

Realm of the Polar Bear - XVRPNX

8 days: Longyearbyen to Longyearbyen

What's Included

- 7 nts aboard the G Expedition
- Arrival transfer
- Zodiac excursions with our expert expedition team
- Lectures and educational programs
- 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 January 1st, 2014 and onwards

Itinerary Notes

On the July 8, 2017 departure, the ship will embark at 10pm to accommodate passengers arriving into Longyearbyen on the afternoon flight from Oslo.

Itinerary

Day 1 Longyearbyen/Spitsbergen

Transfer from Longyearbyen to the G Expedition for a late afternoon embarkation.

Please make sure you drop your checked luggage off at the meeting point between 9am - 12pm. A local representative will be in the luggage storage room. They can provide general information about the town or your embarkation process.

All passengers will be transferred to the ship as a group for embarkation at 4pm. Please ensure that for embarkation you have your passport accessible (not in your luggage which is being transferred separately to the ship).

Arrival Day

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

Embarkation of the G Expedition

16:00 Afternoon

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.

Local bus

Longyearbyen

Transfer by local bus from the meeting point in the city to the port.

Meals included: Dinner

Days 2-7 Spitsbergen

This voyage is spent travelling in the world in which the polar bear survives. Our wildlife viewing opportunities are enhanced by exploring as many remote areas as possible. Spotting wildlife like the arctic fox, Svalbard reindeer, and land or sea birds can be difficult, but well worth the effort. Ice and weather conditions permitting we can explore near sea ice, through fjords that lead to glaciers and icebergs, and discover bird nesting colonies, all from the platform of the ship. Alternatively, hop in a Zodiac to explore more closely, or be brought to land to visit historical sites and experience the tundra. We are always on the lookout for wildlife, ranging from endangered and rare polar species to sea mammals and birds. And, of course, we'll have our eyes peeled for polar bears - they can be found all throughout this region, but finding them can require patience and persistence. Come join us in the search!

Early-season voyages often provide the greatest opportunity to see large ice floes in the Arctic pack ice, which usually means excellent wildlife viewing. Later in the season, the group can cover more territory, which may allow the chance to explore more of the archipelago. This can lead into the less explored regions, or the continental edges where large whales are attracted by nutrient rich upwellings.

Each day will be planned to take advantage of local ice and weather conditions. Distances are relatively short in the Archipelago and as there are no ocean crossings, the seas are normally calm. During these six days visit ice covered seas, fjords with breathtaking mountain scenery and glaciers flowing into the sea.

Possibility to cruise in Zodiacs along the ice edge viewing seals or walrus, in fjords with glaciers spilling down to the sea or in front of spectacular seabird cliffs.

The evening of our last full day of adventure will find the expedition ship anchored off Longyearbyen.

Zodiac Excursion (Arctic)

Jump into a Zodiac, and head out to explore. Keep an eye out for wildlife. The expert Expedition staff will teach the group about the flora and fauna along the way. This activity depends on weather and ice conditions.

Arctic Lectures and Educational Programs

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

G Expedition

Spitsbergen

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

Meals included: Breakfast | Lunch | Dinner

Day 8 Spitsbergen/Longyearbyen

On the departure day, there will be transfers available to the Longyearbyen airport for all passengers with flights scheduled.

General disembarkation from the vessel is 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.

Due to restrictive airline schedules for flights departing from Longyearbyen, 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 (Activities)

Depart on arrival to your final destination. Your CEO can help with any onward travel arrangements you require.

Private Vehicle

Longyearbyen - Svalbard Lufthavn

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

Meals included: Breakfast

What's Included

7 nts aboard the G Expedition. Arrival transfer. Zodiac excursions with our expert expedition team. Lectures and educational programs. Insulated, waterproof boots supplied for USA size 6 - 16. Expedition parka.

Highlights

Spend time on deck searching for polar bears and whales, cruise through breathtaking fjords and admire massive glaciers, experience the midnight sun, learn about Arctic history and ecology from our expert guides, brave the Arctic waters and take the polar plunge, enjoy the silence of the Arctic tundra

Dossier Disclaimer

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 Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Itinerary Notes

On the July 8, 2017 departure, the ship will embark at 10pm to accommodate passengers arriving into Longyearbyen on the afternoon flight from Oslo.

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 Expedition is an adventure Expedition ship and does not offer an elevator

Please note:

BOOTS FOR ZODIAC LANDINGS:

- Complementary used waterproof boots will be supplied in the following sizes:
- USA size 6 -16
- EURO 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 Zodiac. You usually have to step from the Zodiac into 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.

KAYAKING EXCURSIONS

For the more adventurous, our kayaking trips provide the opportunity to encounter the intimacy and power of the polar regions in ways very few people can lay claim to having experienced. For more details about this extra, including prep notes and full terms and conditions, please visit our [Polar Excursions](#) page.

Group Leader Description

A carefully chosen team will lead our voyage. Our expedition ships boast 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 pilot the Zodiac landing craft used for shore landings and Zodiac cruises; they are experienced drivers who operate the Zodiacs in a responsible manner.

Group Size Notes

Max 134 aboard the G Expedition.

Meals Included

7 breakfasts, 6 lunches, 7 dinners

Meals

Onboard our expedition ships you'll find a diversity of gourmet international cuisines prepared and catered by professional chefs; all meals are included in the price of your expedition. 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.

Local Flights

Your local flights from Oslo to Longyearbyen are not included in this tour. We recommend arriving at least 1 day prior to the sailing of the ship to guarantee your arrival. While flight delays are not common, sometimes they do happen.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Aboard the G Expedition in quad-, triple-, twin-share cabins, or suites (all with en suite bathrooms and porthole or window) (7 nts). Please note that all cabins consist of twin-size berths and are ocean-facing. Suites have one queen-size bed

My Own Room

Please note that if you have selected the Private Cabin option at the time of booking, you will receive your own room for the duration of this cruise.

If you are a solo traveller and you have NOT selected the Private Cabin option, you will be paired with another solo traveller for all nights.

Joining Instructions

Meeting Point:

Radisson Blu Polar Hotel Spitsbergen, 4:00 p.m. transfer to G Expedition Road 500

P.O. Box 554

9171 Longyearbyen

Telephone: +47 7902 3450

G Adventures is happy to offer you a complimentary airport transfer if you are arriving on Day 1 of the tour or have booked pre-night accommodation through G Expedition.

Joining Instructions with complimentary transfer:

Upon arrival into Longyearbyen airport please collect your luggage and look for a G Adventures representative who will direct you to the bus. Please make sure you have advised your booking agent of your arrival flight details into Longyearbyen so we are expecting you. Be sure to keep all your important documents (i.e. passport) and medication in your hand luggage, as your main luggage will be transferred separately to the ship or hotel.

Joining Instructions without complimentary transfer:

The most cost effective way to travel from the airport to the city is by local bus that services all Longyearbyen hotels at a price of approximately 50 NOK. If you would like to take a taxi, they are available at the airport or by calling one of two taxi companies at either +47 7902 1305 or +47 7902 1375.

On Day 1 of the tour, there will be a baggage drop available for all passengers who are already in Longyearbyen. Please make sure you drop your checked luggage off at the meeting point between 9:00 am - 12:00 pm. A local representative will be in the luggage storage room. They can provide general information about the town or your embarkation process. All passengers will be transferred to the ship as a group for embarkation at 4:00 pm. Please ensure that for embarkation you have your passport accessible (not in your luggage which is being transferred separately to the ship).

For those passengers arriving on Day 1, on a flight which lands after midday, please note that bags will be transferred with you to the ship at 4.00 pm. If for some reason you cannot arrive at the meeting point, please make your own way to the Port of Longyearbyen no earlier or later than 4:00 pm. Embarkation time is set for 4:00 pm and passengers will not be able to board the ship before that time due to refuelling, provisioning, and preparing the ship for your stay.

Pre-night booked through G: Please use your provided tour voucher to hop onto the Flybuss shuttle service that will make its way to your accommodation.

On embarkation day, you may have to board the ship via Zodiac. You should bring clothing suitable for cold and wet conditions. Waterproof pants are recommended. Once aboard, you will find your luggage stored in your assigned cabin, please ensure that all your luggage is accounted for on arrival.

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

Finishing Point Instructions

DEPARTURE DAY - Disembarkation

On departure day, we will offer transfers to Longyearbyen Airport for all passengers with flights scheduled on that day.

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).

For those passengers disembarking at our regular time of 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 center 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 Radisson Blu Polar hotel will be available until time of departure.

What to Take

Most airlines allow one checked bag and two carry-on per person. To avoid any problems on check-in and with possible excess baggage charges, please consult the airline for specific restrictions.

Dress on board is informal. Plan to bring comfortable, casual clothing for all activities. Bring wind and waterproof outer layers. Beware of tight clothing that leaves no room for trapped air, which is an excellent insulator. Wool, silk and some of the new synthetic fibers, like polar fleece, retain heat better than cotton. When packing, we suggest that you do not weigh yourself down with too many clothes or too much gear. Select informal, practical attire that can be worn in layers.

In the world's most remote destinations that the G Expedition travels to we cannot offload our plastics, glass or tin waste for recycling. Therefore, we try to reduce what single use items that we use. You will see on the ship that every effort is being used 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 re-useable 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 participating in helping to prevent pollution and promote recycling is greatly appreciated.

Weather conditions during the period, July to August

- Average temperature approx. 5°C
- Daylight around the clock
- Cold wind is usual
- Snow-covered areas at North and east Spitsbergen
- The ground is often wet because of melting snow

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, 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'S YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.

Detailed Trip Notes

Experience Counts

Accompanying the voyage is our dedicated and experienced staff of expedition leaders, naturalists and lecturers who share with us their knowledge, enthusiasm and commitment to the environment. Our ship is manned by officers and crew, all highly experienced in ice navigation.

Environmental Policy

We are dedicated to minimizing the impact of our expedition on wildlife and sensitive natural habitats. We operate environmentally responsible cruise and expeditions and follow all internationally agreed regulations of conduct ashore. We are all privileged visitors - and committed to the future of these extraordinary, icy realms.

Safety First

Although expedition cruising is adventurous by nature, the safety of our passengers and staff is paramount. Our ship is equipped and maintained to cope with the most challenging conditions and is manned by experienced and conscientious officers, crew and expedition staff. The Zodiac landing craft used for shore landings are rugged and versatile and are operated by experienced drivers in a responsible manner. Onboard you will be fully briefed on safety issues and our environmental policy and you will receive appropriate and detailed briefings before every landing.

Expedition Staff and Lecturers

A carefully chosen team will lead our voyage. They are chosen not only for their local knowledge and wealth of experience but also for their great love of polar regions. With formal lectures, as well as informal briefings and 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.

Tips for Travellers

We are all privileged visitors to these extraordinary, icy realms. As a traveller, it is your responsibility to help ensure your impact on the Arctic's flora and fauna is minimal. The following are excerpts from the GUIDANCE FOR VISITORS TO THE ARCTIC:

Respect wildlife

Do not feed, touch, or handle birds or seals, or approach or photograph them in ways that cause them to alter their behavior. Special care is needed when animals are breeding or molting. Keep a minimum distance of 5 meters (15 feet) from all wildlife.

Respect vegetation

Do not damage plants, by walking or landing on extensive moss beds or lichen-covered scree slopes. They are fragile and take generations to grow.

Respect the environment

Do not collect or take away biological or geological specimens or artifacts as souvenirs, and do not dispose of litter or garbage on land.

Take photos with care

Keep low as you will appear less threatening to animals and it will also yield better photographs. Do not try to make an animal react for a photograph. If an animal's behavior changes you are too close.

Stay Safe

Take note of, and act on, the advice and instructions from your leaders, and do not stray from your group.

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 in Norway. 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 cash and credit 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, USD cash and Visa, MasterCard, and American Express, are accepted to clear incidental bills at the end of the cruise by the ship's Purser (ie. bar bills, laundry etc.).

Departure Tax

Usually included in international air ticket that you have purchased.

Tipping

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. 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 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.

Please consult your doctor for up-to-date medical travel information well before departure. We require all passengers traveling on any one of our expeditions 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. 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 bring with you a signed and dated letter from your physician (to be given our doctor on board, as well as for any medical authorities in case of an emergency) 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 voyages to the Antarctic. 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 traveling. 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 jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo

opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

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.

Travel Insurance

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

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. 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 www.planeterra.org

Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our G Adventures for Good projects.

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)

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and 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. Please visit <http://www.gadventures.com/evaluations>

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.

Travel Forum - The Watering Hole

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.

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.