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## **West Africa Cruise - Accra to Marrakech**

17 days, Accra to Marrakech

Trip code XVAMDX

### **What's included**

- Your Foodie Moment: Fruit Distillery Visit, Banjul
- Your Foodie Moment: Djemaa el Fna Market Square Visit, Marrakech

- - 2 night hotel accommodation (Accra and Marrakech) - 14 night's aboard the Expedition - Airport transfers (arrival and departure) - Shore excursions, sightseeing and entrance fees as per

the itinerary - Zodiac excursions with our expert expedition team - Lecture and educational programs with expedition team

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 April 1st, 2016 and onwards

## 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

## Accra

Welcome to Accra! Arrive at any time and check into the hotel. Arrival transfer is included.

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### Today's Activities

Private Vehicle

Kotoka International Airport - Accra

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

Arrival Day

Begin your adventure today. There are no planned activities so feel free to explore or rest up for the excitement ahead.

Enjoy an excursion from the port at Tema to the busy capital of Accra. Wildlife enthusiasts may choose to visit the Shai Game Reserve instead.

Stop first at a casket-maker's shop where caskets are carved to depict the beliefs, hobbies and life stories of the deceased. Later, visit a local school to interact with the children and staff before heading off to a local market, the national museum and the Kwame Nkrumah Mausoleum.

Wildlife enthusiasts may choose to visit the Shai Game Reserve instead to view an abundance of wildlife. After the reserve, witness local bead-making and give it a try.

Return to the port at Tema, where you will embark on the adventure of a lifetime.



## Meals included

Breakfast | Dinner



## Today's Activities

Private Vehicle

Accra

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

Casket Maker Shop Visit

Accra

Stop at a casket-maker's shop where caskets are carved to depict the beliefs, hobbies and life stories of the deceased. Ghana is known for the unique practice of creating custom caskets sometimes called fantasy coffins in spectacular shapes like sailboats, chickens, cola bottles, or even pineapples.

Local Village Visit

Accra

Visit a local school to interact with the children and staff before heading off to a local market.

Kwame Nkrumah Mausoleum Visit

Accra

1h

Visit the Kwame Nkrumah Memorial Park, located in downtown Accra. The location is the final resting place of Ghana's founder and first president. The museum was created in his honour and contains photographs, artifacts, and important insight into this incredible human's life. The centre was designed by a Ghanaian architect and was built using Italian marble.

Shai Game Reserve Visit

Accra

Visit the Shai Game Reserve to search for views of baboons, green monkeys and antelope. Bird watchers will thoroughly enjoy the reserve's abundance of birdlife with species such as Senegal Parrots, Swallow-tailed Bee-eaters and Vieillot's Barbet flying around the grounds.

Expedition

Accra - Takoradi

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 3

## Accra/Takoradi

From the dock at the Ghanaian town of Takoradi, explore a region steeped in the sad history of the slave trade. Visit Elmira Castle and Cape Coast Castle.

From the dock at the Ghanaian town of Takoradi, explore a region steeped in the sad history of the slave trade. A visit to Elmira Castle and Cape Coast Castle brings us face-to-face with the horrible conditions of the dungeons and quarters slaves inhabited while awaiting their fate.

A visit to the West African Historical Museum is included in the visit to Cape Coast Castle.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Private Vehicle

Takoradi

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

Elmina Castle and Cape Coast Castle Visit

Takoradi

Visit Elmina Castle and Cape coast Castle to learn in-depth about the horrific treatment of quarter slaves imprisoned in the castle's dungeons. The castle along with several other castles and forts around the Greater Accra region are recognized by UNESCO as World Heritage Sites. While the castle is foreboding from the outside, it is surrounded by the pleasant aspects of local fishing activity, and the relatively clean and pleasant precincts of Cape Castle village. A visit to the West African Historical Museum is included.

Expedition

Takoradi - Freetown

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 4

## Takoradi/Abidjan

A day to explore Abidjan, the economic capital of the Ivory Coast.

A full day exploring Abidjan and Grand-Bassam, the colonial capital of the Ivory Coast. Enjoy stops at the Abidjan Plateau, French colonial district and costume museum. Lunch at Assoyam Beach.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Private Vehicle

Abidjan

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

City Tour of Abidjan and Grand-Bassam

Abidjan

Start the day with a tour of the Abidjan Plateau and St. Paul's Cathedral before visiting the Abidjan Handicraft Centre in Treichville. Continue on to Grand-Bassam, the colonial capital city of the Ivory Coast, where we will visit the French colonial district, the costume museum, the governor 'Binger' palace and the Ariane Monument. During the day we will stop at Assoyam Beach for lunch.

Expedition

Takoradi - Abidjan

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Days 5–6

## Abidjan/Freetown

Days at sea will be filled with fascinating and entertaining educational programs presented by the expert expedition team. Join new friends in the ship's popular pub. Relax on the ship's deck or scan the horizon with binoculars in search of seabirds and marine life.

The Expedition has ample public space in the lounge and library, join new friends in the ship's popular pub. Alternatively, spend time relaxing on the ship's deck or scanning the horizon with binoculars or a camera in search of seabirds and marine life. As always, high-end dining experiences will be enjoyed in the ship's dining room.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Expedition

Abidjan - Freetown

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 7

## Freetown

A day to explore Freetown, Sierra Leone. Sierra Leone is recovering from a civil war that almost tore the country apart, but today it is a progressive African state with a great future.

Explore the city and the Tacagumu Chimpanzee Sanctuary.

Stop first at the Sierra Leone National Museum, close to the famous Cotton Tree. A nearby war memorial may also be of considerable interest, rendering a sense of the extent to which this tragedy has been imprinted on the psyche of this city.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Private Vehicle

Freetown

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

Freetown City Tour

Freetown

Tour around the city and take in the city's combination of bustle, clutter, traffic, population, and of course the ever present informal sector industry. Many of the streets retain their old colonial era names, such as Gloucester Road, Wilberforce Street, George Street and Regent Street, all very oddly juxtaposed against this swarming West African city.

Sierra Leone National Museum Visit

Freetown

Visit the Sierra Leone National Museum, close to the famous Cotton Tree. The museum is famous for an important collection of artifacts and artwork.

Tacugama Chimpanzee Sanctuary Visit

Freetown

Stop at the Tacugama Chimpanzee Sanctuary to see how abandoned pet chimps are introduced to other chimps. Many chimps are taken as pets when they are small and considered cute, then left when typical adult chimp behaviour begins. This sanctuary works to rescue these chimpanzees that would otherwise be unable to survive in the wild.

Expedition

Freetown - Banjul

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 8

## Freetown/Banjul

Spend the day at sea.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Expedition Lectures and Educational Programs

Learn about the natural and human history of the area through educational seminars led by the Expedition's expert staff. Discover the type of flora and fauna that grow in the regions the ship will visit and participate in photography and art workshops with our resident artist and photographer.

Expedition

Freetown - Banjul

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 9

## Banjul/Dakar

Visit Banjul, a city beloved by birdwatchers. Admire the local art, visit a distillery and a traditional market.

The Gambia is known for its abundant birdlife: over 500 species! Visit the Abuko Nature Reserve for a walk with our guides. Option to visit the museum of a local artist.

Visit the Serrekunda market, one of Africa's busiest, and a fruit distillery to learn about local liqueurs.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Private Vehicle

Banjul

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

Abuko Nature Reserve Visit

Banjul

Visit the Abuko Nature Reserve for a walk with local guides. This well maintained reserve has more than 250 bird and 52 mammal species. Look out for the many birds, monkeys and crocodiles that inhabit the area.

Visit the Museum of a local artist

Banjul

Visit the museum of a local artist. The artist herself will give us a guided tour of the space and its works while giving some insight into life as an African artist.

Serrekunda Market Visit

Banjul

Visit the Serrekunda market, one of Africa's busiest for a real taste of market life. Admire the local crafts and perhaps pick up a souvenir.

### ACTIVITY

Visit a fruit distillery to learn about local liqueurs and enjoy a tasting.

Expedition

Banjul - Dakar

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 10

## Dakar

Explore Dakar, Senegal; a bustling and energetic West African capital.

Take the option to tour Bandia Park and explore the Senegal countryside. Or, visit the infamous slave-trading post of Gorée Island and learn about the history of the region and its importance to the slave trade.

Lunch will be on land, after which there will be time to explore Dakar's incredible markets, Great Mosque and colonial architecture before returning to the ship.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Private Vehicle

Dakar

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

Bandia Reserve Visit

Dakar

Tour Bandia Reserve, the first established private reserve in the country, home to a variety of mammals and birds. Explore the Senegal countryside with a chance to view the Baobab forest in Sandia.

Gorée Island Visit

Dakar

Visit the infamous slave-trading post of Gorée Island and learn about the history of the region and its importance to the slave trade. The tour includes visits to the dungeons and slave quarters, the traders' opulent homes, the House of Slaves and Le Castel, offering a fascinating look into this dark time.

IFAN Historical Museum visit

Dakar

Visit the IFAN Historical Museum of African Arts to learn more about the history of Senegal and see local artifacts, maps, and photographs

Expedition

Dakar - Dakhla

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Days 11–12

## Dakar/Dakhla

Two days at sea.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Expedition Lectures and Educational Programs

Learn about the natural and human history of the area through educational seminars led by the Expedition's expert staff. Discover the type of flora and fauna that grow in the regions the ship will visit and participate in photography and art workshops with our resident artist and photographer.

Expedition

Dakar - Dakhla

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 13

## Dakhla

Tranquil Dakhla is where the Sahara meets the sea. Venture into the desert across the beautiful landscape to the White Dune, look for flamingoes and enjoy a gala local lunch.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Private Vehicle

Dakhla

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

Dakhla Excursion

Dakhla

Venture into the desert across the beautiful landscape to the White Dune. Look for flamingoes and enjoy a gala local lunch in tents set up especially for the occasion. Enjoy a full day tour to see the edge of the Sahara and if possible some of the nomadic peoples who live there.

Expedition

Dakhla - Fuerteventura Island

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 14

## Dakhla/Fuerteventura Island

Day spent at sea.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Expedition Lectures and Educational Programs

Learn about the natural and human history of the area through educational seminars led by the Expedition's expert staff. Discover the type of flora and fauna that grow in the regions the ship will visit and participate in photography and art workshops with our resident artist and photographer.

Expedition

Dakhla - Fuerteventura Island

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 15

## Fuerteventura Island/Agadir

Visit Fuereventura, Canary Islands. This particular island is part of the newly designated UNESCO Biosphere Reserve.

Fuerteventura is a mecca for those escaping the winter cold up to the north. The sea adjusts the temperature making the hot Sahara winds blow away from the island. It is also an island housing endemic insects and many bird species.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Private Vehicle

Fuerteventura Island

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

Fuerteventura Island Excursion

Fuerteventura Island

Enjoy an excursion to explore Fuerteventura, a mecca for those escaping the winter cold up to the north. Stretch your legs and if there's time explore landmarks such as Corralejo National Park or Castillo del Cotillo.

Expedition

Fuerteventura Island - Agadir

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Disembark the G Expedition for the final time, in the whitewashed Moroccan seaside city of Agadir. Drive to Marrakech, a spectacular end to our journey.

Visit the extraordinary Djemaa el Fna square—a human carnival filled with magicians, snake charmers, acrobats, water sellers and food stalls.



## Meals included

Breakfast | Lunch | Dinner



## Today's Activities

Private Vehicle

Agadir - Marrakech

4h

250km

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

Marrakech Medina Guided Tour

Marrakech

Head into the maze of tiny streets and alleyways of the ancient medina to really get a taste of everyday life in Marrakech. Shop to your heart's content in the souk and search out spices, traditional jalabas and slippers, or the famous Moroccan lanterns. Visit the Bahia Palace and the Ben Youssef Madrasa - an Islamic college in Marrakech built in the 14th-century and reconstructed in the 16th-century. Rebuilt by the Saadian Sultan Abdallah al-Ghalib in 1564, it housed up to 800 students across 130 small dormitory cells. Explore this fine example of Moroccan craftsmanship, featuring a central marble courtyard with a reflective pool, elaborate Zellij tilework, and intricate carvings in cedar wood and stucco.

### ACTIVITY

Wander past fresh orange juice stalls and water sellers in colourful costumes reminiscent of an era past. See storytellers, magicians, and peddlers of traditional medicines as the day progresses. When the sun sets, the square fills with dozens of food stalls, and is packed with locals, entertaining chefs, and waiters. Grab a spot on a bench with other diners and try the “tanjia” (slow cooked lamb), harira soup, grilled seafood, famous Moroccan couscous, tajine, snails, or even sheep's head (for the truly adventurous). Wash it all down with some spiced tea.

After breakfast, depart for the airport and flights homeward. Departure transfer is included.

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## Meals included

Breakfast

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## Today's Activities

Departure Transfer

Marrakech - Marrakech Menara Airport

You will be met at your hotel and transferred to the airport at the end of your adventure.

Departure Day

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

## What's included

- Your Foodie Moment: Fruit Distillery Visit, Banjul
- Your Foodie Moment: Djemaa el Fna Market Square Visit, Marrakech
- - 2 night hotel accommodation (Accra and Marrakech) - 14 night's aboard the Expedition - Airport transfers (arrival and departure) - Shore excursions, sightseeing and entrance fees as per the itinerary - Zodiac excursions with our expert expedition team - Lecture and educational programs with expedition team

## **What are the main highlights of this trip?**

Learn the history of voodoo and the slave trade, visit UNESCO World Heritage Sites, observe wildlife up close, explore local markets and colonial architecture in historic ports, visit remote archipelagos via Zodiac. Interact with our expert expedition team while enjoying the comfort and cuisine of the G Expedition.

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

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

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

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

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

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

The Expedition is an adventure Expedition ship and does not offer an elevator

Traveling West Africa is an opportunity to help developing nations embrace tourism. Do not expect tourism / public works infrastructure to be up to par with other areas of the world.

The port cities that are open to us are often a great distance from cultural points of interest and there may be shore excursions with extended bus trips to access sites of interest.

## What is the group leader like?

A carefully chosen team will lead our voyage. Our expedition ships boast an international team of professional naturalists and lecturers. Their goal is to provide an informed and balanced interpretation of the destination, accomplished through stimulating lectures, day-to-day briefings, and informal discussions. Your lecturers and Expedition Leader will cover all aspects of the voyage including ornithology, marine biology, geography, geology, history and the environment, as well as practical things like photography. The expedition staff work conscientiously with you on deck and in the field, improving your observational skills to allow you to experience all that the destination has to offer. Their strong sense of ethics and ecological knowledge make for stimulating and mindful conversation whether onshore or at the dinner table. The Expedition Staff will pilot the Zodiac landing craft used for shore landings and Zodiac cruises; they are experienced drivers who operate the Zodiacs in a responsible manner.

## How large will the group be?

Max 132 passengers

## What meals are included in this trip?

16 breakfasts, 14 lunches, 15 dinners

## What are the meals like on this trip?

Onboard our expedition ships you'll find a diversity of gourmet international cuisines prepared and catered by professional chefs; all meals are included in the price of your expedition. Dining is casual, tables are unassigned and the dining room is capable of seating the entire passenger complement at one time. There is always a selection of different meals available, and vegetarians will find plenty of options. Special dietary requirements can be accommodated with advance notice, please advise us at time of confirmation. Coffee and tea are all provided free of charge. All other beverages, alcoholic and non-alcoholic are not included and can be purchased in the dining room, pub or the lounge.

## What are the modes of transportation on my trip?

M/S Expedition, Bus, and Zodiac.

## 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?

Twin Share Hotel (2 nights), M/S Expedition quad, triple, twin-share cabins, or suites (all with en suite bathrooms and porthole or window) (14 nights). Please note that all cabins consist of twin-sized berths and are ocean-facing. Suites have one queen size bed.

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

In the world's most remote destinations that the G Expedition travels to we cannot offload our plastics, glass or tin waste for recycling. Therefore, we try to reduce what single use items that we use. You will see on the ship that every effort is being used to stop the use of single use plastic containers, bags and other items. In an effort to prevent plastic waste from entering the waste stream, we are asking for your help. We offer exceptional drinking water on the ship with refilling stations for your re-useable water containers. You will be provided a complimentary water bottle to fill up as needed. Plastic items such as single use shampoo/conditioner plastic containers cannot be recycled, so please plan to bring any plastics back to your home countries for recycling. Please do not bring single use items that you intend to leave behind such as plastic bags and throw away razors. Your participating in helping to prevent pollution and promote recycling is greatly appreciated.

Dress on board is informal. Plan to bring comfortable, casual clothing for all activities. Always pack one water proof layer in the event there is rain. However, it's important to note that the weather will be hot and lightweight clothing is strongly suggested.

It's helpful to note that we may have multiple visits to local schools in some of the villages visited. You may wish to bring donations in the form of school and art supplies. Our team will help facilitate with contributing these items directly to the head master of the school. Below is a suggested list

- Art supplies
- Pencils, pens and paper
- Deflated soccer ball
- 5 separate postcards of iconic places from your town, city or home country. These will be used for a piece of art we would like to create for the students.

## 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?

Aboard the M/S Expedition laundry facilities are provided at a nominal charge.

## 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](#)

## 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?

Onboard the Expedition:

While on board our Expedition ships, cash and most major credit cards (VISA, Mastercard and AMEX) are accepted to pay for your onboard account to cover incidental charges such as bar bill, laundry visas and shop purchased.

As Expedition will travel to numerous countries during her voyage up the West Coast of Africa the crew of the Expedition will assist passengers in changing money into local currency at each port. We recommend bringing small denomination US Dollar and Euro BILLS as many markets and local merchants will accept this.

Before and after the cruise:

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work overseas. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash, travellers cheques and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

## Should I be tipping on my trip?

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. It is an expression of satisfaction with the persons who have assisted you on your expedition. The industry standard and suggested amount is USD \$10 - 15 per person per day spent on board. Of course, tipping is a personal choice and the suggested amount is set only as a guideline. The money is collected by the Hotel Manager at the end of the voyage and distributed amongst the crew and Expedition Staff.

## What activities are optional on this trip?

- No optional activities

## Are there any health considerations I should know before travelling?

All passengers on the West Africa Cruise are required to submit a medical form. Available here, [http://www.gadventures.com/medical\\_form/](http://www.gadventures.com/medical_form/) Follow the directions on the form, and if necessary, a Doctor's authorization will be required. It is very important that we are advised of any special meal requirements, food allergies, or prescribed medication when you confirm your tour. The ship is equipped with a small infirmary with typically required medications and limited equipment. The ship's doctor is available for visits during the day and is available 24 hours per day for emergencies.

Yellow Fever Certificate Note:

A Yellow Fever Certificate (International Certificate of Vaccination) is a REQUIREMENT for this West Africa itinerary, as we do visit yellow fever endemic countries. Please consult with a travel clinic / Doctor prior to travel. The yellow fever shot requires 10 days to become effective. The vaccination should be at the latest, two weeks prior to travel.

Health regulations in your country of residence may require specific inoculations for the countries that you will visit on our voyage. We suggest that you confer with your own physician to check specific requirements, and to be sure your routine immunizations, such as tetanus, diphtheria and hepatitis A, are up-to-date before traveling. Older travelers, in particular, may wish to consider preventive measures against influenza and pneumonia.

## 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 are the trip specific safety considerations?

We recommend that you wear minimal jewelry and that you keep valuable items safely stored in our complimentary safety deposit box, which is located at the Purser's Desk.

## What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

## Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

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

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

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

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

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

## How 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?

Minimum age of 10 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.