

Norwegian Fjords & Arctic Discovery - XVBLNX

15 days: Bergen to Longyearbyen

What's Included

- 14 nts aboard the G Expedition
- Meeting point to ship transfer
- Zodiac and land excursions with our expert expedition team
- Flåm Railway excursion
- Olden visit
- Geirangerfjord visit
- Trondheim excursion
- Vega Island visit
- Sanna Island visit
- Wildlife spotting opportunities
- Tromsø excursion
- Hornsund visit
- Bellsund visit
- Insulated, waterproof boots supplied for USA size 6 - 16
- Expedition parka

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 April 20th, 2016 and onwards

Itinerary

Day 1 Bergen

Welcome to Bergen, in Norway's fjordland. Embark in the afternoon to begin your adventure. We recommend arriving to Bergen early to explore on your own. Landing in Oslo? Travel to Bergen the scenic way by combining this itinerary with the 3-day "Oslo to Bergen Add-on".

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

Please make sure to be at the Clarion Collection Hotel Havnekontoret before 13:00 as luggage will be transferred at that time. Passengers will be transferred as a group to the ship between 15:00 and 15:30 for a 16:00 embarkation.

Combine this adventure with the "Oslo to Bergen Add-on" to help you get from Oslo to Bergen. This 3-day trip includes one night in each city, with a train ride from Oslo to Bergen along the famous Bergensbanen railway. This itinerary gives you free time to explore both cities, with the addition of a half-day tour of Bergen guided by a G Adventures Representative. Airport arrival transfer and ship

embarkation transfer is included. Speak to your Global Connection Officer or travel agent to book this add-on.

Arrival Day

13:00

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

Optional Activities - Day 1

Oslo to Bergen Add-on

Oslo - Bergen

Combine this adventure with the 3-day "Oslo to Bergen Add-on" to help you get from Oslo to Bergen the scenic way. You'll have time to explore Oslo before beginning your journey to Bergen along the Bergensbanen railway - considered to be one of Europe's most picturesque train journeys. Sit back and marvel at the incredible terrain, passing rolling mountains and rivers. Spend time in Bergen getting to know the city, then enjoy a half-day city tour with a G Adventures Representative the next morning, before transferring to the G Expedition ship in the evening. Arrival transfer is included. Speak to your Global Connection Officer or travel agent to book this add-on.

Meals included: Dinner

Day 2 Bergen/Flåm

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

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).

G Expedition

Bergen - Flåm

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

Meals included: Breakfast | Lunch | Dinner

Day 3 Flåm/Olden

Cruise into the Olden Fjord before a short bus ride to the Birksdal area. Enjoy a moderate walk to the glacier, or, for an easier option, take a trolley ride with a shorter walk to make it to the glacier lake.

G Expedition

Flåm - Olden

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

Glacier Walk

Nordfjord

Stretch out your legs on a walk from the Birksdal area to a nearby glacier. For the first 20-30 mins of this walk (moderate to strenuous), the grade is slightly uphill but the footing is easy. If you'd rather not make the trek, hop on the trolley to take you most of the way. As you approach, you'll need to walk the last quarter mile to reach the glacier lake. The views are worth the effort!

Meals included: Breakfast | Lunch | Dinner

Day 4 Olden/Geiranger

Sail deep into one of Norway's most beautiful, and most visited, fjords. Enjoy soaking in the views at this UNESCO World Heritage site.

G Expedition

Olden - 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 5 Trondheim

Continue on to Trondheim. Choose between hiking to the Sverresborg Folk Museum or enjoying a city tour including the Folk Museum and the elaborate Nidaros Cathedral, built between 1070 and 1300. Opt to explore the area on your own, perhaps visiting Munkholmen.

G Expedition

Geiranger - 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.

G Expedition

Trondheim - Torghatten

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

Meals included: Breakfast | Lunch | Dinner

Day 6 Torghatten/Svartisen

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. Hike up to the famous hole in the mountain, with fantastic views of the region. Keep an eye out for Norway's mythical trolls. In the afternoon, head to the quaint and picturesque Vega Island, a UNESCO site. Wander the fishing villages and appreciate the slow pace of life.

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.

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.

G Expedition

Torghatten - 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.

G Expedition

Vega - Svartisen

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

Meals included: Breakfast | Lunch | Dinner

Day 7 Svartisen/Sanna/Vikingen

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

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.

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.

G Expedition

Svartisen - Lofoten

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

Meals included: Breakfast | Lunch | Dinner

Day 8 Lofoten

The Lofoten archipelago is an enchanting area of picturesque villages by the sea backed with jagged peaks. Go ashore by Zodiac to the village of Å. Visit Nusfjord, one of Norway's oldest and best-preserved fishing villages for lunch at a local restaurant. In the evening, stay on deck as you cruise into one of Norway's most famous fjords, the short yet dramatic Trollfjord. Search the cliffs on your continuing quest to spot trolls.

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

Lofoten

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

Meals included: Breakfast | Lunch | Dinner

Day 9 Lofoten

Continue exploring the beautiful Lofoten Islands, spending time on Andenes Island, a spectacular location for spotting marine wildlife.

Meals included: Breakfast | Lunch | Dinner

Day 10 Lofoten/Tromsø

Tromsø, the capital of northern Norway, is known as the "Gateway to the Arctic" as it was the embarkation point for many Arctic expeditions. Learn about past Arctic expeditions and opt for some hiking or to explore the city on your own.

G Expedition

Lofoten - Tromsø

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

Tromsø Guided Tour

Tromsø

Spend the day exploring Norway's largest northern city. Choose between hiking on the mountain top overlooking Tromsø, or wandering the city's streets before taking a cable car to the mountain top. Enjoy a delicious lunch of traditional open faced sandwiches while gazing over the city. Everyone will have a chance to visit some of the major sites including the Polar and Tromsø Museums and (weather permitting) enjoy a stunning view from a cable car.

Meals included: Breakfast | Lunch | Dinner

Day 11 Tromsø/Hornsund

Sail past mist-shrouded Bjørnøya (Bear Island) - a birdwatcher's paradise featuring spectacular views.

Sail past Bear Island. Weather permitting, there may be an opportunity to explore mist-shrouded Bjørnøya by Zodiac - the weather is temperamental, so this is a 50/50 chance. Bear island even from afar has spectacular views, thousands of species of birds like fulmars, kittiwakes, guillemots and gulls.

G Expedition

Tromsø - Hornsund

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 12 Hornsund

Explore this archipelago of deep fjords, mountains and massive ice sheets. Keep your eyes open for walruses, seals, reindeer, Arctic foxes and, of course, polar bears.

Our flexible itinerary and experience here allow us to take the best advantage of ice and weather conditions. Each season we attempt to discover new landing sites to explore to enhance your expedition experience. Shore walks and Zodiac adventures bring us up close to mystical landscapes, icebergs, and wildlife.

Hornsund Shore Walks and Zodiac Adventures

Hornsund

Explore the natural beauty of Hornsund and take advantage of the spectacular photo opportunities. The Expedition team will select the best areas to explore by Zodiac depending on weather conditions.

Meals included: Breakfast | Lunch | Dinner

Day 13 Hornsund/Bellsund

Soak in the sights and sounds of Svalbard. Glaciers, nesting birds, sea mammals like polar bears, walruses and whales plus land mammals like the arctic fox and reindeer all call this region home.

G Expedition

Hornsund - Bellsund

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

Meals included: Breakfast | Lunch | Dinner

Day 14 Bellsund/Longyearbyen

Continue exploring the icy wonderland of Svalbard.

G Expedition

Isfjorden - Longyearbyen

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

G Expedition

Bellsund - Isfjorden

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

Meals included: Breakfast | Lunch | Dinner

Day 15 Longyearbyen

Disembark the G Expedition in the morning.

Transfers to Longyearbyen Airport will be offered to all passengers with flights scheduled after disembarkation.

After disembarkation at approximately 8:00am, you will be transferred to either the airport or the Radisson Blu Polar 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 Raddison Blu Polar hotel will be available until time of departure.

We are pleased to offer an early morning disembarkation and transfer to the airport for those passengers with flights departing Longyearbyen around 2:30am (dependent on airline schedules).

Departure Day

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

Private Vehicle

Longyearbyen - Svalbard Lufthavn

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

Meals included: Breakfast

What's Included

14 nts aboard the G Expedition. Meeting point to ship transfer. Zodiac and land excursions with our expert expedition team. Flåm Railway excursion. Olden visit. Geirangerfjord visit. Trondheim excursion. Vega Island visit. Sanna Island visit. Wildlife spotting opportunities. Tromsø excursion. Hornsund visit. Bellsund visit. Insulated, 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, Sail past mist-shrouded Bjørnøya - a birdwatcher's paradise featuring spectacular views

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

14 breakfasts, 13 lunches, 14 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 compliment 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.

Accommodation

Aboard the G Expedition in quad-, triple-, twin-share cabins, or suites (all with en suite bathrooms and porthole or window) (14 nts). Please note that all cabins consist of twin-size berths and are ocean-facing. Suites have one queen-size bed.

Joining Instructions

Meeting Point:

Clarion Collection Hotel Havnekontoret
Slottsgaten 1
Bergen, Norway
5003
Telephone: +47 55 60 11 00

Meeting Times:

Please arrive at the Clarion Collection Hotel Havnekontoret no later than 2pm so your luggage can be transferred to the G Expedition.

There are a variety of ways to travel to the Clarion Collection Hotel Havnekontoret:

- 1) Airport Coach: the Flybussen is an easy and economical way to transfer to downtown Bergen. Take the bus until the final stop called Bryggen. The hotel is right across the street. A one way ticket is 100NOK, credit cards and cash are accepted onboard.
- 2) Taxi: a trip from the airport can cost around 200NOK.
- 3) Walking from the train station: the Bergen train station is about a 15 minute walk from the meeting point hotel.

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

Suggested Reading

Arctic Dreams * Barry Lopez

Historical Atlas of the Arctic Derek Hayes

A Naturalists Guide to the Arctic E.C. Pielou

Circumpolar North / Greenland Map * ITMB * With the North Circumpolar region on one side, including Iceland, and a detailed map of Greenland on the other.

North Pole, South Pole Map * Canadian Geographic

Bradt Guide Lapland * James Proctor

Who Owns the Arctic?, Understanding Sovereignty Disputes in the North * Michael Byers

A History of Arctic Exploration * Juha Nurminen

Arctic Labyrinth, The Quest for the Northwest Passage * Glyn Williams
N by E * Rockwell Kent * Edward Hoagland
Ninety Degrees North, The Quest for the North Pole * Fergus Fleming *
The Last Gentleman Adventurer * Edward Beauclerk Maurice * Lawrence Millman
The Voyage of the Narwhal * Andrea Barrett
Ultima Thule, Explorers and Natives in the Polar North * Jean Malaurie
Weird and Tragic Shores: The Story of Charles Francis Hall, Explorer * Chauncey Loomis * Andrea Barrett
Frost on My Moustache, The Arctic Exploits of a Lord and a Loafer * Tim Moore
The Ice Finders, How a Poet, a Professor and a Politician Discovered the Ice Age * Edmund Blair Bolles
The Last Imaginary Place * Robert McGhee
Near Death in the Arctic * Ceci Kuhne
The Greenlanders * Jane Smiley
The Sagas of Icelanders * Jane Smiley * Robert Kellog
After the Ice * Alun Anderson
AntARCTIC, A Tribute to Life in the Polar Regions * Michael Poliza
Arctic Eden * Jerry Kobalenko
Glacier Ice * Austin Post * Edward R. LaChapelle
Islands of the Arctic * Julian Dowdeswell
Planet Arctic * Wayne Lynch
Polar Bears * Ian Stirling
The Arctic, The Complete Story * Richard Sale
The Last Polar Bear, Facing the Truth of a Warming World * Steven Kazlowski
The World of the Polar Bear * Norbert Rosing
Through the Eyes of the Vikings, An Aerial Vision of Arctic Lands * Robert B. Haas
Vanishing World, The Endangered Arctic * Mireilla De La Lez * Fredrik Granath
Whales, Dolphins and Porpoises * Mark Carwardine

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

Minimum age of 10 years for this trip.

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.