stroll atop the 17th-century city wall, still fully intact! Visit the 12th-century Duomo of San Martino. Pass by the Guinigi Tower and see Puccini's birthplace.

#### ACTIVITY

Discover the connection between mind and body as you move through a series of poses.

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### Optional Activities - Day 6

Lucca Bike Rental

Lucca

3-5EUR

Cycle along the top of the stunning medieval city walls, zoom down into one of the many cobblestone piazzas for an espresso and a revitalizing slice of pizza, and pedal around, taking in some of the fantastic culture and architecture this little city offers, including many palazzos, churches, and towers.

Botanical Gardens of Lucca

Lucca

1h-2h

Wander around this elegant botanical garden. The grounds are nearly 200 years old, and hosts just as many species of plants.

Day 7

## Lucca/Florence

Enjoy a mindfulness meditation session before catching the train to Florence. Trip will end upon arrival where your CEO can help assist with onwards travel arrangements.

Please book any onward travel after 3pm.



### Meals included

Breakfast



### Today's Activities

Mindfulness Meditation

Lucca

Focus your attention to the present and reflect on the beauty of the Tuscan hills in a mindfulness meditation session.

Local Train

Lucca - Florence

1h48m

80km

Climb aboard, take your seat, and get around like the locals do.

Departure Day

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

## What's included

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- Your Wellness Moment: Yoga Class by Circus Maximus, Rome
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## What are the main highlights of this trip?

Practice yoga in Villa Borghese, Opt to gaze upon Vatican City, Visit the famous thermal bath city of Chianciano Terme, Dig into a traditional Tuscan farm-to-table cooking class, Stroll through Lucca on a guided tour, Expand your palette with wine tasting in Tuscany

## What are the main highlights of this trip?

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## 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 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.

## **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. 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 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.

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

Max 14, Avg 10.

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

6 breakfasts, 1 lunch, 3 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. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. 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, private van, walking, cycling.

## What transportation will we take on this trip?

Intercity transport on this trip will mostly be by train and occasionally by local bus. The bus and train systems in Italy are generally good, with seat reservations and toilet/snack facilities on longer journeys. Keeping to schedules is notoriously not one of the Italian transport system's specialties, so pack in your MP3 player, a good book and some Italian phrases, and kick-back and enjoy the views with the locals.

Bikes for cycling days are mountain-bike style with city tyres, luggage rack, front suspension with helmet included. You will also have a local guide to accompany the group on cycling days.

Please note that you **MUST** be comfortable carrying your own luggage as there will be a lot of up and down stairs on this trip due to the nature of station layouts in Italy (very few are equipped with escalators or elevators). Between public transport and hotels you may be required to carry your luggage short distances (up to 20 mins walk), in larger cities you may travel by metro or city bus, and occasionally the group will take taxis to and from hotels.

## 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?

Hotel (6 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?**

It is important to note that accommodation in Europe tend to be quite different to other areas of the world you may have travelled in. Buildings and rooms are generally old and may not have been renovated or maintained to the highest standard. Downtown hotels in Europe were not build to be hotels but rich owners houses, which have been changed into hotels. Therefore unusual room sizes are common as large rooms have been partitioned in the past, resulting in rather "thin" walls. Reception areas, rooms and bathrooms tend to be very small as they were often added into an existing room, and may have a hand nozzle rather than a conventional shower head.

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

Staff can occasionally demonstrate less than perfect customer service. As accommodation is in short supply, especially during the summer months, hotels can charge a premium and there is sometimes little motivation to improve facilities.

## **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 NH Collection Roma Vittorio Veneto:

By Bus from the Airport:

Shuttle buses run from Fiumicino airport and Ciampino Airport to Rome's Termini Station in the city centre approximately every half hour. Look for the Terravision stand at the arrival terminal. Cost is €5 - €7 one way and takes approximately 1 hour.

From Termini Station, you may take the 910 bus to Puccini Station (8mins), then walk for 5mins to reach the hotel. Alternately, you can take a taxi for approximately €10 (5min) or walk directly to the hotel (25mins).

By Train from the Airport:

The Leonardo Express is the name of the train that will shuttle you from Rome's main international airport, Fiumicino, to Rome's Termini Station. A Leonardo Express train leaves every half hour in each direction. Trains to Termini Station start at 6:35am, with trains running at 5 and 35 minutes after the hour. The last train of the day departs at 11:35pm. The train station is open 4am to 1am and covers 35 km in around 30 minutes. Cost is approximately €14 per person. Tickets for Leonardo Express are available at rail ticket office, newspaper seller tobacconist's, and self-service tellers, each located in the railway station atrium.

From Termini Station, you may take the 910 bus to Puccini Station (8mins), then walk for 5mins to reach the hotel. Alternately, you can take a taxi for approximately €10 (5min) or walk directly to the hotel (25mins).

NOTE: You must always stamp tickets in the machines on the platform before starting your journey.

By Taxi from the Airport:

Taxis run fixed rates to and from airports. The rate is approximately €40-65. The rate for designated Fiumicino taxi drivers is €60 and are inclusive of luggage, for a maximum of four passengers.

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

Choose from a range of transport options including both private and shared transfers at a discounted rate.

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

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

## 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. If you are unable to get in touch with your CEO, please refer to our emergency contact details.

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

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### EMERGENCY CONTACT NUMBERS

G Adventures Office London, United Kingdom

During Office hours (Weekdays, 9am-5:30pm Local Time)

+44 20 7243 9870

For absolute emergencies after office hours please contact: +44 7817 262 559

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1300 796 618

Calls from New Zealand: 0800 333 307

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

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

On the departure day you will take a train from Lucca to Florence after the morning meditation session. You will arrive the station at approx 11am, in time to catch onward trains or further enjoy the city of Florence.

If you wish to stay in Lucca you are more than welcome to do so, but the transfer is only offered on Day 7.

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

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

# What should be on my packing list?

## Cycling:

- Bicycle pedals (optional)
- Bicycle saddle cover (optional)
- Bicycle saddle (optional)
- Biking gloves
- Cycling clothing (cycling shorts and cycling jersey)
- Cycling shoes
- Handlebar bag (optional) (For easy access to small personal items.)
- Personal cycling gear

## Documents:

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

## Essentials:

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

### **Warm Weather:**

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

### **Wellness:**

- Flip flops or comfortable shoes (required)
- Yoga clothes or comfortable clothing (required)
- Journal
- Small travel towel (required)
- Yoga mat (required)
- Water Bottle
- Face towel
- Yoga props

## **When can I do my laundry on this trip?**

There are self service laundromats in the town of Chianciano Terme.

## **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?**

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 Greece - 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.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates:  
[www.xe.com](http://www.xe.com)

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

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?**

While conventions can vary from country to country, tipping is customary in Europe. A general rule is 10% of the bill for wait staff, and a smaller amount (€1 or €2) for other service providers.

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.

At the end of each trip, if you felt your G Adventures CEO did an outstanding job, tipping is expected and appreciated. The precise amount is a personal preference, however €30-€40 per person, per week can be used as a guideline.

# What activities are optional on this trip?

## Rome

- Trastevere Visit
- Colosseum Visit (24EUR per person)
- Vatican Visit (16EUR per person)
- Traditional Roman Baths/Hammam Visit
- Christian Catacombs (8EUR per person)
- Borghese Gallery (25EUR per person)
- Rome Vintage Vespa Tour

## Chianciano Terme

- Local Spa Treatment (30-100EUR per person)

## Fiesole

- Fiesole Hill

## Florence

- Ponte Vecchio Visit
- Il Duomo di Firenze Visit (Free-30EUR per person)

## Lucca

- Lucca Bike Rental (3-5EUR per person)
- Botanical Gardens of Lucca

## **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 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/](http://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?

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/](http://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.