

## Ultimate Spain & Portugal - ESLM

22 days: Lisbon to Madrid

### What's Included

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- Hands-On: Rioja Region Wine Tasting, Logroño
- Lisbon orientation walk
- Evora orientation walk
- Church of Bones visit
- Algarve hike
- Seville orientation walk
- Flamenco performance
- Cordoba Mezquita (mosque) and Jewish Quarter visits
- Granada orientation walk
- Alhambra guided visit
- Madrid orientation walk
- Valencia's Old Quarter orientation walk
- Barcelona orientation walk including Gothic Quarter and Las Ramblas
- Bilbao 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 January 1st, 2015 and onwards

### Itinerary Notes

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**For 2018 "Ultimate Spain & Portugal" departures have changed duration to 21 days.**

### Itinerary

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#### Day 1 Lisbon

Arrive at any time.

We recommend arriving a day or two early to fully explore this vibrant city. There are no planned activities until an evening welcome meeting.

#### Arrival Day and Welcome Meeting

1h18:00

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour. Please note that normal check-in times apply at our start

hotels, but you can usually store your luggage for the day if you arrive early.

### **Accommodation**

#### **Residencial Florescente (or similar)**

Hotel

### **Day 2 Lisbon**

Orientation walk of Lisbon. Wander through the distinct city quarters and the historical area of Belém.

Enjoy a morning CEO-led orientation walk of central Lisbon. After, explore the city with some free time. The Alfama is one of the oldest quarters in Lisbon, and is well worth a visit.

Visit the area of Belém where the famous navigators set sail to discover the world.

#### **Orientation Walk**

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.

#### **Belém District Visit**

Lisbon1h-2h30m

Discover Belém, a western suburb that's linked to Portugal's Golden Age of Discoveries - it was the site where famous navigators once set sail to discover the world. While there, take some time to tour other nearby must-see attractions: Estrela Prazeres, Estrela Gardens, Estrela Basilica, Mouraria Castelo, and the Church of Senhora da Sade, which boasts beautiful tiles and a carved wood altar.

#### **Free Time**

Lisbon Afternoon

Get out and explore.

### **Optional Activities - Day 2**

#### **Alfama District Visit**

Lisbon1h-2h

Free

Explore Lisbon's past in Alfama, one of the city's oldest quarters. Wander along narrow medieval streets lined with typical tile-covered façades and take a step back in time; the area largely survived the great earthquake of 1755, and still retains much of its original layout. Listen for Portugal's traditional music, fado, gracing the streets at night.

### **Accommodation**

#### **Residencial Florescente (or similar)**

Hotel

#### **Meals included: Breakfast**

### **Day 3 Lisbon/Lagos**

Travel to Évora and visit the Chapel of Bones en route to the Algarve Coast.

There will be some free time to explore this lively student city made up of medieval alleyways and quaint architecture. Opt to make a stop at Évora's magnificent cathedral.

#### **Local bus**

Lisbon - Évora2h

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

#### **Chapel of Bones Visit**

Évora

Take a tour of the most famous sight in Évora, the Capela dos Ossos, or Chapel of Bones. Take care if squeamish - built in the 1500s by a Franciscan monk, the walls are covered with human skeletons as a reminder to fellow monks that life is fleeting.

### **Local bus**

Évora - Lagos3h-5h

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

### **Accommodation**

#### **Hotel Tivoli Lagos (or similar)**

Hotel

**Meals included: Breakfast**

### **Day 4 Lagos**

Spend the day on the Algarve with an included hike along the famous golden cliffs and sandy coves.

#### **Coastal Hike in Algarve**

Lagos1h 5km

Enjoy a hike along the famous golden cliffs and sandy coves of the Algarve. Pack water, sunscreen, and a camera, and you're good to go!

### **Optional Activities - Day 4**

#### **Coastal Boat Ride**

Lagos

10-15EUR per person

Ask your CEO to recommend a provider for a scenic boat trip along the coast. Learn about the local way of life and fishing practices from locals or just enjoy the view.

#### **Paddle Boarding**

Lagos

20EUR per person

Don't feel like sitting in a kayak? No problem! Grab a longboard and a paddle and spend some time exploring along the coast.

#### **Kayaking Tour**

Lagos

25EUR per person

Spend some time out on the water and enjoying the landscape on a kayaking tour.

### **Accommodation**

#### **Hotel Tivoli Lagos (or similar)**

Hotel

**Meals included: Breakfast**

### **Day 5 Lagos/Seville**

Travel to Seville and enjoy an orientation walk. Later, watch a dramatic flamenco performance.

Spend time in Seville exploring Muslim monuments, parks, and gardens, getting a feel for Seville's energetic pulse. Opt to savour some tapas at the city's many bars and cafés.

### **Local bus**

Lagos - Seville6h

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

### **Orientation Walk**

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.

### **Flamenco Show**

Seville2h-3h

Enjoy a flamenco performance in the city known for the energetic dance. Be swept away by the flamenco's passion, fire, and grit!

#### **Accommodation**

##### **Cool Sevilla Hotel (or similar)**

Hotel

**Meals included: Breakfast**

#### **Day 6 Seville**

Spend a day enjoying this city and its Moorish influence. Opt to explore the district of Santa Cruz, the Alcázar palace or the world's largest Gothic cathedral.

Take the time to see all this great city has to offer. Opt to explore the interiors and gardens of the Alcázar, a magnificent palace dating from Moorish times, or the true heart of Seville, the Santa Cruz quarter-- a charming area with winding alleys, picturesque lime-washed houses, flowery patios, and small squares.

Seville is home to the world's largest gothic cathedral -- climb the adjoining tower for great views of the city. Other attractions include the Museo Arqueológico, the Casa de Pilates and the Parque de María Luisa, which has a maze of paths, garden beds, pretty little patios, fountains, and shaded lawns.

#### **Free Time**

Seville Full Day

With heaps to see and do, get exploring.

#### **Optional Activities - Day 6**

##### **Alcázar Palace Visit**

Seville2h-3h

13EUR per person

Explore the wonderful interiors and gardens of the Alcázar, a royal palace that was originally a Moorish fort. Arrive during the evening in the summer months (until mid-September) and enjoy a series of concerts in the beautiful setting of the Reales Alcázares.

##### **Santa Cruz Quarter Visit**

Seville15m-45m

Free

Visit the true heart of Seville, the Santa Cruz quarter. A charming area with winding alleys, picturesque lime-washed houses, flowery patios, and small squares, you can wander, shop, or just soak in the neighbourhood's quaint atmosphere while enjoying a refreshing drink (sangria, perhaps) at one of the local restaurants.

##### **La Giralda Visit**

Seville1h-2h

9EUR per person

Climb the tower known as La Giralda, adjacent to the world's largest Gothic cathedral, for spectacular views and a walk among historic walls. The 76m (249 ft) Giralda was constructed by the Moors as a mosque between 1184 and 1197. In 1568, after the reconquest, Christians fit the minaret with its bell tower.

#### **Accommodation**

##### **Cool Sevilla Hotel (or similar)**

Hotel

**Meals included: Breakfast**

#### **Day 7 Seville/Granada**

Travel to Granada via Cordoba. Visit the mosque and the medieval Jewish Quarter. Watch the sunset along the banks of the Guadalquivir River.

Visit Cordoba's most famous monument, the extraordinary Mezquita. Built as a mosque in 785 by the Moors, the Mezquita was converted in the 16th century into a Christian cathedral.

After, stroll through Cordoba's historic medieval Jewish Quarter, full of narrow winding lanes and traditional houses.

While here, sample some of Cordoba's cuisine, steeped in Roman, Moorish, Christian, and Jewish traditions.

#### **Local bus**

Seville - Córdoba2h

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

#### **Mezquita de Córdoba (Mosque) Visit**

Córdoba1h-2h

Be amazed by the diverse and stunning architecture of Córdoba's most famous monument, the extraordinary Mezquita. Built as a mosque in 785 by the Moors, the Mezquita was converted in the 16th century by the remarkable addition of a Christian cathedral inserted into the centre of the building.

#### **Jewish Quarter (Juderia) Visit**

Córdoba1h-2h

Wander among narrow winding lanes, traditional houses, and charming cafés in Cordoba's historic medieval Jewish quarter. Discover one of Spain's three remaining synagogues.

#### **Local bus**

Córdoba - Granada2h-3h

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

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

##### **Tapas Bar Crawl**

Granada1h-3h

Head out on the town to experience all culinary Granada has to offer. Enjoy a tapas bar crawl with the group in the evening. With each drink, a new plate of snacks arrives. With enough drinks, you won't have to buy dinner!

#### **Accommodation**

##### **Hotel Casa Del Pilar (or similar)**

Hotel

##### **Meals included: Breakfast**

#### **Day 8 Granada**

Enjoy an orientation walk of Granada and a guided visit to the architectural masterpiece, the Alhambra. In the evening, opt to go for a stroll and check out the local tapas and wine bars.

After visiting the Alhambra, opt to take a wander through the whitewashed historic quarter of the Albaicin, with its narrow lanes and fantastic views. It is a great place to go for sunset.

In the evening, opt for a night on the town. The city is filled with trendy tapas bars and has a lively music scene.

#### **Orientation Walk**

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.

#### **Alhambra Guided Tour**

Granada2h-3h

Enjoy a guided visit of the Alhambra, one of the greatest accomplishments of Islamic art and architecture. Learn about Granada's reign as one of the region's most regal cities during the Muslim rule of Spain, which is captured in time within the Alhambra.

#### **Free Time**

Granada Afternoon

Wander this charming city and sample their famous tapas.

## **Optional Activities - Day 8**

### **Albaicín (El Albayzín) Visit**

Granada 1h-2h

Free

Wander through the historic quarter of the Albaicín. Try to head there for sunset. With its narrow lanes and fantastic views back to the Alhambra, visitors are rewarded with a spectacular colour-washed skyline when the sun goes down.

### **Tapas Bar Crawl**

Granada 1h-3h

Head out on the town to experience all culinary Granada has to offer. Enjoy a tapas bar crawl with the group in the evening. With each drink, a new plate of snacks arrives. With enough drinks, you won't have to buy dinner!

### **Accommodation**

#### **Hotel Casa Del Pilar (or similar)**

Hotel

**Meals included: Breakfast**

## **Day 9 Granada/Madrid**

Head north to the capital city of Madrid. Take an orientation walk to get the lay of the land.

### **Local bus**

Granada - Madrid 6h

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

### **Orientation Walk**

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.

### **Accommodation**

#### **Hotel Europa (or similar)**

Hotel

**Meals included: Breakfast**

## **Day 10 Madrid**

Spend the day in this cosmopolitan city. Opt to visit the Museo del Prado, the Gran Vía or Plaza Mayor.

Other options for exploring the city include the Palacio Real, Real Jardín Botánico or Escorial. Experience more nightlife at the Plaza del Dos de Mayo, in the area known as Malasaña. Taste some sangria and dance to the latest music.

### **Free Time**

Madrid Full Day

Head out exploring.

## **Optional Activities - Day 10**

### **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.

### **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.

### **Museo Nacional Del Prado Visit**

Madrid 30m-1h

14EUR 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.

### **Real Jardín Botánico Visit**

Madrid

2EUR per person

Recover from an art overdose with a visit to the beautiful Real Jardín Botánico, a large botanical garden near the Prado Museum.

### **Royal Palace (Palacio Real) Visit**

Madrid 1h-2h

11EUR 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.

### **Plaza del Dos de Mayo (Malasaña) Visit**

Madrid 15m-30m

Free

Be sure to visit the epicentre of Madrid's nightlife, Plaza del Dos de Mayo, in the area known as Malasaña. Head here after hours to have a taste of sangria and dance to the latest music.

### **El Escorial Visit**

Madrid 4h-6h

10EUR per person

Witness the power and wealth of Spain during the 16th century with a visit to the Escorial, a magnificent palace and mausoleum constructed by Felipe II that became a great centre for learning.

## **Accommodation**

### **Hotel Europa (or similar)**

Hotel

### **Meals included: Breakfast**

## **Day 11 Madrid/Valencia**

Journey to Valencia and take an orientation walk of the Old Quarter.

After a long travel day, arrive to the shores of the Mediterranean and the vibrant city of Valencia. The city is the home of paella, the Holy Grail, the birthplace of the inimitable architecture of Santiago Calatrava, and one of Europe's newest and most impressive science museums.

### **Local bus**

Madrid - Valencia 7h

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

### **Orientation Walk**

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.

## **Accommodation**

### **Hostal Antigua Morellana (or similar)**

Hotel

**Meals included: Breakfast**

## **Day 12 Valencia**

Opt to visit the Valencia City of Arts and Sciences or relax at one of the city beaches. Experience world-class restaurants, discos, nightclubs and pubs, which earn Valencia the title of Spain's "fiesta" capital.

Try Valencia's famous dish, paella. Opt for an evening out to a local paella restaurant and sample a few of the great Valencian wines!

### **Free Time**

Valencia Full Day

Explore this vibrant coastal city.

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

#### **City of Arts and Sciences Visit**

Valencia1h-2h

40EUR per person

Take a tour of the City of Arts and Sciences, a cultural and architectural complex designed by the famous Spanish architect Santiago Calatrava with Félix Candela - it's well worth a visit.

#### **Plaza de Cánovas del Castillo Visit**

Valencia30m-1h

Free

Join the action at the Plaza de Cánovas del Castillo - at night people fill the bustling open terraces and street cafés.

#### **Carmen District Visit**

Valencia3h-4h

Free

Make new friends and meet locals in the bustling open terraces and street cafés of the Carmen district; its cobbled streets come alive in the evening.

#### **Playa de las Arenas (Beach) Visit**

Valencia30m-1h

Free

Head to the beautiful coast of Valencia and spend the day relaxing and playing in the sun at the Playa de las Arenas.

### **Accommodation**

#### **Hostal Antigua Morellana (or similar)**

Hotel

**Meals included: Breakfast**

## **Day 13 Valencia/Barcelona**

Travel to Barcelona and take an orientation walk, including visits to the Gothic Quarter and Las Ramblas. Opt to enjoy an evening of tapas and wine to round out the day.

Take the bus to Barcelona. Join a CEO-led orientation walk before free time to explore this unique city.

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.

### **Local bus**

Valencia - Barcelona4h

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

### **Orientation Walk**

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**

Barcelona Evening

Don't waste a minute -- start exploring.

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

#### **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.

#### **Las Ramblas Visit**

Barcelona

See and be seen on Las Ramblas, a large tree-lined pedestrian boulevard perfect for people watching and window shopping that ends at the harbourfront facing the Mediterranean Sea.

### **Accommodation**

#### **Hotel Serhs Carlit Barcelona (or similar)**

Hotel

**Meals included: Breakfast**

### **Day 14 Barcelona**

Spend the day exploring the city's museums and cathedrals, or opt for some of the best shopping in Europe. Choose to visit Gaudí's Parc Güell, the Sagrada Família, and other Gaudí masterpieces. Montjuïc and Barceloneta are worth a visit, too.

Barcelona is filled with the work of one famous resident, Antoni Gaudí. Opt to visit these masterpieces sprinkled throughout the city. With time, opt to tour the beautiful Palau Musica, a home for catalan music.

For nightlife, the highest concentration of young locals dancing can be found near the intersection of Santaló and Mariano Cubi streets. Find good music, good drinks, and lots of fun. Another nightlife spot to meet the fashionable locals is on the Plaza Francesc Macià.

### **Carte Blanche**

Barcelona Full Day

There's plenty to see and do in Barcelona, 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 visit to the Gothic Quarter, Las Ramblas, and the Picasso Museum. Your CEO has more ideas if you need them. Just ask

### **Optional Activities - Day 14**

#### **Parc Güell Visit**

Barcelona

8EUR 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

15-24EUR 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.

#### **Montjuïc Visit**

Barcelona 1h-1h30m

5EUR per person

Climb to the top of Montjuïc hill for fantastic city views and a visit to a 17th-century fortress, once used as a prison and execution site.

### **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.

### **Accommodation**

#### **Hotel Serhs Carlit Barcelona (or similar)**

Hotel

**Meals included: Breakfast**

### **Day 15 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.

### **Arrival Day and Welcome Meeting**

1h18:00

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.

### **Accommodation**

#### **Casa Rural Ruben (or similar)**

Casa Rural

### **Day 16 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 16**

#### **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

8EUR 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 Gaudi's creative genius at play.

#### **Accommodation**

##### **Casa Rural Ruben (or similar)**

Casa Rural

**Meals included: Breakfast | Dinner**

#### **Day 17 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 17**

##### **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.

#### **Accommodation**

##### **Hotel Bilbao Plaza (or similar)**

Hotel

**Meals included: Breakfast | Dinner**

#### **Day 18 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 18**

##### **Guggenheim Museum Visit**

Bilbao 1h-2h

10EUR 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.

##### **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.

##### **Casco Viejo Visit**

Bilbao1h-2h

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.

### **Parque de Etxebarria Visit**

Bilbao1h-1h30m

Free

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

### **Accommodation**

#### **Hotel Bilbao Plaza (or similar)**

Hotel

**Meals included: Breakfast**

### **Day 19 San Sebastián**

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 Sebastián1h

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

### **Orientation Walk**

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 Sebastián

Explore all San Sebastián has to offer.

### **Local bus**

San Sebastián - Bilbao1h

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

### **Optional Activities - Day 19**

#### **Pintxos (Tapas) Tour**

San Sebastián1h-2h

15EUR 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.

### **Monte Igueldo Visit**

San Sebastián1h-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.

### **Beach Visit with Surfing**

San Sebastián

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.

### **Accommodation**

#### **Hotel Condes de Haro (or similar)**

Hotel

**Meals included: Breakfast**

### **Day 20 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 - Logroño1h30m

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

### **Hands-On: 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.

### **Accommodation**

#### **Hotel Europa (or similar)**

Hotel

**Meals included: Breakfast**

### **Day 21 Logroño/Madrid**

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

### **Local bus**

Logroño - Madrid3h30m-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 21**

#### **Reina Sofia National Art Museum**

Madrid1h-2h

8-12EUR per person

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

#### **Gran Vía Visit**

Madrid1h-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.

### **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.

### **Museo Nacional Del Prado Visit**

Madrid 30m-1h

14EUR 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.

### **Royal Palace (Palacio Real) Visit**

Madrid 1h-2h

11EUR 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.

### **Thyssen-Bornemisza Museum**

Madrid 1h-2h

12EUR per person

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

### **Accommodation**

#### **Hotel Europa (or similar)**

Hotel

### **Day 22 Madrid**

Depart at any time.

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

### **Meals included: Breakfast**

## **What's Included**

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Lisbon orientation walk. Evora orientation walk. Church of Bones visit. Algarve hike. Seville orientation walk. Flamenco performance. Cordoba Mezquita (mosque) and Jewish Quarter visits. Granada orientation walk. Alhambra guided visit. Madrid orientation walk. Valencia's Old Quarter orientation walk. Barcelona orientation walk including Gothic Quarter and Las Ramblas. "Casa rural" stay with traditional meals (Pyrenees). Bilbao day trip. Wine tasting in the Rioja region. All transport between destinations and to/from included activities.

## **Highlights**

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Explore Moorish palaces and great Iberian cities, capture photos of stunning countryside and age-old cathedrals, devour tapas at a local haunt, relax on the Algarve coast, live like a local in a 'casa rural' in the Pyrenees, experience the Basque way of life.

## **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 Notes

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For 2018 "Ultimate Spain & Portugal" departures have changed duration to 21 days.

## Important Notes

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### 1. LOCAL GUIDES

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. LUGGAGE

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. 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

Madrid:

Prado Museum

Seville:

Alcazar Palace

## 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. On this trip we include a local guide at the Alhambra in Granada

## Group Size Notes

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Max 16, avg 12

## Meals Included

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19 breakfasts, 2 dinners

## 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.

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## Transport

Public bus, train, walking.

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## About our Transportation

Intercity transport on this trip will be mainly by public bus and train. The bus and train systems in Spain and Portugal are generally very good, most offer seat reservations, some buses have toilet facilities and others don't, but drivers often stop en route for service station breaks.

Please note that we use public transport such as metro and taxis to get to train and bus stations. It is important that you are able to carry your luggage comfortably and that it can be packed into a relatively small space.

Between transport and hotels you may be required to carry your luggage short distances (up to 15mins walk), occasionally the group will take taxis to and from hotels.

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## 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.

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## Solo Travellers

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.

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## Accommodation

Hotels (19 nts), casa rural (2 nts).

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## My Own Room

"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.

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## About Accommodation

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



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

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

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## 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.

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## Joining Instructions

Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation with us), please make your way to the joining hotel (note that check-in time will be in the afternoon). Once you arrive at the hotel, look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

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

### GETTING TO RESIDENCIAL FLORESCENTE FROM LISBON AIRPORT:

#### Via Taxi

A taxi cost is 20 EUR during the hours of 07:00am to 09:00pm from Lisbon Airport to Lisbon City Center. During the hours of 09:00pm to Midnight, the cost is 25 EUR. Journey time should be roughly 20 minutes give or take. Note that prices are indicative only. Surcharge can apply on weekends, bank holidays, and per pieces of luggage. Always reconfirm the price just in case vouchers are not "available".

\*If you need a taxi in order to visit the city during your stay, ask the hotel how much it should cost to get to where you want. Then deal with the driver. This way no bad surprises occur with less than honest drivers!

#### Via Aerobus

Shuttles run every 20 minutes, every day of the week, from 7:45am to 8:15pm. The Aerobus (Carris n. 91) runs between the Airport and the city centre. Tickets can be purchased on board. Fare is 1.20 EUR for one ride, 3.10 EUR per 1 day ticket, and 2 EUR for a 1 day TAP Voucher. Journey time is roughly a 35-40 minute ride. Get off the bus at the "Restauradores" stop. Cross the square to the red "Correios" (post-office) building and take the street next to it. This will lead you directly to Rua Portas de Santo Antão. Turn left and you will find the hotel on your left.

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## 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, 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.

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## Emergency Contact

Should you need to contact G Adventures during a situation of dire need, it is best to first call our 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 Local Office

Emergency Cell Phone: +44 7817 262559

If you are unable for any reason to contact our local office, we have a toll-free line for North America, which will connect you directly with our Toronto office. In the event that you cannot get through, you can reach a member of our Operations department at the mobile

number below.

Toll-free, North America only: 1 800 465 5600.

Calls from UK: 0344 272 0000

Calls from Australia: 1 300 796 618

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

## 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.)

## Checklist

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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)
- \* Required visas or vaccination certificates (required) (With photocopies)
- \* Vouchers and pre-departure information (required)

Essentials:

- \* 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
- \* Toiletries (Preferably biodegradable)
- \* Watch and alarm clock
- \* Waterproof backpack cover
- \* Windproof rain jacket

Warm Weather:

- \* Sandals/flip-flops
- \* Shorts/skirts (Longer shorts/skirts are recommended)
- \* Sun hat/bandana

## Laundry

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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

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Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your responsibility to have the correct travel documentation. While we provide the following information in good faith, it is vital that you check yourself and understand that you are fully responsible for your own visa requirements.

All visitors to the EU (European Union) and EEC (European Economic Community) countries require a valid passport (with a minimum 6 months validity). USA, Canada, Australia and New Zealand passport holders do not need a visa to visit the Schengen area (see below), however they may not stay longer than three months in any 6-month period.

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

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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. 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](http://www.xe.com)

## 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!

## Departure Tax

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

## Tipping

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It is customary in Europe to leave a small tip for service providers, such as waiters, if you are pleased with the service (EUR1-2).

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 EUR3-5 per day, depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline EUR30-40 per person, per week can be used.

## Optional Activities

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All prices are per person in Euro amounts(unless stated otherwise), and are subject to change as services are provided by third party operators.

Seville:

Traditional Flamenco Show - EUR15

Walking City Tour - EUR15

Real Alcázar - EUR7.50

Cathedral and Giralda - EUR8

Casa Pilates - EUR6

City Bus Tour - EUR16

Arab Baths (Hammam) - EUR28

Cordoba:

Madinat Al-Zahra Ruins - EUR1.50 (transport not inc.)

Aljama Mezquita - EUR5

Alcazar de Los Reyes - EUR3

Fine Arts museum - EUR1.50

Synagogue - Free

Granada:

Bike tour (various) - EUR30-EUR50

Cathedral - EUR4

Royal Chapel - EUR3.50

## 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 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

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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 jewelry 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.

## Trip Specific Safety

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

## Medical Form

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Our small group adventures bring together people of all ages. It is very important you are aware that an average level of fitness and mobility is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our leaders work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at [www.gadventures.com/medical-form](http://www.gadventures.com/medical-form).

## 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 prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## 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-The G Adventures Foundation

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Planeterra is G Adventures' non-profit foundation created to make a positive difference in the communities where G Adventures takes travellers. Planeterra supports sustainable social and environmental solutions in destinations travellers love to visit.

As travellers, it's natural to want to give back to the places we've come to love. But to truly impact poverty, we work to build self-sufficiency, not dependency.

Planeterra partners with grassroots organizations with firsthand knowledge of local culture and true community needs. This ensures that solutions come from the people we support. Then G Adventures brings travellers to visit, fuelling sustainable local income in these communities. This model is helping many rural and marginalized communities on their way to self-sufficiency because they are

harnessing the power of the tourism industry as a force for good. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit [planeterra.org](http://planeterra.org).

#### **MAKE EVERY DAY COUNT**

Fifty percent of our planet lives on less than \$2/day. For the price of a coffee, you can make every day of your trip count by giving back to the communities you visit through Planeterra.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking).

#### **Local Dress**

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When in churches or other places of religious worship travellers are expected to dress modestly, with shoulders and knees covered.

#### **Feedback**

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

#### **Newsletter**

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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.

#### **Travel Forum - The Watering Hole**

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Be sure to stop by The Watering Hole, our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the Departure Lounge section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at [wateringhole.gadventures.com](http://wateringhole.gadventures.com).

#### **Minimum Age**

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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**

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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.