

Best of Northern Spain - ESNS

8 days: Barcelona to Madrid

What's Included

- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your Foodie Moment: Rioja Region Wine Tasting, Logroño
- Orientation walks in Barcelona and Madrid
- "Casa rural" stay with traditional meals
- San Sebastián day trip
- All transport between destinations and to/from included activities

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

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

VALIDITY: Valid for all trips departing December 14th, 2016 and onwards

Itinerary

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

Day 1 Barcelona

Arrive at any time. We recommend arriving a day or two early to fully explore this vibrant city.

There are no activities planned until an evening welcome meeting.

Please note that if you wish to visit popular sites and want to avoid waiting in line, it is advisable to reserve tickets in advance. We recommend pre-arranging your visit to La Sagrada Familia, Park Güell, Casa Batlló, and Casa Milà.

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

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.

Optional Activities - Day 1

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.

Gothic Quarter Visit

Barcelona 2h-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.

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 Família were established as a UNESCO World Heritage Site in 1984. Stroll the tree-lined paths and admire Gaudí's creative genius at play.

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.

Accommodation

Hotel AA Viladomat Barcelona (or similar)

Hotel

Day 2 Barcelona/Pyrenees

Take the morning to explore beautiful Barcelona. Head to the Pyrenees region for 2 nights in a 'casa rural'. Enjoy home-cooked meals and hiking.

Explore a bit of Barcelona before an afternoon departure north. Travel to the Pyrenees by local bus and van to reach a 'casa rural', or converted farmhouse, near the town of Ainsa. Indulge in delicious local meals and time to explore the beautiful landscape.

Local Bus

Barcelona – Barbastro 2h30m-3h Afternoon

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

Private Vehicle

Barbastro – Pyrenees 1h30m

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

Optional Activities - Day 2

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 Família were established as a UNESCO World Heritage Site in 1984. Stroll the tree-lined paths and admire Gaudí's creative genius at play.

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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.

Meals included: Breakfast | Dinner

Accommodation

Casa Rural Ruben (or similar)

Guesthouse

Day 3 Pyrenees

Enjoy the day in the scenic Pyrenees. Opt for some hikes in the area or head to Ainsa to explore. Spend another night in the 'casa rural'.

Free Time

Pyrenees Full Day

Nature is calling — head out and explore.

Optional Activities - Day 3

Hiking

Pyrenees 4h-6h 15-20km

Free-20EUR per person

Get your blood pumping and your legs moving in this scenic location. Enjoy spectacular views and varied landscapes exploring the Pyrenees area.

Meals included: Breakfast | Dinner

Accommodation

Casa Rural Ruben (or similar)

Guesthouse

Day 4 Pyrenees/Bilbao

Travel to Bilbao, the first stop in the unique Basque region of Spain. Arrive in the early afternoon. Opt to visit the stunning Guggenheim Museum, or climb the Mallona Stairs to Parque Etxebarria for beautiful views over the city.

Private Vehicle

Pyrenees – Bilbao 4h45m

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

Free Time

Bilbao Afternoon

Get out and explore.

Optional Activities - Day 4

Parque de Etxebarria Visit

Bilbao 1h-1h30m

Free

Climb the Mallona Stairs to Parque Etxebarria and be rewarded with beautiful views over Bilbao.

Basilica of Begoña Visit

Bilbao 1h-2h

Free

Take in the beauty of the Basilica of Begoña. It was built in the 1500s with a mix of Gothic architecture and a number of other styles.

Guggenheim Museum Visit

Bilbao 1h-2h

13EUR per person

Be sure to visit the Guggenheim Museum – it's a must-see, even if just to marvel at the outside of the building. See Frank Gehry's acclaimed work – he designed this titanium-clad twisting, curving, and angular building to much praise in the 1990s. Tour the building to take in its maritime theme, supposedly representing the ships along the docks of the city, with titanium squares acting as fish scales and the skylights inside designed to look like fish fins.

Casco Viejo Visit

Bilbao 1h-2h

Free

Take some time to wander through Casco Viejo (Old Town), a medieval neighbourhood also known as Las Siete Calles (Seven Streets), that's considered the most colourful in Bilbao. Discover its many churches, shops, and taverns, and take the elevators to the areas at the top of the hill for further exploration.

Meals included: Breakfast

Accommodation

Hotel Bilbao Plaza (or similar)

Hotel

Day 5 Bilbao/San Sebastian/Bilbao

Take a day trip to San Sebastian. Opt to take a pintxos (tapas) tour and learn about the fascinating culture of the area. Return to Bilbao for the night.

The real treat in this part of the country is the eating. Basque cuisine is famous in Spain and around the world, with many believing this is the best food in the country. While San Sebastián didn't invent tapas, they are well-acknowledged to have perfected them. Wander through the streets before lunchtime or in the evening and check out what each bar has on offer.

Stop in each place for some wine or beer and sample their tapas (pintxos in Basque) selection. Move on to the next bar and repeat!

Delicious seafood abounds here as well. Looking for more than just pintxos? Head to the harbour and hole up in a traditional simple tavern. Don't leave San Sebastián without trying the famous jamon iberico.

The specialty drink in this area is called the Kalimotxo — half wine (usually red table wine) and half Coca Cola. Take some time to wander through the plazas, marvel at the buildings, and spot the art sprinkled throughout the city. And, as always, try the pintxos.

Local Bus

Bilbao – San Sebastian 1h30m

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

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

San Sebastian

Explore all San Sebastián has to offer.

Local Bus

San Sebastian – Bilbao 1h30m

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

Optional Activities - Day 5

Pintxos (Tapas) Experience

San Sebastian 1h-2h

100-150EUR per person

See (and taste) what all the fuss is about – Basque cuisine is famous worldwide, with many believing this is the best food in the country. Enjoy a delicious culinary experience on this pintxos (tapas) tour, and learn all about the different food of the area as you try different Pintxos bars.

Beach Visit with Surfing

San Sebastian

Grab your swimsuit and head to one of the beautiful beaches in San Sebastián for a fun-filled day on the beach. Try your hand at surfing, and see if you can catch some waves – Playa de Gros is a good place to give it a go. Surf lessons can be found for those new to the sport.

Monte Igueldo Visit

San Sebastian 3h45m-3h

2EUR per person

Gain a new perspective of the city with a trip up Monte Igueldo, the hill that overlooks San Sebastián. Opt to walk the hill or take a funicular for stunning panoramic views.

Cathedral of Buen Pastor

San Sebastian

Free

Named for the biblical Good Shepherd, San Sebastian's largest church rises above the town square. Step inside to admire its stained glass windows, towering naves and a magnificent organ, over 10 metres tall and made up of over 9,500 pipes.

San Sebastian Bicycle Tour

San Sebastian

40-60EUR per person

See this quaint city by bicycle.

Meals included: Breakfast

Accommodation

Hotel Bilbao Plaza (or similar)

Hotel

Day 6 Bilbao/Logroño

Travel to Logroño and enjoy an included wine tasting in the Rioja region.

With tons of churches, roman bridges, parks, plazas, and ancient buildings, there's no shortage of sights to be seen when wandering around this city.

Local Bus

Bilbao – Logroño 1h30m

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

Your Foodie Moment: Rioja Region Wine Tasting

Enjoy an included wine tasting at a local restaurant and indulge in the local specialties like Tempranillo. Try some pintxos with the local vintages for a true culinary delight.

Meals included: Breakfast

Accommodation

Hotel Condes de Haro (or similar)

Hotel

Day 7 Logroño/Madrid

Travel to Madrid and enjoy free time in this capital city.

Local Bus

Logroño – Madrid 3h30m-4h

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

Free Time

Madrid Afternoon

Explore the capital city. Free time is yours to use any way you want!

Optional Activities - Day 7

Thyssen-Bornemisza Museum

Madrid 1h-2h

13EUR per person

The Thyssen-Bornemisza Museum displays an overview of art from the 13th century to the late 20th century.

Gran Vía Visit

Madrid 1h-2h

Free

Shop, stroll, and people watch on the capital's most exciting street, Gran Vía. Go early or late, the street stays awake all hours.

Museo Nacional Del Prado Visit

Madrid 30m-1h

15EUR per person

Take in some culture with a trip to the Museo del Prado, one of the greatest art galleries in the world, and a definite highlight of any Madrid trip. Be inspired by its collections and exhibitions: the museum's main emphasis is 15th to 19th century Spanish, Flemish, and Italian art, but there is plenty of Goya and a wealth of paintings by Diego Velázquez.

Plaza Mayor Visit

Madrid 15m-30m

Free

Enjoy some spectacular people watching with a visit to the Plaza Mayor, the true heart of the city. Enjoy a coffee in one of the plaza's many cafes and watch the world go by.

Royal Palace (Palacio Real) Visit

Madrid 1h-2h

12EUR per person

See how kings and queens live, with a visit to the Palacio Real, the official (and uninhabited) palace of the King of Spain. Wander the rooms to take in some of the most elaborately decorated and furnished rooms you'll ever see.

Taurino Museum

Madrid

15-20EUR per person

Ever wanted to learn everything there is to know about the history of bullfighting in Spain? Here's your chance.

Reina Sofia entrance

Madrid

The Reina Sofia is Spain's national museum of 20th-century art, and currently boasts an art collection of over 21,000 works.

Meals included: Breakfast

Accommodation

Hotel Europa (or similar)

Hotel

Day 8 Madrid

Depart at any time.

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

Optional Activities - Day 8
Thyssen-Bornemisza Museum

Madrid 1h-2h

13EUR per person

The Thyssen-Bornemisza Museum displays an overview of art from the 13th century to the late 20th century.

Gran Vía Visit

Madrid 1h-2h

Free

Shop, stroll, and people watch on the capital's most exciting street, Gran Vía. Go early or late, the street stays awake all hours.

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Meals included: Breakfast

What's Included

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

Your Foodie Moment: Rioja Region Wine Tasting, Logroño. Orientation walks in Barcelona and Madrid.

"Casa rural" stay with traditional meals. San Sebastián day trip. All transport between destinations and to/from included activities.

Highlights

Capture photos of stunning countryside and age-old cathedrals, indulge in the tapas lifestyle, wander through Gaudí's wonderland in Barcelona, live like a local in a "casa rural" in the Pyrenees, experience the Basque way of life.

Dossier Disclaimer

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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.

Important Notes

1. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

2. 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 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.

3. RESERVE TICKETS IN ADVANCE

Please note that if you wish to visit popular sites and want to avoid waiting in line for a long time (especially in high season May-September when it could be a question of hours!), it is advisable to reserve tickets in advance. There may be the possibility of arranging tickets on arrival on Day 1, with the help of your CEO, but availability cannot be guaranteed at such short notice. We recommend advanced ticket-purchase for the following sites and activities:

Barcelona:
La Sagrada Familia
Park Guell
Casa Battlo
Casa Mila

Group Leader Description

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

Max 16, avg 12.

Meals Included

7 breakfasts, 2 dinners

Meals

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, cereal, 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.

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

Transport

Public bus, walking.

Local Flights

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

Solo Travellers

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.

Accommodation

Hotels (5 nts), casa rural (2 nts).

My Own Room

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops.

Please be aware that single room accommodations in European hotels are often smaller, and may not be to the same service level as double-occupancy rooms.

About Accommodation

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

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

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

From Barcelona airport (BCN), you can reach the city centre in a few ways. You can take the AeroBus, which departs from both Terminals 1 and 2, to Catalunya Square. From there, please take the metro to your Joining Hotel. Alternatively, you can take the L9 metro line to the city centre.

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

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

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome

Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

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

Arrival Complications

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

Emergency Contact

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

EMERGENCY CONTACT NUMBERS

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

For absolute emergencies after office hours please contact: +441858378000

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

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0344 272 0000
Calls from Germany: 0800 365 1000
Calls from Australia: 1300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

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

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 (optional)

Warm Weather:

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

Laundry

Laundry facilities are offered by some of our hotels for a charge or ask your CEO where the closest laundromat is. 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.

Visas and Entry Requirements

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

For other nationalities, travelling in Europe has been simplified with the introduction of the Schengen visa. As a visitor to the Schengen area (Austria, Germany, Netherlands, Belgium, Greece, Norway, Denmark, Iceland, Portugal, Finland, Italy, Spain, France, Luxembourg, Sweden, Czech Republic, Hungary, Estonia, Latvia, Lithuania, Malta, Poland, Slovakia, Slovenia and Switzerland) you will enjoy the many advantages of this unified visa system. Generally speaking with a Schengen visa, you may enter one Schengen country and travel freely throughout the Schengen region during the validity of your visa. There are limited border controls at Schengen borders, if any at all.

Please note that the UK and Ireland are NOT part of the Schengen agreement.

A Schengen visa is applied for at the Embassy or Consulate of the Schengen country in which you will be spending the most nights on your trip to the Schengen space. If you are only visiting one country on your trip then you apply for your visa at the Consulate of this Schengen country.

Spending Money

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

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 in Western Europe. 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 Euros, 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.

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

Emergency Fund

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!

Departure Tax

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

Tipping

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

Barcelona

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

Pyrenees

- Hiking (Free-20EUR per person)

Bilbao

- Parque de Etxebarria Visit (Free)
- Basilica of Begoña Visit (Free)
- Guggenheim Museum Visit (13EUR per person)
- Casco Viejo Visit (Free)

San Sebastian

- Pintxos (Tapas) Experience (100-150EUR per person)
- Beach Visit with Surfing
- Monte Igeldo Visit (2EUR per person)
- Cathedral of Buen Pastor (Free)
- San Sebastian Bicycle Tour (40-60EUR per person)

Madrid

- Thyssen-Bornemisza Museum (13EUR per person)

- Gran Vía Visit (Free)
- Museo Nacional Del Prado Visit (15EUR per person)
- Plaza Mayor Visit (Free)
- Royal Palace (Palacio Real) Visit (12EUR per person)
- Taurino Museum (15-20EUR per person)
- Reina Sofia entrance

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. 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

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/

Trip Specific Safety

Always keep an eye on your belongings especially in major cities, bus and train terminals.

A Couple of Rules

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

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra Foundation - the non-profit partner of G Adventures

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.

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 and we will send it on to you.

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/

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.

Minimum Age

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

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.