

London to Rome: Picnics & Pizza - EELR

7 days: London to Rome

What's Included

- 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
- Picnic in front of Eiffel Tower (Paris)
- Orientation walk in Interlaken and Rome
- 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 November 20th, 2019 and onwards

Itinerary Notes

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

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

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Ropes course

Interlaken

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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 Pietá, 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

Depart at any time.

Optional Activities - Day 7

Pantheon Visit

Rome

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St Peter's Basilica Visit

Rome

Free

Borghese Gallery

Rome 1h-2h

25EUR per person

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Trastevere Visit

Rome 2h-4h

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

What's Included

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. Picnic in front of Eiffel Tower (Paris). Orientation walk in Interlaken and Rome. All transport between destinations and to/from included activities.

Highlights

Explore historic cities and their galleries and museums, sample regional flavours, visit four countries in seven days, take in the scenery from the Swiss Alps

Dossier Disclaimer

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

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.

Itinerary Notes

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

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 if you wish to visit popular museums such as the Vatican Museums (Sistine Chapel) and Villa Borghese in Rome, 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. Tickets can be reserved online at various websites including www.tickitaly.com.
5. 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

This G Adventures group trip is accompanied by one of our CEOs (Chief Experience Officer). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

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. If you wish to take a guided city tour in any location our CEO will do their best to help you arrange this and pay locally.

Group Size Notes

Max 16, avg 10.

Meals Included

1 lunch

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, 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

Train, public bus, metro, walking.

About our Transportation

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

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

Hostels (6 nts, multi-share with 4-6 people).

About Accommodation

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 Hotel

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

Joining Instructions

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

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

Emergency Contact

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

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

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. 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.

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 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 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.

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!

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

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)
- St Peter's Basilica Visit (Free)
- Trastevere Visit

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 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

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/

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: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

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.

Local Dress

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

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

Minimum age of 18 years for this trip.

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.