

Local Living Italy—Amalfi Coast - EIAL

8 days: Naples to Naples

What's Included

- Your G for Good Moment: Migrantour with Co-op Casba, Naples
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Guided tour of Pompeii
- Organized hikes and excursions from Furore (6 days)
- Visit to Amalfi and Ravello
- Scenic ferry ride from Positano to Amalfi
- Cooking demonstrations at the agriturismo
- Transport between destinations and included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

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

VALIDITY: Valid for all trips departing January 1st, 2018 and onwards

Itinerary

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1 Naples

Arrive at any time.

Welcome to Naples, home to the best pizza of the world. As fellow travellers are arriving throughout the day, there are no planned activities until a group meeting at 6pm. Check into the hotel (check-in time is approx 3pm) and enjoy the city.

If you booked the Naples Food Tour it does not include extra time in Naples and we highly recommend booking pre-trip accommodation. Please speak to a G Adventures representative about booking accommodations in Naples before Day 1 of this itinerary.

Please arrive on time for the important Welcome Meeting. If you will arrive late, please inform the hotel or contact us directly -- contact numbers are provided on the Tour Details page. Your Chief Experience Officer (CEO) will then leave you a message at the front desk informing you where and when to meet up.

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Optional Activities - Day 1

Spaccanapoli Street

Naples 30m-2h

Free

Immerse yourself in the heart of Naples' old city with a walk down the narrow Spaccanapoli street. Wander into quirky shops, grab a slice of pizza, or sample some limoncello.

Archaeological Museum Naples

Naples 1h-3h

18EUR per person

Visit the museum's outstanding collection of pieces from ancient Rome, as well as stunning mosaics and murals discovered in Pompeii.

Underground Naples Visit (Napoli Sotterranea)

Naples

Journey 40 metres under Naples' Historic Centre to a labyrinth of caves and tunnels that holds more than 150 cavities, hollowed by the Greeks to build the city's walls and temples.

Naples Food Tour

Naples 3h30m-4h

Take a trip back in time to when kings and queens dined on the delicacies locals still love today. Hear the legends and lore of the Spanish Quarter and other iconic neighbourhoods as you taste your way through history. Enjoy the famous dishes Naples is known for made by the local artisans. Savour real Neapolitan pizza. Walk through the famous "Spanish Quarters" for the best street art. Experience local delicacies like deep fried pasta and handmade buffalo mozzarella. Take a look at Mount Vesuvius and the Royal Palace, and indulge in flaky pastries made using centuries-old recipes while you sip cappuccino or espresso.

Please note that this activity takes place on the morning of day one of your tour, so it will only be available to travellers who have booked pre-accommodations or will be arriving before 10 am. Should you desire to book this activity, be sure to contact your GCO before your arrival.

Accommodation

Hotel Correra 241 (or similar)

Hotel

Day 2 Naples/Furore

Start the day with a G Adventures supported migrant-led tour of Naples. Afterwards, travel to Pompeii to enjoy a guided tour of the partially buried ruins before transferring to a beautiful agriturismo nestled in the hills above the Amalfi Coast. Enjoy a delicious home cooked Italian dinner and one of two cooking demonstrations.

After you've had time to settle into your room, the hosts will give you a tour of the property and tell you a bit about themselves and the agriturismo's history.

Our accommodation is an agriturismo just outside of Furore. For the duration of our trip we stay at the same agriturismo. Located in a tiny village just outside of Furore, our accommodation was formerly a 16th century monastery, and the staff are incredibly friendly and hospitable. The property is surrounded by colourful gardens, open terraces, and endless staircases leading out to lemon groves and grapevines. Enjoy your meals in an open-air dining area that overlooks the crystalline waters of the Mediterranean Sea.

Your G for Good Moment: Migrantour with Co-op Casba

Catch a glimpse of another side of Naples - through the eyes of a newcomer to Italy. This unique tour combines historic sites with landmarks important to the wide variety of migrant groups that call Naples home. Travellers are not just receiving a tour they'll never forget, they're also supporting an organization dedicated to help migrants integrate into a more accepting society.

Private Vehicle

Naples - Pompeii 30m-26km

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

Pompeii Guided Tour

Pompeii - Pompei

Walk through the ruins of Pompeii, which was buried under ash and pumice when Mount Vesuvius erupted in 79 AD. The forum, the baths and many houses remain well preserved and provide us with a glimpse of what life was like in the first century.

Private Vehicle

Pompeii - Furore 1h30m

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

Cooking Demonstration

Furore 15m-1h

Before dinner, our local hosts will show us how to make delicious traditional regional fare, using local produce. Depending on the weather, you may find yourself picking ingredients for your meal from the vegetable patch and orchards before the lesson!

Meals included: Breakfast | Dinner
Accommodation
Agriturismo Sant Alfonso (or similar)
Agriturismo

Day 3 Furore

Hike to the Valle delle Ferriere, the first of several hikes in this beautiful part of Italy.

Enjoy the first of several hikes in this beautiful part of Italy. The bustle of the Amalfi Coast is only a few miles away, but we have the chance to savour the more peaceful surroundings.

Please note there are many steps on most of the walking trails in the region, including all of the pathways we use on this tour. As with all of our hikes, today's hike is optional, but you are rewarded with stunning views throughout.

Valle dei Mulini Hike

Amalfi 3h-4h 7km

The bustle of the Amalfi Coast is only a few miles away, but, away from the crowd, we have the chance to savour the quieter surroundings. Take the "Valle dei Mulini" route for approximately 1.5 hrs up and along a path and some stairs towards the beautiful Valle delle Ferriere National Park. The route goes up alongside the Rio Canneto and ends at a spot to rest for a picnic by the river. After a picnic lunch, we will turn around and retrace our steps downhill to Amalfi.

Please note that hikes are accessible for all travellers, but there can be sections that are more strenuous and challenging due to terrain. Please ensure you have proper hiking footwear.

Meals included: Breakfast | Dinner
Accommodation
Agriturismo Sant'Alfonso (or similar)
Hotel

Day 4 Furore

Set off from Furore to the tiny coastal village of Atrani, then continue uphill to the beautiful town of Ravello, perched high above the Mediterranean.

After the walk and some free time, return to our agriturismo home via private transfer.

Private Vehicle

Amalfi – Furore 30m

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

Private Vehicle

Furore – Atrani 30m

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

Ravello Hike and Visit

Ravello 3h-5h

Set off to the lovely hilltop town of Ravello. Transfer to Amalfi where the walk begins, then reach the narrow streets of the tiny coastal village of Atrani. Continue along a paved road with traffic and partially up stone steps. The walk is uphill and steep but delightful.

Please note that hikes are accessible for all travellers, but there can be sections that are more strenuous and challenging due to terrain. Please ensure you have proper hiking footwear.

Private Vehicle

Ravello – Furore

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

Meals included: Breakfast | Dinner
Accommodation
Agriturismo Sant'Alfonso (or similar)
Hotel

Day 5 Furore

Hike up the mountain slopes of Mt Tre Calli. Dinner will be well deserved.

As with all of our hikes, today's hike is optional, but you are rewarded with stunning views throughout.

Mount Tre Calli Hike

Bomerano 5h 12km

Set off from Bomerano, up the road from the agriturismo, and hike uphill through woodland and then open slopes with magnificent views down to the sparkling Mediterranean sea. The first half of the walk varies between walking along a paved road, a dirt road, and going up and down steps. The second half is up on the side of the mountain, with steep uphill, big steps, and is mostly on rocks.

Please note that hikes are accessible for all travellers, but there can be sections that are more strenuous and challenging due to terrain. Please ensure you have proper hiking footwear.

Meals included: Breakfast | Dinner

Accommodation

Agriturismo Sant'Alfonso (or similar)

Hotel

Day 6 Furore

Enjoy some down time to explore the area or just kick back and relax at the agriturismo. Enjoy a cooking demonstration before dinner.

Today is a free day for you to enjoy more sites of your choice along the Amalfi Coast.

We have details of more beautiful walks in the area if you would like to do another day's hiking. Amalfi's famous historic cathedral should not be missed, or simply hit the beach for some R&R.

Free Time

Furore Full Day

Enjoy some time to do as much or as little as you please.

Cooking Demonstration

Furore 15m-1h

Before dinner, our local hosts will show us how to make delicious traditional regional fare, using local produce. Depending on the weather, you may find yourself picking ingredients for your meal from the vegetable patch and orchards before the lesson!

Optional Activities - Day 6

Capri Excursion

Capri 6h-9h

100-120EUR per person

Take a catamaran or hydrofoil to see the jewel of the Amalfi islands. Stroll through the town, or simply relax and take in views of the blue water and striking limestone sea stacks.

Meals included: Breakfast | Dinner

Accommodation

Agriturismo Sant'Alfonso (or similar)

Hotel

Day 7 Furore

Set off on the famous "Path of the Gods" along the Amalfi Coast, finishing up in quaint Positano. Take a scenic ferry ride along the coast to Amalfi, then return to the agriturismo in time for a final dinner feast.

Path of the Gods Hike

Bomerano – Positano 5h-6h 11km

Set off from the small town of Bomerano and follow the path along the Amalfi Coast with sensational views of lemon groves, gorges, deep valleys, woodland, abandoned farmhouses, and the sea below. Stop in the towns of Montepertuso and Positano, where there is more to explore.

Note that hikes are accessible for all travellers, but there can be sections that are more strenuous and challenging due to terrain. Please ensure you have proper hiking footwear.

Ferry

Positano – Amalfi 30m

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Private Vehicle

Amalfi – Furore 30m

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

Meals included: Breakfast | Lunch | Dinner

Accommodation

Agriturismo Sant'Alfonso (or similar)

Hotel

Day 8 Furore/Naples

Transfer to the Naples train station and depart in the early afternoon.

An included group transfer will take you back to Naples on the departure day. This transfer will depart the agriturismo at 8:30am and arrive into Naples train station by 11am. If you opt to stay at the agriturismo in Furore until checkout time at 11am, we will gladly help you arrange any onward transport at your own cost.

Upon arrival in Naples, consider booking post-tour accommodation with us if you wish to extend your stay. Please speak to a G Adventures representative about booking accommodations in Naples after your tour ends.

Private Vehicle

Furore – Naples 2h30m

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

Departure Day

Not ready to leave? Your CEO can help with any onward travel arrangements you require.

Optional Activities - Day 8

Spaccanapoli Street

Naples 30m-2h

Free

Immerse yourself in the heart of Naples' old city with a walk down the narrow Spaccanapoli street. Wander into quirky shops, grab a slice of pizza, or sample some limoncello.

Archaeological Museum Naples

Naples 1h-3h

18EUR per person

Visit the museum's outstanding collection of pieces from ancient Rome, as well as stunning mosaics and murals discovered in Pompeii.

Underground Naples Visit (Napoli Sotterranea)

Naples

Journey 40 metres under Naples' Historic Centre to a labyrinth of caves and tunnels that holds more than 150 cavities, hollowed by the Greeks to build the city's walls and temples.

Herculaneum Visit

Herculaneum 1h-3h

13EUR per person

Explore the well-preserved ruins of this ancient Roman town, lost in the same volcanic eruption as Pompeii. A UNESCO World Heritage site, much of Herculaneum's wooden roofs, beds, doors and food can be seen in their near-original state. Wealthier than Pompeii, view the fine houses of Aristides, Argus, Genius and Alcove.

Meals included: Breakfast

What's Included

Your G for Good Moment: Migrantour with Co-op Casba, Naples

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group. Guided tour of Pompeii. Organized hikes and excursions from Furore (6 days). Visit to Amalfi and Ravello. Scenic ferry ride from Positano to Amalfi. Cooking demonstrations at the agriturismo. Transport between destinations and included activities.

Highlights

Live at an agriturismo on the Amalfi Coast for a week, hike beautiful trails including the famous "Path of the Gods", explore chic resort towns and historic villages, savour delicious home-cooked Italian food made from local ingredients, take in spectacular views of the Amalfi Coast from the water on a scenic ferry ride between Positano and Amalfi

Dossier Disclaimer

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released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

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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.

Important Notes

Walking notes:

This is a walking trip, with hikes of up to 5-6 hours involving some ascents and descents of up to 600 metres (2000ft). Please be prepared in particular for some steep ascents and descents and lots of steps (both up and down) on the Path of the Gods and other Amalfi Coast walks! Be prepared for narrow paths as well, some with steep drops to one side as well. Not suitable for people with knee problems. Depending on your hiking experience, you might find that the routes used on this trip range from moderate to a bit more demanding in difficulty. All hikes are optional. At any time you do not wish to participate in any of the included hikes, your CEO can help you arrange optional, non-included day activities in the area at an additional cost.

The tour includes three walking days of around 5-6 hours, which will require a public bus ride to and from the start/finish points. Walks will include the "Path of the Gods" from Bomerano to Positano.

We also walk part of the route to/from Ravello on Day 6, but you can opt out of part of this day's walking and go by bus if you prefer.

Please note that the walks may vary due to weather and/or path conditions. There are plenty of other walks in the region that can be recommended by your CEO and organized for free days.

OPTIONAL ACTIVITIES NOTE:

During high season in Europe (May-October) we highly recommend booking reservations for any popular optional activities/museum tickets etc. in advance to avoid encountering sold-out activities on the ground while on tour.

Group Leader Description

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

Group Size Notes

Max 16, Avg 12.

Meals Included

7 breakfasts, 1 lunch, 6 dinners

Meals

Eating is a big part of travelling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. On this trip, you have included 7 continental breakfasts and 6 hearty farmhouse dinners, home-cooked by the family who run the Agriturismo using local and often organic ingredients.

Please note that meal times in Italy may vary from what you are accustomed to at home. Often, dinner may be enjoyed at 8pm or later.

Transport

Minibus, public ferry, walking.

About our Transportation

We will primarily be using private vans on this tour. The cliffs and mountains of the coastline make for some extremely windy and occasionally precipitous roads - pack some motion sickness medicine if you think you'll need it!

After the Path of the Gods hike, we will travel by public ferry between Positano and Amalfi, a truly spectacular ride along the coastline. We will also be doing three different hikes on this tour to get from here to there, but you can always opt out of these. See the Important Notes section for more information.

Local Flights

If required all local flights are included in the cost of your tours unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

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

Hotel (1 nt), locally owned agriturismo/guesthouse (6 nts).

About Accommodation

Our centre-based accommodation is in a renovated 16th century former monastery traditional agriturismo, immersed in greenery based just outside the small village of Furore, high in the hills above the Amalfi Coast. It still has many historic features including a frescoed entrance hall, old gateway, original meat curing oven and period tiles. The rooms are comfortable and welcoming, all with ensuite bathroom and lovely rural views.

PLEASE NOTE: If you would like to share a room with your travelling companion, please make sure you book together, selecting twin or double room according to your preference. Available room types are always shown on each particular tour, and we cannot guarantee your room type will be able to be changed at a later date. If you are unable to book at the same time as your travelling companion, please contact us directly as soon as possible so that we can check availability and, if possible, assign you to the correct room type.

Joining Instructions

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

From Naples airport (NAP), you can reach the city centre in a few ways. You can take the Alibus from the airport to the Central Station.

To arrange an arrival or departure transfer, we recommend you book through our preferred transfer provider - [HolidayTaxis](#)

We advise that you book both your arrival and departure transfers in advance. Please make sure you have the following details before booking:

- Flight number
- Flight Arrival Time and Date
- Flight Departure Time and Date
- Passenger's Name
- Number of Passengers
- Email
- Valid Mobile Telephone Number
- Drop off and/or Pick Up Address

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

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

Arrival Complications

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

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call 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 Office London, United Kingdom
During Office hours (Weekdays, 9am-5:30pm Local Time)
+44 20 7243 9870

For absolute emergencies after office hours please contact: +441858378000

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0344 272 0000
Calls from Germany: 0800 365 1000
Calls from Australia: 1300 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

An included group transfer will take you back to Naples on the departure day. This transfer will depart the agriturismo at 8:30am and arrive into Naples train station by 11am. If you opt to go to Amalfi or else where your CEO can help arrange a taxi for you which would be at your own cost.

What to Take

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage. You must be prepared to carry your luggage up and down stairs, as well as on and off transportation.

Packing List

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

EIAL:

- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- 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)

- Fleece top/sweater
- Flight info (Printouts of e-tickets may be required at the border)
- Hiking boots/sturdy walking shoes
- Insurance info (With photocopies)
- Moneybelt
- Passport (With photocopies)
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Small travel towel
- Sunblock
- Sunglasses
- Sun hat/bandana
- Swimwear
- Toiletries (Preferably biodegradable)
- Visas or vaccination certificates (With photocopies)
- Vouchers and pre-departure information
- Walking poles
- Watch and alarm clock
- Waterproof backpack cover
- Weather-appropriate clothing
- Windproof rain jacket

Health & Safety:

- Hand sanitizer (required)
- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Pen (Please bring your own pen for filling out documents.)
- Quick Covid Test/Antigen Test (optional)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

Note: Please note that there is hiking on this trip and proper hiking footwear is strongly recommended.

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Laundry

As our Agriturismo is in the countryside, there is no convenient self-service laundry. We recommend you bring biodegradable washing soap for any hand-washing you may need to do.

Visas and Entry Requirements

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

For other nationalities, travelling in Europe has been simplified with the introduction of the Schengen visa. As a visitor to the Schengen area (Austria, Germany, Netherlands, Belgium, Greece, Norway, Denmark, Iceland, Portugal, Finland, Italy, Spain, France, Luxembourg, Sweden, Czech Republic, Hungary, Estonia, Latvia, Lithuania, Malta, Poland, Slovakia, Slovenia and Switzerland) you will enjoy the many advantages of this unified visa system. Generally speaking with a Schengen visa, you may enter one Schengen country and travel freely throughout the Schengen region during the validity of your visa. There are limited border controls at Schengen borders, if any at all.

Please note that the UK and Ireland are NOT part of the Schengen agreement.

A Schengen visa is applied for at the Embassy or Consulate of the Schengen country in which you will be spending the most nights on your trip to the Schengen space. If you are only visiting one country on your trip then you apply for your visa at the Consulate of this Schengen country.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

Italy is in the Eurozone and the unit of the currency is the Euro.

Credit cards and debit cards are very useful for cash advances but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs). Both Cirrus and Plus system cards are the most widely accepted debit cards. Visa cards are the most widely accepted credit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work in Italy - check with your bank. You should be aware when purchasing products or services on a credit card, that a fee usually applies.

Do not rely on credit or debit cards as your only source of money. A combination of Euros, traveller's cheques and cards is best. Avoid relying on traveller's cheques alone as these are less and less readily cashed as clients use them very little.

Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

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!

Departure Tax

Usually included in international air ticket

Tipping

While conventions can vary from country to country, tipping is customary in Europe. A general rule is 10% of the bill for wait staff, and a smaller amount (€1 or €2) for other service providers.

Tipping is an expected - though not compulsory - component of your tour program, and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €3-5 per day, depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

At the end of each trip, if you felt your G Adventures CEO did an outstanding job, tipping is expected and appreciated. The precise amount is a personal preference, however €30-€40 per person, per week can be used as a guideline.

Optional Activities

Naples

- Archaeological Museum Naples (18EUR per person)
- Underground Naples Visit (Napoli Sotterranea)
- Spaccanapoli Street (Free)
- Naples Food Tour

Capri

- Capri Excursion (100-120EUR per person)

Herculaneum

- Herculaneum Visit (13EUR per person)

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

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/

Trip Specific Safety

Like anywhere in the world, major cities have areas safer than others, use common sense, be aware of your surroundings and mind your personal belongings

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that

the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra Foundation - the non-profit partner of G Adventures

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

Local Dress

In Italy, shoulders and knees should be covered while visiting churches and cathedrals. Beachwear is not acceptable in towns. Ask your CEO for more specific advice.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation - Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Minimum Age

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

International Flights

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.