

Classic Senegal & The Gambia - DGSG

10 days: Dakar to Dakar

What's Included

- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Goree Island tour
- Lake Retba visit
- Lompoul Desert stay and traditional Senegalese dinner
- Saint-Louis calèche tour
- Djoudj National Park boat tour
- Local Wolof village visit
- Touba Grand Mosque
- Tour of Jufureh and Kunta Kinteh Island
- Half day Banjul city tour
- Mbour fish market visit
- Free time at Somone beach
- All transport between destinations and to/from included activities

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

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

VALIDITY: Valid for all trips departing January 30th, 2019 - June 1st, 2020

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 Dakar

Arrive at anytime.

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.

Day 2 Dakar & Goree Island

Visit the historic Goree Island, to learn about the Atlantic slave trade, and the role this little island played.

Start your day with a guided tour of Dakar, visiting the Cathedral, IFAN Museum and African Renaissance Monument.

Dakar city tour

Dakar Morning

Tour the sites of Dakar with your local CEO, visiting the Cathedral, the impressive IFAN Museum of African Arts, and the African Renaissance Monument, with views over the entire city. During the drive, you will pass the Presidential Palace, and there may be time to visit an artisans market before heading to the port.

Ferry

Dakar – Île de Gorée 30m

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

Goree Island excursion

Dakar – Île de Gorée Afternoon

Catch the ferry to Goree Island, a UNESCO World Heritage Site, for a tour of the island highlighting the Atlantic Slave Trade. This idyllic island is now a tranquil getaway from the bustling streets of Dakar, and the renovated buildings hide the tragic events which occurred over 150 years ago. Visit the Maison des Esclaves ("Slave House"), which was constructed in 1786, and the Fort d'Estrée, or stroll the picturesque streets, while checking out the work of local artisans.

Meals included: Breakfast | Lunch

Day 3 Lake Retba/Lompoul Desert

Depart from Dakar and stop at Lake Retba (Lac Rose) and see the men and women collecting salt in the pink waters. In the afternoon drive to Lompoul, and get settled into our desert camp.

Opt to explore the surrounding dunes on foot, ATV, or camel, and in the evening sit down to a traditional Senegalese meal.

You will need to pack a small overnight bag to take into the desert, as your main luggage will stay with the bus. Don't forget to pack something warm, as the temperature can drop at night, especially in the winter months from December to February.

Private Vehicle

Dakar – Lompoul 5h-6h 200km

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

Lac Retba visit

Lac Retba

Also known as, Rose Lake, this natural phenomenon just north of Dakar is said to have waters ten times saltier than the ocean, and twice as salty as even the Dead Sea. Here you can see the many men and women who collect the salt, take a dip in the waters and then tour the surrounding dunes in a 4WD. The pink colour fluctuates from a light mauve to deep pink, and is caused by an algae which produces a red pigment.

Lompoul Desert stay

Lompoul

Escape into the Sahara like dunes of the Lompoul Desert, hike the dunes, watch the sunset, then roll straight into your ensuite tent at the bottom. Enjoy a traditional Senegalese meal in the dining tent and watch the stars, before settling in for the night.

Meals included: Breakfast | Dinner

Day 4 Lompoul/Saint-Louis

Free time in the morning to explore the Lompoul Desert, then drive north to Saint-Louis, the historic French capital of Senegal. Enjoy a tour of the Saint-Louis island on a caleche (a traditional horse drawn cart).

Private Vehicle

Lompoul – Saint-Louis 2h30m-3h30m 135km

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

Saint-Louis city tour

Saint-Louis

Explore the former capital of Senegal in a traditional horse drawn cart and admire the sites of this historic city. From the Great Mosque in the north, to the Fisherman's Quarter in the south, the caleche is the best way to get around the narrow streets, and get a feel for the town.

Meals included: Breakfast

Day 5 Djoudj NP

Spend the day exploring the waterways of Djoudj National Bird Sanctuary, a UNESCO World Heritage Site, keeping a look out for 400 species of birds, including pelicans and flamingos.

Djoudj NP is sometimes closed at the end of the dry season (May/June), in this case we will visit Langue de Barbarie NP as an alternative.

Djoudj National Bird Sanctuary

Parc National des Oiseaux du Djoudj

The Djoudj National Bird Sanctuary lies on the southeast bank of the Senegal River, and provides a range of wetland habitats which are home to almost 400 species of migratory and resident birds and other wildlife. Travel from Saint-Louis, then explore the park in a small wooden boat, and local guide who will share insight into the many species which reside in the park, or fly south across the Sahara from Europe every winter.

Meals included: Breakfast

Day 6 Saint-Louis/Kaolack

Drive to the holy city of Touba, to visit the Great Mosque. Visit a local Wolof village on the drive to Kaolack, a busy commercial centre for trade coming from and going to The Gambia and Mali.

Private Vehicle

Saint-Louis – Kaolack 6h-7h 285km

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

Great Mosque of Touba visit

Touba

Meet with a Baye Fall, a member of a colourful branch of Mouridism, who will accompany us during a visit of the Great Mosque. The Mouride brotherhood was founded in 1883 by Amadou Bamba in the town of Touba. After his death, the Great Mosque was built along side his burial site and is visited by over 3 million pilgrims from around the world every year. Thanks to their peaceful (and African) vision of Islam, Mouridism has become the bastion that protects Senegal from radical Islam.

Wolof village visit

Senegal

The Wolof people are the largest ethnic group in Senegal, and also form a majority of The Gambia's capital, Banjul. The rural Wolof villages consist of cluster of family compounds, and normally have a either a plaza or mosque at the centre. The huts within each compound are made from adobe-like mud and stalk walls and thatched roofs. Your CEO will lead you through the village and share stories of their lives, history and traditions.

Meals included: Breakfast | Lunch

Day 7 Kaolack/Banjul

Cross into The Gambia, and visit Jufureh and Kunta Kinteh Island (formerly James island), two important stops in The Gambia's slave history. In the afternoon, continue to Banjul.

Private Vehicle

Kaolack – Barra 7h-8h 225km

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

Border Crossing (Senegal - The Gambia)

Keur Ayip – Farafenni

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Jufureh visit

Jufureh

Best known for its appearance in Alex Haley's novel Roots, as the birthplace of Kunta Kinteh (Haley's ancestor), the town is home to a museum and fort, and has seen a significant increase in visitors since the publishing of the book in 1976, and subsequent TV series. A short visit here will introduce us to the history of the town, and its role in the Atlantic Slave Trade.

Kunta Kinteh Island visit

Fort James Island

The tiny island of Kunta Kinteh (formerly James Island) sits about 3kms from the northern shore of the Gambia River, and 30km upstream from the Atlantic Ocean. The last remaining structure on the island is James Fort, built in 1651 by the Dutch, it was used as a trading port for gold, ivory and slaves. The fort and island have been severely eroded and are only a fraction of their original size. The island has become synonymous with Alex Haley's character, in his book Roots, who was among the slaves brought to the USA in 1767.

Ferry

Barra – Banjul 45m

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

Meals included: Breakfast | Lunch

Day 8 Banjul

Embark on a guided city tour of Banjul in the morning, visiting the Arch 22, National Museum, and Albert Market. Spend the rest of the day exploring on your own, or relaxing on the beach.

Free Time

Banjul Afternoon

Do as much or as little as you'd like.

Banjul city tour

Banjul Morning

The City of Banjul, formally known as Bathurst, is the capital of The Gambia, and is found on a small island where the Gambia River meets the Atlantic Ocean. Learn about the history of The Gambia with visits to the commemorative Arch 22, and the Gambia National Museum, then get a feel for the local culture in the Albert Market, where you can find everything from imported goods, to fresh seafood, fruit and vegetables, and even handmade traditional garments and a selection of arts and crafts.

Meals included: Breakfast

Day 9 Banjul/Somone

Cross back into Senegal and head to the beaches of Somone, for some well deserved relaxation. Stop at the Mbour fish market for a glimpse of the thriving industry, and authentic view of Senegal living.

Ferry

Banjul – Barra 45m

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

Private Vehicle

Barra – Somone 5h-6h 235km

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

Border Crossing (The Gambia - Senegal)

Amdalai – Karang

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Mbour fish market

Mbour

Arrive at the Mbour Beach and take in all the sights and smells of the bustling fish market. Watch as the colourful pirogues (wooden fishing boats) arrive at the beach, fully loaded with a variety of fish, which get brought ashore, cleaned, sold, (sometimes cooked), and then ready to be shipped. The chaos, and smell, of the market can be somewhat overwhelming, but with the guidance of your CEO, you will get to see the best of it.

Meals included: Breakfast | Lunch

Day 10 Somone/Dakar Airport

A relaxing day at the beach before heading to the airport, where the tour ends on arrival.

The tour ends on arrival at the Blaise Diagne International Airport (DSS) at 5pm. If you would like to extend your stay, we recommend booking additional nights in Somone and returning to the airport from there. If you need to travel back to Dakar city from the airport, or would like post nights in Somone, you can book these with your agent/GCO.

Free Time

Somone Morning

Do as much or as little as you'd like.

Private Vehicle

Somone – Blaise Diagne International Airport 1h 30km

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

Departure Day

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

Meals included: Breakfast

What's Included

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boat tour. Local Wolof village visit. Touba Grand Mosque. Tour of Jufureh and Kunta Kinteh Island. Half day Banjul city tour. Mbour fish market visit. Free time at Somone beach. All transport between destinations and to/from included activities.

Highlights

Visit historic Goree Island, see workers collecting salt at Lake Retba, spot pelicans and flamingos at a bird sanctuary, relax on the beaches of Banjul, get a taste of Senegal at the local fish market.

Dossier Disclaimer

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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.

Group Leader Description

All G Adventures group trips are accompanied by a Chief Experience Officer (CEO). 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, be your conduit to the local culture and experiences of this tour, recommend some local eating venues, help the group with translation when visiting local communities, and introduce you to our local friends. In West Africa, we actually use the term "guide" more than Chief Experience Officer (CEO), as it comes from the equivalent word in French, which is used regularly there.

In addition to managing the tour itself, you can expect your CEO to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting, but compared to many places, the quality of local guides in this region is low. (Remember very few tourists actually visit these areas. Your leader will speak English, but often English is the 3rd, 4th, or 5th language of our guides. As such, please be patient - English speakers in the French speaking countries are rare.)

Group Size Notes

Max 16, avg 8.

Meals Included

9 breakfasts, 4 lunches, 1 dinner

Meals

When an evening meal is not included, your hotel will have a restaurant or you will be advised of a good local restaurant. Breakfast in the hotels are usually French style: coffee or tea, and bread with butter and jam. Vegetarian meals and other dietary requirements need to be specified prior to arrival. Due to the remoteness of these areas, sometimes vegetarian/vegan options may be limited but your CEO will do their best to ensure something for you.

Please note all bottled drinking water and other drinks will be at your own expense.

Transport

Private minibus, ferry, 4x4, boat, walking.

About our Transportation

We use a minibus for this tour, normally Toyota Hiace, or for large groups Toyota Coaster.

With sliding windows, bench seats, and an aisle on one side, these vans that we use are common in the region and comfortable.

Road conditions can run the full range of conditions from relatively new in the cities to old, deteriorating, very poor, and even almost non-existent. During dry seasons, the roads can become very dusty.

This style of travel is by no means luxurious, but the seats are comfortable and having our own private vehicles allow us the flexibility of making stops when needed and visit far out of the way destinations.

Please note for your own safety it is mandatory to wear your seat belt at all times when in a vehicle.

Solo Travellers

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

Accommodation

Standard hotels/guesthouses (9 nts).

My Own Room

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

About Accommodation

Accommodation in West Africa is not always to the standard of Europe, North America, or even other parts of Africa, where tourism is more developed. Hotels don't always have much character, as they are made more functional than decorative and the choice is limited due to both lack of local and foreign demand. As such customer service standards can be lower, due to lack of a large tourism industry and lack of exposure to western service standards. Plumbing can be simple and not always reliable and water pressure is weak, especially in dry season. Safety, location, and cleanliness are our top criteria when choosing hotels. We choose the best one that meets our criteria, and constantly evaluate the options that are out there.

Please ensure that you bring enough toiletries as most hotels do not supply them.

Joining Hotel

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

Joining Instructions

Blaise Diagne International Airport is located about 50 km from Dakar City Center. A taxi will cost approximately 25 000 F CFA (40 Euro) and take about 60 minutes.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

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.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (Francisca Gómez Molina) - 24 hours

From outside of Senegal: + 34 670 61 6885 (WhatsApp) / + 221 77 66 986 90

From within Senegal: + 34 670 61 6885 (WhatsApp) / 77 66 986 90

G Adventures Local Office (Nairobi, Kenya)

Emergency number:

From outside Kenya: +254 727 208 832

From within Kenya: 0727 208 832

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: 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

You will be on the move a lot, so our advice is to pack as lightly as possible. Your baggage should be clearly labeled and restricted to one soft compact suitcase, or sports bag, maximum 15kg, plus a daypack. Luggage limits on airlines are strictly enforced and space on vehicles is limited. Porters are not often available, so be prepared to carry your own bags. It is important to pack clothes for warm days and cool evenings.

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)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, band-aids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)

- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Warm Weather:

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

Note: While visiting mosques and other religious monuments you should dress modestly, cover your shoulders and you shouldn't wear shorts or skirts.

Laundry

Hand washing of clothes can be done at most of the hotels where we stay. We recommend you bring a non polluting/biodegradable soap, as well as a roll of simple string to act as a drying line for your clothes. If you arrive in the late afternoon, or if there is poor weather, it may not be possible for your clothes to completely dry. Your start/end hotel, as well as the hotels in Saint Louis and Banjul, may also have a laundry service for a fee.

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](#)

SENEGAL

The following countries do not require a visas for stays less than 90 days: All European Union citizens, Benin, Brazil, Burkina Faso, Canada, Cape Verde, Central African Republic, Congo, Côte d'Ivoire, Djibouti, Gambia, Ghana, Guinea, Guinea-Bissau, India, Japan, Kenya, Liberia, Malaysia, Mali, Mauritius, Morocco, Niger, Nigeria, Sierra Leone, Singapore, South Korea, Togo, Tunisia, United States

Visas are available on arrival providing a passport valid for a minimum of 6 months from the arrival date, and a return/onward ticket, and proof of accommodation.

GAMBIA

Nationals of the following 104 countries and territories can visit the Gambia without a visa for up to 90 days:

European Union European Union citizens (except Estonia, France, Portugal, Slovakia and Spain), Albania, Andorra, Antigua and Barbuda, Australia, Bangladesh, Barbados, Belarus, Belize, Benin, Bhutan, Bolivia, Bosnia and Herzegovina, Botswana, Brunei, Burkina Faso, Cambodia, Canada, Cape Verde, Cote d'Ivoire, Cuba, Dominica, Ecuador, Eswatini, Fiji, Ghana, Grenada, Guinea, Guinea-Bissau, Guyana, Honduras, Iceland, Kiribati, Kosovo, Liberia, Laos, Lesotho, Liechtenstein, Macao, Macedonia, Malawi, Malaysia, Maldives, Mali, Mauritania, Micronesia, Monaco, Montenegro, Morocco, Nauru, Nepal, New Zealand, Niger, Nigeria, North Korea, Norway, Palau, Papua New Guinea, Russia (56 days), Samoa, Saint Kitts and Nevis, Saint Lucia, Saint Vincent and the Grenadines, San Marino

Nationalities only subject to entry clearance from Gambian Immigration prior to travel unless travelling as a tourist on a charter flight: Bahamas, Dominican Republic, Haiti, Indonesia, Jamaica, Kenya, Mauritius, Namibia, Philippines, Seychelles, South Korea, Sri Lanka, Tanzania, Timor-Leste, Turkey, Uganda, Zimbabwe.

Citizens of the following countries can obtain a visa on arrival:
France, Portugal, Spain, United States

Citizens of all other nationalities must obtain a visa in embassies before arriving in The Gambia.

U.S. citizens: \$100 USD
Other Nations:
(Single entry) £40.00
(Multiple entry visa) £60.00

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

The CFA Franc, the common currency in many West African countries, is the currency of Senegal. The CFA Franc has a fixed rate exchange with Euro: 1EUR = 655.957 CFA.

The Gambian Dalasi (GMD) is the official currency of The Gambia.
The Gambian Dalasi has a current exchange rate of: 1EUR = 57 GMD

Cash is the best method of money in West Africa. Travellers cheques are not accepted. Many ATMs do not accept foreign cards, and ATMs are generally hard to find outside of Dakar.
American Express is the most commonly accepted credit card in Senegal, but Visa, MasterCard, and Diner's Club cards are also sometimes accepted.

Again, cash is the best method of money in West Africa.

Please bring cash money, in foreign currencies (EURO is best), to change for CFA locally at the start of the tour.
Exchange is available in smaller towns, but just EUR.

Large denominations are better, as they receive better rates. If you have USD, new bills from the year 2000 or more recent are best, as older bills may not be accepted.

Foreign currencies are rarely accepted outside of the capital cities, and as such, you will need CFA for your tour. It is advisable to change your foreign currency to CFA in Dakar, and as soon as possible upon arrival.

When changing money, please ask for small notes, as small denominations are important, as local vendors rarely have change. You should ask for "monnaie" (pronounced "mah-nay") in order to ask for smaller bills. Notes of 1,000 and 2,000 are important.

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

Tipping during your tour is optional, but the gesture is expected as a way to show your satisfaction with the persons who have assisted you on your tour.

Although it may not be customary for you, it is of considerable significance to the people who will take care of you during your travels, as an important source of income for those in the tourism industry. It is one of the most direct ways that you can have a positive economic impact within the communities that you visit.

Giving a tip should be seen as a formal 'thank you', and the action should in no way be awkward. The best method of tipping someone that has served the whole group is to plan in advance, and not rush when it comes to saying goodbye. A suggestion would be for each group member to contribute anonymously by putting their tip into an envelope. This often works the best and the group as a whole

should gather to present the gift to the recipient(s), offering their thanks and showing their appreciation. This method brings the action out into the open, allowing for a friendly and appreciative interaction between the group and the recipient(s).

You may use the following as a guideline, all given in a per client format:

G CEOs and drivers: \$3-4 USD each, per day worked.

Restaurant/Café servers: 10% of cost of bill, especially when in a large group (no envelope required).

Local guides: \$1 USD for every couple of hours

Optional Activities

No optional activities

Health

We recommend you contact your family physician, or your local travel clinic for the most up-to-date health information at least one month before departure. Travellers should also carry a basic first-aid kit and hand sanitizers/antibacterial wipes on their travels. Medical facilities are basic throughout these countries. For your own safety, we strongly recommend that you advise your tour leader of any medical condition that may affect you while travelling with the group. Your tour leader will be able to inform you of local health advisories (e.g. drinking water quality). Please ensure you have all the inoculations recommended by your doctor.

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 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.

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 is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and

repatriation. A minimum coverage of USD200,000 is required. G Adventures can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra 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

While visiting mosques and other religious monuments you should dress modestly, cover your shoulders and you shouldn't wear shorts or skirts.

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.

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.