

## London to Barcelona: Tapas & Train Rides - EELB

13 days: London to Barcelona

### What's Included

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- Your G for Good Moment: Mescladis Cooking Class, Barcelona
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Discover Moment: Paris
- Your Foodie Moment: Eiffel Tower Picnic, Paris
- Your Discover Moment: Interlaken
- Your Big Night Out Moment: Interlaken
- Your Discover Moment: Rome
- Your Big Night Out Moment: Barcelona
- Picnic in front of Eiffel Tower
- Visit to the Leaning Tower of Pisa
- Cinque Terre park fee, unlimited train ticket and CEO-led hike
- Visit to Monaco
- Orientation walks in Interlaken & Milan

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 August 14th, 2020 and onwards

### Itinerary Notes

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**COMBO TRIP:** Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together, prior to Day 1 of your tour. Likewise, some staff and travellers may be continuing together on another G Adventures tour, after your trip concludes.

**ACCOMMODATION:** Please note most of our 18-to-Thirtysomethings accommodation in Europe is multi-share.

### 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 London/Paris

Meet in London before departing for Paris by train.

Tonight, you won't need to go far for Paris to sweep you off your feet, because after all, it is the City of Love. Head to your hostel's bar with your CEO and group to kick back and grab drinks in celebration of the first day of your grand adventure.

Please refer to joining instructions for more information on where to meet.

Please note the trip departs London in the evening of Day 1 so it is imperative that you arrive on time for departure soon after the 5:30pm Welcome Meeting. Please allow plenty of time for the journey to London to allow for any possible delays.

## **Train**

London – Paris 3h

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

## **Your Welcome Moment: Welcome Moment - Meet Your CEO and Group**

17:30

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.

## **Your First Night Out Moment: Connect With New Friends**

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

## **Day 2 Paris**

Picnic in front of the Eiffel Tower; opt to visit Notre Dame Cathedral or explore Montmartre.

Explore and discover the “je ne sais quoi” of the City of Lights. Paris has something for everyone and you can use your day here to picnic under the Eiffel Tower, explore the outstanding museums and churches, float down the Seine on a river cruise or people watch at one of the charming cafés.

## **Orientation With CEO**

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

## **Your Foodie Moment: Eiffel Tower Picnic**

Do as the locals do and stretch out under the Eiffel tower for a picnic lunch. The view will not disappoint!

## **Your Discover Moment**

Paris Full Day

There's plenty to see and do in Paris, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like getting acquainted with Mona Lisa at the Louvre, marvel at the architecture of the Notre Dame Cathedral, and visiting the Arc de Triomphe. Your CEO has more ideas if you need them. Just ask!

## **Optional Activities - Day 2**

### **Musée d'Orsay Visit**

Paris 1h-2h

11EUR per person

Tour through The Musée d'Orsay, a must-see museum in Paris. Housed in a former train station, the beautiful building is the perfect setting to display some of the world's most revered Impressionist art. Wander from room to room in awe at the works on display by Monet, Renoir, Cézanne and Gauguin. Marvel at Degas' ballerinas and Van Gogh's swirling colours.

### **Eiffel Tower Visit**

Paris 2h-4h

16EUR per person

Visit the most famous landmark in France, the Eiffel Tower. Opt to climb the stairs or take an elevator to the top for a stunning view over the city. Hang out at dusk and watch the tower light up.

### **The Louvre Visit**

Paris 1h-5h

12-16EUR per person

Examine the massive collection at the Louvre, home to the Mona Lisa and the Winged Venus. While it might take a lifetime to view everything in the museum, one of the largest in the world, make the most of the time you have and try to spend at least a few hours wandering around.

### **Palace of Versailles Visit**

Paris 3h-5h

18EUR per person

Venture just outside the city of Paris to the sprawling yet elegant Palace of Versailles, which served as King Louis XIV's royal residence leading up to the French Revolution. Visit the Royal Apartments, Hall of Mirrors, and the celebrated Gardens of Versailles, while immersing yourself in the history, art and architecture of 17th century France. Plan to spend a few hours touring the palace; we recommend pre-purchasing your entrance ticket online.

### **Champs-Élysées Visit**

Paris

Free

Wander past high end retail shops, cafés and theatres before reaching the famous Arc de Triomphe.

### **Sacre Coeur Visit**

Paris 1h-2h

Free

Visit the Basilique du Sacré-Coeur, located in the Montmartre neighbourhood. This Roman Catholic church was completed in 1914 and stands on the highest point of the city. Climb up 200 stairs to reach the dome of the basilica to get an amazing view of the Paris skyline.

### **Monet's Giverny Gardens**

Giverny 2h-3h

10.20EUR per person

In the town of Giverny, visit Claude Monet's residence and the famous gardens that made "plein air" painting a defining characteristic of the Impressionist art movement. Monet spent the last 40 years of his life in Giverny, bringing landscapes and everyday scenes to life with bright colours and balanced compositions, best depicted in paintings of water lilies and his Japanese-inspired garden through the seasons.

### **Musée Rodin Visit**

Paris 1h-2h

12EUR per person

Spend some time at The August Rodin Museum, one of Paris' most enjoyable museums. With famous sculptures on display like the Burghers of Calais, The Gates of Hell, The Hand of God, The Kiss and The Thinker, you can wander through this former mansion, marvelling at the architecture as well as Rodin's best work.

### **Napoleon's Tomb - Les Invalides Army Museum**

Paris 1h-2h

12EUR per person

The Musée de l'Armée houses one of the world's largest collections of military art, armour and weaponry from the 17th to 19th century. Wander through the museum's vast collection of French cannons, artillery and relics, before making your way to the Napoleon I's tomb in the Dôme des Invalides.

### **Moulin Rouge Dinner & Show**

Paris

175-185EUR per person

Step into the Moulin Rouge and experience a night in Paris you'll never forget. Opened in 1889, this world-famous cabaret continues to bring some of the world's best performers to its stage, with nightly shows that feature over 60 dancers in feather- and rhinestone-studded costumes dancing to the French "can-can". We recommend reserving tickets in advance for the dinner and show.

### **Meals included: Lunch**

### **Day 3 Paris/Interlaken**

Take a train from Paris to Interlaken, a small city in the Swiss Alps with breathtaking scenery.

### **Train**

Paris - Interlaken 8h

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

### **Day 4 Interlaken**

Enjoy an orientation walk of Interlaken. Opt to get the adrenaline pumping with some canyoning or whitewater rafting. Explore a nearby glacier or go swimming in a crystal clear lake. Don't miss the nightlife on your Big Night Out!

### **Orientation With CEO**

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

### **Your Big Night Out Moment:**

Celebrate with the group and your CEO and check out Interlaken's nightlife - this adventure capital pops just as hard at night as it does during the day!

### **Your Discover Moment**

Interlaken Full Day

There's plenty to see and do in Interlaken, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like canyoneering in Interlaken Canyon, hitting the trails

for a hike in the Swiss Alps, or watch the sun set from Harder Kulm. Your CEO has more ideas if you need them. Just ask!

#### **Optional Activities - Day 4** **Alpine Canyoning Adventure**

Interlaken 3h30m-4h

119CHF per person

Jump, slide, rappel, and get ready for a thrilling experience while canyoning. Whatever you do, make sure you hold on! This activity is sure to be a highlight of any trip to Interlaken, the landscape here is known for some of the best canyoning opportunities on the globe.

#### **Paragliding**

Interlaken

Strap into a tandem paragliding harness with an expert paraglider and fly over beautiful Interlaken and its surrounding mountains. The world is a whole lot more peaceful while gliding above this scenic landscape.

#### **Ropes course**

Interlaken

Get kitted out in a harness, and come face-to-face with your inner afraid-of-height demons high above the ground on rope bridges, Tarzan swings and ziplines. Not afraid of heights? No problem—this will still be the adrenaline experience of a lifetime.

#### **Chocolate Making Workshop**

Interlaken

65CHF per person

Ever wanted to taste world-famous Swiss chocolate? Here is your chance to make it, too. Get tips and tricks first hand from professional Chocolatiers. Learn to temper, melt, pour chocolate. Oh, and the best part: taste your creation.

#### **Mountain Biking**

Interlaken

70-100EUR per person

Hop on a mountain bike and hit the trails around this picturesque Swiss town. Gear up and get ready for an active day - the rewards are worth it!

#### **Jungfrau Cog Railway**

Interlaken

91CHF per person

Take a ride up to Europe's highest-altitude railway station and enjoy incredible panoramic views along the way.

#### **Hiking in the Swiss Alps**

Interlaken 3h-7h 15-30km

30-60CHF per person

Lace up your hiking boots and get hiking in the Swiss Alps. There are many hikes of varying difficulties either up or down the mountains or along the meandering shores of nearby lakes. Don't forget a camera because no one's going to believe just how spectacular the views are here without proof.

#### **Day 5 Interlaken**

Take a full free day to enjoy all the adventures you'll find on this side of the Alps.

#### **Your Discover Moment**

Interlaken Full Day

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#### **Optional Activities - Day 5** **Chocolate Making Workshop**

Interlaken

65CHF per person

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## **Day 6 Interlaken/Rome**

Travel to Rome by train via Milan. Upon arrival, enjoy a CEO-led orientation walk of Rome. Opt for an evening out with the group.

Opt to check out the famous Roman sites from times past like the Colosseum, Roman Forum, Vatican and Pantheon. Opt to wander the cobblestone streets, or relax in a piazza with an espresso. Don't miss the amazing Italian food, wine and nightlife.

We recommend pre-purchasing advance entry tickets for popular attractions such as the Sistine Chapel, Villa Borghese, and the Colosseum to avoid waiting in long queues on the day of your visit.

### **Train**

Interlaken – Milan 3h 30m-4h

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

### **Local Train**

Milan – Rome 3h 30m

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

### **Orientation With CEO**

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

### **Free Time**

Rome

Enjoy the rest of the day to explore Rome.

## **Optional Activities - Day 6**

### **Vatican Museum Visit**

Vatican City 2h-3h

20EUR per person

The Vatican Museums are near St Peter's Basilica and contain priceless works of art from ancient to modern times. There are many different galleries but seeing all of them is definitely not possible in one day, so do a little research before visiting and decide what you really want to see. Two of the most well-known exhibits in the Vatican Museums are the Sistine Chapel and the Raphael rooms.

### **Pantheon Visit**

Rome

The Pantheon is one of the most famous buildings in Rome. Originally built during the reign of Augustus (27 BC - 14 AD), the building was rebuilt under Hadrian in 126 AD. The roof is still the world's largest unreinforced concrete dome, and it contains a circular opening (an oculus). It is easily one of the best-preserved of all the ancient Roman buildings.

### **Vatican City Visit**

Vatican City 1h-2h

Free

Get ready to tick something off the bucket list. Visit the smallest country in the world—Vatican City! Stand in St Peter's Square and be wowed by colossal colonnades, numerous statues, and the obelisk. Opt to take in the magnificence of St Peter's Basilica, Michelangelo's Pietà, and the Sistine Chapel while you are in the area.

### **Sistine Chapel**

Vatican City 1h-2h

10EUR per person

Although the Sistine Chapel is always very crowded, it is a must-see for any visitor to the Vatican. The magnificent frescoed ceiling of the chapel painted by Michelangelo depicts over 300 figures from the Book of Genesis, the most well-known being "The Creation of Adam," showing God touching the finger of Adam. "The Last Judgment" on the west wall depicts a scene from the Book of Revelations. Art aficionados, get ready to cross one of your list!

### **Borghese Gallery**

Rome 1h-2h

25EUR per person

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.

### **Christian Catacombs**

Rome 30m-1h

8EUR per person

Follow a guide through this ancient underground cemetery.

### **Roman Forum Visit**

Rome 1h-2h

24EUR per person

Even with the bustle of modern day Rome whizzing past on Vespas, you can still lose yourself in the fragmented columns and ancient ruins of this plaza, conjuring images of the rich Romans sauntering by in togas. Please note, this must be booked in combination with the Colosseum Visit and will include a visit to Palatine Hill.

### **Colosseum Visit**

Rome

24EUR per person

Enjoy a visit to this famous spot, the scene of many bloody gladiator fights for the entertainment of ancient Rome's aristocracy. Take a tour of the old venue—a UNESCO World Heritage site—and feel free to walk around on your own. No battles, please! Please note that this must be booked in combination with the Roman Forum Visit and will include a visit to Palatine Hill.

### **Trevi Fountain**

Rome

Free

Built above an ancient water source, Trevi Fountain takes its name from the three streets (tre vie) that intersect at this world-famous fountain. Sculpted from travertine stone, the fountain as we know it today was completed in the 18th century. Work your way through the crowds to toss a coin in (with your right hand, over your left shoulder) for good luck - it's also your best chance to see the fountain's marvelous detail.

### **Spanish Steps**

Rome

Free

Built to connect the hilltop Trinità dei Monti church with the Piazza di Spagna (or Spanish Square) below, the Spanish Steps are a colourful example of Baroque architecture from 18th century Rome. Opt to climb its 136 steps, or simply watch the crowds weave through this popular tourist attraction.

## **Day 7 Rome**

Opt to check out famous Roman sites from times past like the Colosseum, Roman Forum, Vatican and Pantheon. Don't miss the amazing Italian food, wine and nightlife.

Today, new travellers may join you for the rest of the adventure. You are welcome to join them at a group meeting this evening, followed by an optional dinner.

### **Your Discover Moment**

Rome Full Day

There's plenty to see and do in Rome, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like visiting the Colosseum, exploring the Pantheon, or sit down to a plate of pasta at a local trattoria. Your CEO has more ideas if you need them. Just ask!

### **Optional Activities - Day 7**

#### **Colosseum Visit**

Rome

24EUR per person

Enjoy a visit to this famous spot, the scene of many bloody gladiator fights for the entertainment of ancient Rome's aristocracy. Take a tour of the old venue—a UNESCO World Heritage site—and feel free to walk around on your own. No battles, please! Please note that this must be booked in combination with the Roman Forum Visit and will include a visit to Palatine Hill.

#### **Roman Forum Visit**

Rome 1h-2h

24EUR per person

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#### **Vatican City Visit**

Vatican City 1h-2h

Free

Get ready to tick something off the bucket list. Visit the smallest country in the world—Vatican City! Stand in St Peter's Square and be wowed by colossal colonnades, numerous statues, and the obelisk. Opt to take in the magnificence of St Peter's Basilica, Michelangelo's Pietà, and the Sistine Chapel while you are in the area.

#### **Pantheon Visit**

Rome

The Pantheon is one of the most famous buildings in Rome. Originally built during the reign of Augustus (27 BC - 14 AD), the building was rebuilt under Hadrian in 126 AD. The roof is still the world's largest unreinforced concrete dome, and it contains a circular opening (an oculus). It is easily one of the best-preserved of all the ancient Roman buildings.

## **Day 8 Rome/Rapallo**

Stop at Pisa to check out the Leaning Tower en route to the beautiful Italian Riviera.

### **Train**

Rome - Pisa 3h

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

### **Pisa Visit**

Pisa

Stop off for a brief visit to Pisa and feast your eyes on the famous tower that leans at an angle of approximately four degrees due to an error made during construction—but don't worry, it's been stabilized since then. It's a fascinating sight and definitely photo-worthy. Get creative!

### **Local Train**

Pisa - Rapallo 30m-1h30m

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

## **Day 9 Rapallo**

Walk the coastal path between Riomaggiore and Monterosso or opt to take the train. Visit charming, colourful towns along the way with an included national park pass and unlimited train ticket.

## **National Park Pass and Unlimited Train Ticket**

Cinque Terre

Use the included park fee and train ticket for this trip. Opt to follow your CEO along centuries—old footpaths and mule tracks leading through olive groves, vineyards and orchards on an exhilarating hike, or hop on-and-off the train, experiencing each town on your own.

## **Day 10 Rapallo/Nice**

Continue to the French Riviera and enjoy an included excursion to Monaco.

### **Train**

Rapallo – Nice 5h

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

### **Train**

Nice – Monaco 30m

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

### **Free Time**

Monaco Afternoon

Enjoy free time to explore the Principality of Monaco.

### **Train**

Monaco – Nice 30m

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

## **Optional Activities - Day 10**

### **Promenade des Anglais**

Nice

Free

Walk along the Promenade des Anglais and take in the view of the glistening Mediterranean Sea.

### **Vieux Nice Visit**

Nice

Free

Wander Vieux Nice, or the Old Quarter, with its cobblestone streets and narrow alleyways. This is the best area to shop, eat, and people watch. Wander the market to witness daily life on the charming Riviera.

## **Day 11 Nice**

Enjoy a free day to take a cycling tour, go for a hike along the coast, or take a day trip to nearby beaches and villages.

### **Free Time**

Nice

Get out and explore the beautiful French Riviera.

## **Optional Activities - Day 11**

### **Museum of Modern & Contemporary Art**

Nice 1h-3h

10EUR per person

Get acquainted with modern art at Nice's Museum of Modern and Contemporary Art, opened in 1990. Immerse yourself in Yves Klein's "blue" world at a permanent exhibit dedicated to this master of new realism. Wander the galleries to view an eclectic mix of pop art and sculptures, then head up to the museum's rooftop terrace for a stunning panorama of this city on the French Riviera.

### **Matisse Museum**

Nice 1h-3h

10EUR per person

Head out of the city centre to the picturesque neighbourhood of Cimiez, where visitors can explore the life and works of French master Henri Matisse. Find paintings, sketches, and sculptures in the main building, a restored 17th-century villa in an olive grove. Stop by the park across the museum to visit the artist's final resting place at the Notre Dame de Cimiez cemetery.

### **Vieux Nice Visit**

Nice

Free

Wander Vieux Nice, or the Old Quarter, with its cobblestone streets and narrow alleyways. This is the best area to shop, eat, and people watch. Wander the market to witness daily life on the charming Riviera.

### **Promenade des Anglais**

Nice

Free

Walk along the Promenade des Anglais and take in the view of the glistening Mediterranean Sea.

### **Cathedral of Sainte Reparate**

Nice30m-1h

Free

Take a visit to Nice's oldest, and most ornate church.

### **Day trip to St Paul de Vence**

Nice

3EUR per person

Hop on a local bus (€1.50 each way) and take a day trip to St. Paul de Vence, a beautiful hilltop town with medieval walls, cobblestone streets and panoramic views of the French countryside. Stroll through the market square and discover what drew artists like Marc Chagall and James Baldwin to this quiet, peaceful refuge.

### **Day 12 Nice/Barcelona**

Hop on a flight toward Barcelona. Join your CEO on an orientation walk of your surroundings before participating in a G Adventures supported paella cooking class served and prepared by migrant students. Afterward, break off on your own to explore this amazing city. Enjoy a night out on the town.

Visit the old Gothic Quarter with its maze of dark streets, historic cathedral, medieval buildings, bars, and cafés. Stroll Las Ramblas, a large tree-lined pedestrian boulevard perfect for people watching and window shopping.

If popular sights like La Sagrada Família or Parc Güell are on your must-see list in Barcelona, we highly recommend purchasing tickets online several months prior to your trip. This is the only way to guarantee admission during your visit.

Please note that passenger luggage (up to 23kgs/50lbs per passenger) is included on your internal flight.

### **Plane**

Nice - Barcelona2h Morning

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

### **Your G for Good Moment: Mescladis Cooking Class**

Espai Mescladis, Catalan for "Mixed Space" is a migrant training kitchen and cafe in the heart of Barcelona that features a unique feel that fuses old Catalan favourites and migrants' home recipes. Enjoy a tapas cooking class led by one of the trainees, accompanied by a discussion that promotes social reflection - with the kitchen and food at the centre of it all.

### **Free Time**

Barcelona Afternoon

Get out and explore the city today.

### **Your Big Night Out Moment:**

Whether it's a pub crawl, drink specials or a bonfire on the beach, celebrate late into the night with your new best friends.

### **Optional Activities - Day 12**

#### **La Barceloneta Visit**

Barcelona30m-1h

Free

Take a stroll on the boardwalk in the neighbourhood of La Barceloneta, an area known for its beaches and waterfront walkway. Visit local restaurants and nightclubs or check out the monuments while there.

#### **Parc Güell Visit**

Barcelona

10EUR per person

Get away from it all with a visit to the imaginative Parc Guell. The fantastical works of Antoni Gaudí (1852-1926) are scattered throughout Barcelona, a grouping of these including Guell Parc, Casa Mila, and the Crypt of La Sagrada Familia were established as a UNESCO World Heritage Site in 1984. Stroll the tree-lined paths and admire Gaudí's creative genius at play.

#### **Gothic Quarter Visit**

Barcelona2h-3h

Free

Uncover a different side of Barcelona. Visit the old Gothic Quarter with its maze of dark streets, historic cathedral, medieval buildings, bars, and cafés.

### **Casa Batlló**

Barcelona

25-30EUR per person

Deemed the crowning architectural work of Antoni Gaudí, Casa Batlló is a must-visit on anyone's trip to Barcelona.

### **La Sagrada Família Visit**

Barcelona 1h-2h

17-37EUR per person

Visit Gaudí's most famous life work, the cathedral of La Sagrada Família, an inspiring, yet, bizarre testament to the artist's unique vision.

### **Day 13 Barcelona**

Depart at any time.

We recommend staying an extra day or two to fully experience all this lively city has to offer.

### **Departure Day**

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

### **Optional Activities - Day 13**

#### **La Barceloneta Visit**

Barcelona 30m-1h

Free

Take a stroll on the boardwalk in the neighbourhood of La Barceloneta, an area known for its beaches and waterfront walkway. Visit local restaurants and nightclubs or check out the monuments while there.

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Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your First Night Out Moment: Connect With New Friends

Your Discover Moment: Paris

Your Foodie Moment: Eiffel Tower Picnic, Paris

Your Discover Moment: Interlaken

Your Big Night Out Moment: Interlaken

Your Discover Moment: Rome

Your Big Night Out Moment: Barcelona. Picnic in front of Eiffel Tower. Visit to the Leaning Tower of Pisa.

Cinque Terre park fee, unlimited train ticket and CEO-led hike. Visit to Monaco. Orientation walks in Interlaken & Milan

## Highlights

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Roam the streets of Paris and Rome, hike the rugged coastal trails of Cinque Terre, take in the sun on the French Riviera

## Dossier Disclaimer

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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

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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.

## Itinerary Notes

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COMBO TRIP: Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together, prior to Day 1 of your tour. Likewise, some staff and travellers may be continuing together on another G Adventures tour, after your trip concludes.

ACCOMMODATION: Please note most of our 18-to-Thirtysomethings accommodation in Europe is multi-share.

## Important Notes

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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.
3. This trip has a fast-paced itinerary with some long transport days - please check the itinerary carefully before deciding if this trip suits your needs.
4. Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

## Group Leader Description

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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. We also use local guides where we

think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

## Group Size Notes

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Max 16, avg 10.

## Meals Included

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1 lunch

## Meals

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Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, coffee and tea, however this may vary depending on the city. Should breakfast not be included, your CEO can suggest some local options.

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. While trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients.

For all trips please refer to the meals included and budget information for included meals and meal budgets.

## Transport

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Train, public bus, metro, plane, walking.

## About our Transportation

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On this trip we will use local buses and trains for intercity transport and a mix of metro (subway), local bus, taxis and walking for transport between hotels and bus/train stations. Please be prepared to carry your own bags short distances (20-30 mins max) between hotels and transport, as well as to lift your bags on and off buses and trains. Please note that there is often limited luggage storage space on public transport.

18-to-Thirtysomethings TRIP TRANSPORT:

As we rely heavily on public transportation during this trip, we ask you to be flexible for possible changes in the modes of transport and schedules, which may necessitate small itinerary changes.

Please note that the accommodation on overnight buses and trains varies in Europe. Overnight buses typically have airline-style reclining seats. On some overnight trains, tickets are for airline-style seats whereas other overnight journeys are in multi-share sleeper compartments. Please see day-to-day itinerary for specific information about accommodation type for overnight journeys.

## Solo Travellers

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We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

## Accommodation

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Hotels/Hostels (12 nts, multi-share with 2-6 people)

## About Accommodation

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The variety and local flavour of our accommodation is a favourite part of our European 18-to-Thirtysomethings trips. Although the properties we use are simply furnished and with few facilities, we base our choices on location, character and cleanliness. We will stay in a mixture of hostels, and private rooms in local households.

All accommodation on this tour is multi-share, on a single-sex basis. This may involve 4-6 group members sharing and even (on rare occasions) dormitory-style rooms for the whole group. The majority of accommodation will have shared bathroom facilities.

For passengers travelling as couples, please note that due to the types of accommodation used in Europe we are not able to take requests for double/full/queen size beds on this tour. Where we use multi-share hostels, couples will likely be split into separate rooms.

Note that most accommodation in Europe does not have air conditioning units in rooms. Air conditioning is not routinely installed in European homes and workplaces. However, nearly all hotels will provide a standing or desk fan for your room on hot nights. If you do not already have one in your room, please ask your CEO to organize one for you with reception.

## **Joining Instructions**

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This trip commences at 5:30pm at Generator Hostel London (37 Tavistock Pl, Saint Pancras, London WC1H 9SE). It's imperative to arrive at Generator Hostel on time. From the hostel, our group will go directly to the train station to board our train to Paris. Please note there is a short walk (approx. 12 minutes) from the hostel to the train station. As with the rest of your tour, please keep in mind you will be carrying your own luggage.

### **GETTING TO GENERATOR HOSTEL LONDON**

From Stansted Airport, take the Stansted Express to Liverpool Street. Get on the tube and take the Central line to Holborn then change onto the Piccadilly line and get off at Russell Square. It's a short walk from Russell Square Tube Station to the hostel. A single fare on the Stansted Express is £21.50 and the Tube fare is £2.90. The journey takes approximately 1.5 hours.

From Heathrow Airport, take the Piccadilly line to King's Cross. Then it's a 5-minute walk to Generator London. A single fare is £5.50 and it'll take about an hour.

If you're arriving into Gatwick Airport, take the Southern Railway or Gatwick Express to London Victoria station. From there, get on the tube and take the Victoria line to King's Cross. From Kings Cross Tube Station it's a 5-minute walk to the hostel.

To arrange an arrival or departure transfer, we recommend you book through our preferred transfer provider - HolidayTaxis - by copying the link below into your web browser:  
<https://partner.holidaytaxis.com/?ref=GADVE>

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

## **Arrival Complications**

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## **Emergency Contact**

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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 Office - London, United Kingdom  
During office hours (Weekdays, 9am-5:30pm Local Time)  
+44 20 7243 9870

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 to Take

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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.)

## Packing List

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Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

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
- 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

Health & Safety:

- Hand sanitizer (required)
- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)

- Pen (Please bring your own pen for filling out documents.)
- Quick Covid Test/Antigen Test

Warm Weather:

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

## **Laundry**

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Laundry facilities are offered by some of our accommodation for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap. Your CEO can also show you where the you can get your laundry done.

## **Spending Money**

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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.

## **Money Exchange**

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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 - 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.

## **Emergency Fund**

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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!

## **Tipping**

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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.

## Optional Activities

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### Paris

- Musée d'Orsay Visit (11EUR per person)
- Eiffel Tower Visit (16EUR per person)
- The Louvre Visit (12-16EUR per person)
- Palace of Versailles Visit (18EUR per person)
- Champs-Élysées Visit (Free)
- Sacre Coeur Visit (Free)
- Musée Rodin Visit (12EUR per person)
- Napoleon's Tomb - Les Invalides Army Museum (12EUR per person)
- Moulin Rouge Dinner & Show (175-185EUR per person)

### Giverny

- Monet's Giverny Gardens (10.20EUR per person)

### Interlaken

- Alpine Canyoning Adventure (119CHF per person)
- Paragliding
- Ropes course
- Chocolate Making Workshop (65CHF per person)
- Mountain Biking (70-100EUR per person)
- Jungfrau Cog Railway (91CHF per person)
- Hiking in the Swiss Alps (30-60CHF per person)

### Vatican City

- Vatican Museum Visit (20EUR per person)
- Vatican City Visit (Free)
- Sistine Chapel (10EUR per person)

### Rome

- Pantheon Visit
- Borghese Gallery (25EUR per person)
- Christian Catacombs (8EUR per person)
- Roman Forum Visit (24EUR per person)
- Colosseum Visit (24EUR per person)
- Trevi Fountain (Free)
- Spanish Steps (Free)

### Nice

- Promenade des Anglais (Free)
- Vieux Nice Visit (Free)
- Museum of Modern & Contemporary Art (10EUR per person)
- Matisse Museum (10EUR per person)
- Cathedral of Sainte Reparate (Free)
- Day trip to St Paul de Vence (3EUR per person)

### Barcelona

- La Barceloneta Visit (Free)
- Parc Güell Visit (10EUR per person)
- Gothic Quarter Visit (Free)
- Casa Batlló (25-30EUR per person)
- La Sagrada Família Visit (17-37EUR per person)

## Health

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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 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.

## Safety and Security

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Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## A Couple of Rules

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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.

## Travel Insurance

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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. G Adventures can provide you with the appropriate coverage. 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.

## Planeterra Foundation - the non-profit partner of G Adventures

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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.

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## Local Dress

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

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## Feedback

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](mailto:customersolutions@gadventures.com) and we will send it on to you.

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## Newsletter

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.

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## Minimum Age

Minimum age of 18 years for this trip.

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## International Flights

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.