



Cruise the Norwegian Fjords in Depth - Tromsø to Bergen - XVNFX

11 days: Tromsø to Bergen

What's Included

- 10 nts aboard the G Expedition
- Meeting point to ship transfer
- All Zodiac and land excursions as per itinerary with our expert expedition team
- Local village visit (Lofoten Islands)
- Vega Island visit
- Trondheim excursion
- Geirangerfjord visit
- Waterproof boots supplied for USA size 6 - 16
- Expedition parka

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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.

VALIDITY: Valid for all trips departing March 16th, 2017 and onwards

Itinerary

Day 1 Tromsø/Nordkapp

Welcome to Tromsø, the capital of northern Norway, known as the "Gateway to the Arctic". Embark in the afternoon to begin your adventure. We recommend arriving to Tromsø early to explore on your own.

There will be a welcome desk set up to greet passengers on arrival day between 09:00 and 12:00 at the Clarion Hotel the Edge. We can assist with baggage drop-off and provide information on what to do in Tromsø for the morning.

Please make sure to be at the Clarion Hotel the Edge before 13:00 as luggage will be transferred at that time. Passengers will be transferred as a group to the ship at 16:00.

Arrival Day

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

Private Vehicle

Tromsø

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

Embarkation of the G Expedition

16:00

In the afternoon, join your fellow passengers to take your group transfer and begin your journey on the G Expedition. Please refer to your welcome letter or the joining instructions posted in the lobby of the start hotel. Make sure you have your passport handy as you are about to embark on the adventure of a lifetime.

G Expedition

Tromsø - Nordkapp 12h30m

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Meals included: Dinner

Day 2 Nordkapp/Norwegian Sea

Explore one of the most northern points in Europe. A popular spot to watch the midnight sun during the summer months, as the sun never sets between the middle of May to late August, this cape is the location where the Atlantic and Arctic oceans meet. Explore the barren landscape, quaint fishing villages, and stop by the Northern Cape Plateau standing 307 m above the sea.

G Expedition

Nordkapp - Norwegian Sea

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Nordkapp Excursion

Nordkapp

Embark on a day trip to one of the most northern places in Europe, Nordkapp (North Cape). Travel across the arctic terrain of northern Norway, keeping a sharp eye for wild reindeer en route. Stop for a visit to a community of local Sami people before continuing on to North Cape. Enjoy time wandering the small town, opt to watch a film about Lapland's breathtaking scenery, or simply take in the views of the Arctic Ocean from viewpoints of up to 1000 feet above sea level.

Meals included: Breakfast | Lunch | Dinner

Day 3 Norwegian Sea/Trollfjord

Enjoy a day at sea, taking in the stunning scenery of the Arctic. Keep a sharp eye while on deck to try and spot marine wildlife.

G Expedition

Norwegian Sea - Trollfjord

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Arctic Lectures and Educational Programs

Attend lectures hosted throughout the day on anything from local wildlife to the history and exploration of the Arctic.

Meals included: Breakfast | Lunch | Dinner

Day 4 Trollfjord/Lofoten

Spend the early morning at the short, yet dramatic Trollfjord. Try to spot the mythical creatures along the cliffs. Head ashore in Svolvær to explore the Lofoten Islands by coach. Visit one of Norway's quaint fishing villages, and enjoy a Norwegian-style smorgasbord lunch in a local restaurant. End the visit in the village of Å.

G Expedition

Trollfjord - Svolvær

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Å Village Visit

Lofoten

Enjoy a coach tour across the Lofoten Islands visiting the Tørrfiskmuseum (Stockfish Museum) and Svolvær. Stop for photos and other visits along the way including the Viking Museum at Bøstad.

G Expedition

Svolvær - Lofoten

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Meals included: Breakfast | Lunch | Dinner

Day 5 Svartisen/Vikingen/Sanna

Visit Svartisen, Sanna and Vikingen, for beautiful glaciers and a globe sculpture which marks Vikingen as a point directly on the Arctic Circle.

G Expedition

Lofoten - Svartisen

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Svartisen Land Excursion

Svartisen

Visit Svartisen, Norway's second-largest glacier. Hike to one of the outlet glaciers of Svartisen, Engabreen, which ends at the lowest point of any glacier on the European mainland, at 20 meters above sea level (in 2007). The first 30 to 45 minutes of the hike are easy with no incline. The remaining hike is guided in small groups as it can be a challenging and complicated maze of rocky outcroppings leading to a close encounter with the ice. Everyone should reach a beautiful lookout over the lake. Opt to visit the café for waffles and coffee.

Vikingen Visit

Vikingen Island

Visit Vikingen Island, a small island that sits directly on the Arctic Circle. There's a small statue of a globe on the island celebrating its position on one of the five major latitude circles.

G Expedition

Vikingen Island - Sanna4h

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Sanna Island Visit

Sanna

Explore Sanna, with walking opportunities for the energetic. Opt for a bit of a hill climb over easy terrain looking for views of white-tailed sea eagles or a more gentle walk through lowland meadow wildflowers to a cave lookout. The island has an abandoned fishing village which is now used mostly as summer homes.

Meals included: Breakfast | Lunch | Dinner

Day 6 Sanna/Vega

A UNESCO World Heritage site, Vega is known for picturesque fishing villages with a history of eider down harvesting. Enjoy some opportunities to explore the area on foot or with an optional guided tour.

G Expedition

Sanna - Vega

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Vega Island Visit

Vega

Vega is a small island in Norway's Nordland, filled with tiny, picturesque fishing villages. Wander through the UNESCO World Heritage site with a history of eider down harvesting.

Meals included: Breakfast | Lunch | Dinner

Day 7 Vega/Torghatten

The rugged coastline of central Norway features some of the world's most beautiful scenery. The captain will negotiate with local Norwegian pilots to determine our best Zodiac landing options.

The mountain scenery and coastline offer breathtaking views. The goal is to visit Torghatten, one of the most bizarre rock formations in Norway and a significant local landmark for the chance to move towards the Træna archipelago, comprised of over a thousand islands.

G Expedition

Vega - Torghatten

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Zodiac Excursion

Torghatten

Enjoy a Zodiac excursion to Torghatten and the Treana archipelago. The Captain will negotiate with local Norwegian pilots to determine the best Zodiac shore landing options. Our goal is to visit Torghatten, one of the most bizarre rock formations in Norway and a significant local landmark. We will also try to move towards the Treana archipelago that is comprised of over 1000 islands. Expedition guides will provide information on the local areas, and the ship's photography expert will be on hand to offer advice on how to capture the perfect shot.

Meals included: Breakfast | Lunch | Dinner

Day 8 Torghatten/Trondheim

Continue on to Trondheim. Opt for a hike to the Sverresborg Folk Museum, or for a city tour including the Folk Museum and the elaborate Nidaros Cathedral, built between 1070 and 1300. Alternatively, opt to explore on your own, including a visit to Munkholmen.

G Expedition

Torghatten - Trondheim

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Trondheim Visit

Trondheim

Trondheim is a modern city surrounded by beautiful forests and mountains, and is home to the remarkable Nidaros Cathedral. Built over the burial site of Saint Olav, the king of Norway in the 11th century, Nidaros Cathedral is the traditional location for the consecration of the King of Norway.

Meals included: Breakfast | Lunch | Dinner

Day 9 Trondheim/Geiranger

Sail deep into one of Norway's most beautiful, and most visited fjords, Geirangerfjord. Enjoy soaking in the views at this UNESCO World Heritage site. If possible, the Expedition ship will cruise around this scenic area.

G Expedition

Trondheim - Geiranger

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Geirangerfjord Visit

Geirangerfjorden

The fjord is one of Norway's most visited tourist sites and has been listed as a UNESCO World Heritage Site. The fjord is 15 km (9.3 mi) long, surrounded by spectacular mountains, lush green trees, waterfalls, and several farms. Have a camera ready for some spectacular photo opportunities.

Meals included: Breakfast | Lunch | Dinner

Day 10 Geiranger/Flåm

Hop on the Flåm Railway, travelling through valleys and mountain passes to reach the scenic fjord of the Flåm district.

G Expedition

Geiranger - Flåm

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Flåmsbana Railway

Flåm1h

The Flåm Line is a 20km (12.4 mi) route between Myrdal and Flåm. The line is used most often as a tourist train as it passes through gorgeous landscapes. It also boasts an incredibly steep gradient, with an elevation different of 863m (2,831 ft).

Meals included: Breakfast | Lunch | Dinner

Day 11 Flåm/Bergen

Cruise overnight to Bergen, then disembark the G Expedition in the morning. We highly recommend booking extra time to visit this exciting city.

Transfers to the Havnekontoret Hotel or Bergen Airport will be offered to all passengers with flights scheduled after disembarkation.

After disembarkation you will be transferred to either the airport or the Havnekontoret Hotel, depending on the time of your flight. Those transferred to the hotel will have an opportunity to explore the town centre on their own, and then be transferred to the airport later in the day as per flight schedules. Transfer times will be confirmed, and communicated onboard prior to departure. Luggage storage at the Havnekontoret Hotel will be available until time of departure.

G Expedition

Flåm - Bergen

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Departure Day

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

Meals included: Breakfast

What's Included

10 nts aboard the G Expedition. Meeting point to ship transfer. All Zodiac and land excursions as per itinerary with our expert expedition team. Local village visit (Lofoten Islands). Vega Island visit. Trondheim excursion. Geirangerfjord visit. Waterproof boots supplied for USA size 6 - 16. Expedition parka.

Highlights

Cruise through some of Norway's most famous fjords, Wander through fishing villages and appreciate the slow pace of life, Search cliffs for trolls, Enjoy some of the world's most beautiful scenery along Norway's rugged coastline

Dossier Disclaimer

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Important Notes

Please note: While it is our intention of adhere to the route described above, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable, to make alterations. On the first day of your tour, your Expedition Leader will give you an expedition overview.

The G Expedition is an adventure expedition ship and does not offer an elevator.

BOOTS FOR ZODIAC LANDINGS

- Complementary waterproof boots for use on board will be supplied in the following sizes:
- US size 6 - 16
- EUR size 36 - 49

Please be advised that there are limited numbers of the smallest and largest sizes.

If you wish to bring your own boots, you should follow the guidelines below:

Rubber, waterproof boots that are just below your knees (12-16" high or 30-41cm) with a strong, ridged non-skid sole are essential for wet landings via the Zodiacs. You usually have to step from the Zodiac into the water, which can be up to 1 ft or 30 cm high on most landings. Do not bring heavy, cumbersome boots that make it difficult to walk. Do not bring boots with metal cleats as they cannot be used for the landings. Try out your boots before your voyage.

The electricity onboard is 220AC electrical outlets, with European 2 pin round holes, as well as 110-volt shaving sockets in the bathroom for electric razors only. You may wish to bring an international adapter. A limited supply of hair dryers and electrical adapters are available to borrow free of charge at the Purser's Desk.

Group Leader Description

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

Group Size Notes

Max 134 aboard the G Expedition.

Meals Included

10 breakfasts, 9 lunches, 10 dinners

Meals

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

Transport

G Expedition, Zodiac, local bus, coach.

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.

Accommodation

Aboard the G Expedition in quad-, triple-, twin-share cabins, or suites (all with en suite bathrooms and porthole or window) (10 nts). Please note that all cabins consist of twin-size berths and are ocean-facing. Suites have one queen-size bed.

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.

Emergency Contact

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

EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (Longyearbyen, Norway)

Barbara Fogden: +47 9500 6076

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 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

What to Take

Your luggage should be a clearly labeled suitcase, or rucksack, plus a daypack. Most airlines allow one checked bag and two carry-ons per person. Most airlines are currently enforcing strict restrictions for checked luggage and carry-on bags. To avoid any problems on check-in and with possible excess baggage charges, please consult your airline for specific restrictions.

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

Checklist

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)

Expedition:

- * Binoculars (highly recommended)
- * Camera (With extra memory cards and batteries)
- * Cash, credit and debit cards
- * Day pack (Used for daily excursions or short overnights)
- * Drybag (To protect your camera and belongings on Zodiac landings)
- * 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 jacket or warm layer
- * Fleece top/sweater
- * Footwear (good gripping) (Please note that flip flops are not allowed while on deck of the Expedition.)
- * Hat

- * Long pants/jeans
- * Moisturizer/lip balm
- * Moneybelt
- * Motion sickness tablets
- * Outlet adapter (Electricity onboard is 220AC electrical outlets, with European 2 pin round holes, as well as 110-volt shaving sockets in the bathroom for electric razors only.)
- * Personal entertainment (Reading and writing materials, cards, music player, etc.)
- * Scarf
- * Shirts/t-shirts
- * Sleepwear
- * Sunblock
- * Sunglasses
- * Swimwear
- * Thermal base layer
- * Thermal underwear
- * Toiletries (Shampoo and shower gel are included aboard the Expedition.)
- * Warm hat
- * Warm waterproof gloves
- * Watch and alarm clock
- * Waterproof backpack cover
- * Waterproof pants necessary (Mandatory for all Zodiac landings)
- * Wool/Heavy socks

Laundry

Aboard the G Expedition ship, laundry facilities are provided at a nominal charge.

Visas

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 RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.

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

Before and after the cruise:

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work overseas. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars or Euros cash 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.

While on board the G Expedition:

Cash and most major credit cards (VISA, Mastercard and American Express) are accepted to clear incidental bills at the end of the cruise by the ship's Purser (eg: bar bills, laundry etc).

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

Although it may not be customary to you, tipping is of considerable significance to the people who will take care of you during your travels. It is an expression of satisfaction with the persons who have assisted you on your expedition. The industry standard and suggested amount is USD 10 - 15 per person per day spent on board. Of course, tipping is a personal choice and the suggested amount is set only as a guideline. The money is collected by the Hotel Manager at the end of the voyage and distributed amongst the crew and Expedition Staff.

Health

Please consult your doctor for up-to-date medical travel information well before departure. We require all passengers traveling on the G Expedition to review our medical questionnaire. The questionnaire can be found online at:

www.gadventures.com/online_medical_form

Passengers with preexisting medical conditions are required to submit a medical form signed by a physician to their booking agent. It is very important that we are advised of any special meal requirements, food allergies, or prescribed medication when you confirm your tour. The ship is equipped with a small infirmary with typically required medications and limited equipment. The ship's doctor is available for visits during the day and is available 24 hours per day for emergencies.

In case of an emergency, please also bring with you a signed and dated letter from your physician (to be given to our doctor on board, as well as for any medical authorities) stating any health problems and dosage requirements. International health regulations do not currently require any inoculations for the countries that you will visit on our voyage. We suggest that you confer with your own physician to be sure your routine immunizations, such as tetanus, diphtheria and hepatitis A, are up-to-date before travelling. Older travelers, in particular, may wish to consider preventive measures against influenza and pneumonia.

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 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.

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, 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 CEOs 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.

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 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

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.

Trip Specific Responsible Travel

OUR COMMITMENT TO RESPONSIBLE TRAVEL

As a leader in sustainable tourism, we are committed to ensuring that all of our marine expeditions operate in a socially and environmentally responsible manner. All expeditions aboard the G Expedition meet and exceed all environmental regulations and protocols in the regions that we visit.

Staff & Crew:

Our crew and expedition team act as stewards of the environment and are well versed in the strict environmental protocols on board and on land. All of our travellers are thoroughly briefed in these protocols before being allowed to participate in excursions and are always supervised by our team when on shore.

4-stroke Outboard Engines:

In an effort to drastically reduce environmental pollutants 4-stroke outboard engines have been installed on all of our Zodiacs. Our 4-stroke outboard motors use less fuel and produce less noise pollution than 2-stroke engines. Since there is no mixing of oil and gas the exhaust is intrinsically much cleaner and friendlier to the environment.

Planeterra Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization that supports local community projects and small-business owners worldwide.

Sea Chart Auction:

At the end of each departure, the Captain's Sea Chart is auctioned and all proceeds are donated to the Planeterra to support our community initiatives in places G Adventures travels to.

Our end goal is to minimize the potential negative impact of tourism in the areas in which we operate while maximizing the positive impact of instilling a widened understanding and appreciation of these regions. During our voyages, we ask all our passengers that they see their visit to these areas as a privilege and that they share their newfound knowledge and experiences with others when they return home. We also hope that by bringing people to these regions that they continue to act as ambassadors and stewards of these areas.

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 customerservice@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

Keeping in Touch on the G Expedition

While you are on board the G Expedition, we know that keeping in touch with your family and friends is important to you. We want to ensure you have the tools available to keep you connected in some of the most remote regions of the world. We have a satellite system, which allows our travellers to connect to the internet or make phone calls with the purchase of personal data credit. Travellers may use our computer room or use any Wi-Fi enabled device to connect to our network, which is available in public areas on Decks 4 and 5. Satellite phone service is available and private calls can be made from our phone booth. Due to using a satellite connection and travelling in remote regions, internet can be slow and sometimes unavailable. The connection in the high Arctic is particularly challenging and no connection is available while in and around South Georgia Island.

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.