

## Highlights of Oman - DQMM

8 days: Muscat to Muscat

### What's Included

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- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Muscat city tour
- Bimmah Sinkhole and Sur dhow shipyard visit
- Ras al-Jinz turtle sanctuary night walk (seasonal)
- Wahiba Sands desert camp
- Nizwá cattle market
- Mud houses of Misfat al Abyreen walk

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 March 30th, 2017 and onwards

### Itinerary

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**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.

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#### Day 1 Muscat

Arrive at any time.

#### **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.

#### **Accommodation**

**Radisson Blu Hotel Muscat (or similar)**

Hotel

#### Day 2 Muscat

Explore some of the highlights of the city including the Grand Mosque, the Bait Al Zubair Museum, and the historic souk in Muttrah, before heading to Old Muscat and view the 16th century Al-Mirani and Al-Jelani forts from outside.

Modesty is mandatory for everyone when visiting the Grand Mosque. Men must wear long pants and shirts must cover shoulders (if you have tattoos, they must be fully covered by your clothing). Women must be fully covered including heads, full arms and full legs. We recommend not wearing jewelry unless it is fully covered by your clothing. Proper Omani outfits for men and women can be rented should you wish, and our CEO will be happy to answer any questions or assist in preparing the correct outfits to visit the mosque.

#### **Sultan Qaboos Grand Mosque Visit**

Muscat Morning

Take a visit to one of Muscat's finest architectural sites, the Grand Mosque. Covering an area of 416,000 square meters, this mosque can accommodate 20,000 worshippers and offers visitors a labyrinth of grounds to explore.

### **Bait Al Zubair Museum Visit**

Muscat

Boasting one of the largest heritage art collections in Oman, the Bait al Zubair Museum is a must-see for those eager to learn more about Omani culture and history.

### **Muttrah Souq Visit**

Muscat

Take in the colourful sights, and perfumed scents of this winding marketplace. Opt to hunt for authentic Omani artefacts and handicrafts (you won't have to go far), or sip on an aromatic Omani coffee and gaze out at the local hustle and bustle.

### **Old Muscat Fort Visits**

Muscat Afternoon

Explore Old Muscat and take in the sights and sounds of this sleepy coastal area. View from the outside the forts of Al-Mirani and Al-Jelani to get some perspective on Omani history.

### **Meals included: Breakfast | Lunch**

### **Accommodation**

**Radisson Blu Hotel Muscat (or similar)**

Hotel

### **Day 3 Muscat/Ras al-Jinz**

Leave Muscat behind and drive along the coast towards the picturesque Bimmah Sinkhole. Continue to Sur, renowned in the past for its dhow shipyards, before reaching Ras al-Jinz on the coast. After an early dinner, visit the turtle sanctuary, where green turtles come from thousands of kilometres away to lay eggs at night.

### **4x4**

Muscat – Ras al-Jinz 2h27m 246km

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

### **Bimmah Sinkhole**

Bimmah 30m-1h Afternoon

Feast your eyes on one of the world's most breathtaking sinkholes. Surrounded by the sea and towering mountains, this sinkhole measures 40 meters wide and 20 meters deep. With its glittering turquoise waters, it isn't hard to believe the local folklore that maintains that the sinkhole was created by a falling star. Jump in and cool off.

### **Sur Dhow Shipyards**

Sur

Sur is the home of the last remaining factory that builds Oman's traditional dhows. The production of these wooden boats have a 6000 year old history, which has established ancient Oman as a prosperous trading port in the region. Visit the shipyard and learn how these ships are made.

### **Turtle Sanctuary Visit**

Ras al-Jinz

The unspoiled shoreline of the Ras al-Jinz turtle sanctuary is a nesting home of the endangered green turtle (*Chelonia mydas*). Follow a guide out to the beach and witness the nesting process of these creatures from a safe distance. Observe the turtles digging and covering their nests in the sand. Learn all about the centre's conservation efforts in the area.

### **Meals included: Breakfast**

### **Accommodation**

**Hotel Sur Plaza (or similar)**

Hotel

### **Day 4 Ras al-Jinz/Wahiba Sands**

Drive towards Wādī Banī Khālīd, a rocky oasis nestled in the East Hajar mountains filled with natural pools. Later, begin your desert adventure through the dunes towards the desert camp, just in time for a sunset, then enjoy a traditional dinner.

At Wahabi Sands we will stay at a desert lodge with restaurant and cafe. We will overnight in comfortable tents with beds and private bathrooms, there is no A/C in the tents.

### **4x4**

Ras al-Jinz – Wādī Banī Khālīd 1h Morning 80km

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

## **Wādī Banī Khālīd**

Wādī Banī Khālīd

Drive through red rock formations and vibrant green plantations and take in the natural beauty of this oasis-like region. Running through this area are the natural blue-tinted springs that receive a constant water flow throughout the year, making it a lifeline for villages of this area. Enjoy lunch before taking free time to explore the area. Opt to take a easy hike to the surrounding waterfalls, or swim in the wadis (natural springs).

### **4x4**

Wādī Banī Khālīd – Wahiba Sands 2h Afternoon 124km

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

## **Omani Desert Lodge Camp Experience**

Wahiba Sands

Arrive at the desert camp just in time to enjoy the sunset. Enjoy a traditional meal at the camp restaurant and then spend the evening sitting under the stars, surrounded by the golden dunes of Wahiba Sands.

### **Optional Activities - Day 4**

#### **Hiking and Swimming in Wādī Banī Khālīd**

Wādī Banī Khālīd

Explore this rocky region on foot, discovering turquoise-coloured natural pools and picturesque waterfalls along the way. Jump in and cool off.

**Meals included: Breakfast | Dinner**

**Accommodation**

**Desert Safari Camp (or similar)**

Hotel

### **Day 5 Wahiba Sands/Nizwá**

Leaving the desert behind, we head towards Ibra and visit the impressive Jabrin castle. Continue towards Nizwá, stopping at the historic fortress of Bahla along the way.

### **4x4**

Wahiba Sands – Ibrā' 1h30m 161km

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

## **Jabrin Castle**

Jabrīn 30m

Jabrin Castle is one of best-preserved castles in Oman. Built in 1675 by Imam Bil-arab bin Sultan, this fort was a centre for astrology, law, and medicine.

## **Bahla Fort**

Bahlā'

Take a visit to this impressive walled-city, with some of the oldest parts built as early as 500 BC. Gaining UNESCO World Heritage Site status in 1987, this complex is an grand example of ancient Omani architecture.

### **4x4**

Ibrā' – Nizwá 1h15m Afternoon 155km

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

**Meals included: Breakfast**

**Accommodation**

**Al Diyar Hotel Nizwa (or similar)**

Hotel

### **Day 6 Nizwá**

Wake early to take part in the Nizwá cattle market. Watch locals buy and trade the best livestock, from goats to cattle directly from the herders. Continue to the town of Al Hamra and visit the renowned stone houses of Misfat Al Abriyeen and learn about the Falaj network, Oman's ancient water supply system. Return to Nizwa via Jebel Shams and take in view of Wadi Nakhr known as the Grand Canyon of Oman.

## **Nizwá Cattle Market**

Nizwá

Jump feet first into the local hustle and bustle of the Friday morning cattle market.

### **4x4**

Nizwá – Al Ḥamrā' 45m Afternoon 50km

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

### **Aflaj Irrigation Systems**

This water network is made up of ancient channels that used gravity to carry the water from the source to farms and mosques, since 500 AD. This complex system is representative of a system that is still in use in Oman today.

### **Mud Houses of Misfat Al Abriyeen**

Al Hamrā'

Built into the mountainside of the Al Hamra region, this authentic Omani village is known for its unique residential architecture. The homes are constructed using rocks excavated from the mountain and plastered together with mud, making the structures look as though they are part of the mountain. Some houses are still being lived in. Learn about this building method that has allowed this community to stand the test of time.

### **Optional Activities - Day 6**

#### **Nizwá Fort Visit**

Nizwá

5OMR per person

Opt to visit one of the oldest forts in Oman, built in the mid-seventeenth century, and catch a glimpse into ancient Omani life.

#### **Meals included: Breakfast**

#### **Accommodation**

**Al Diyar Hotel Nizwa (or similar)**

Hotel

### **Day 7 Nizwá/Muscat**

Drive through Wadi Bani Awf and take in the beauty of the steep mountain cliffs before reaching the end point ("Snake Point") of the gorge. Continue to Muscat for the evening.

#### **4x4**

Nizwá – Muscat 6h Morning 180km

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

#### **Meals included: Breakfast**

### **Day 8 Muscat**

Depart at any time.

#### **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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Your Welcome Moment: Welcome Moment - Meet Your CEO and Group. Muscat city tour. Bimmah Sinkhole and Sur dhow shipyard visit. Ras al-Jinz turtle sanctuary night walk (seasonal). Wahiba Sands desert camp. Nizwá cattle market. Mud houses of Misfat al Abyreen walk.

### **Highlights**

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Time to explore the city highlights of Muscat, visit a turtle sanctuary, watch the sunset from a desert camp, Visit the cattle market in Nizwá, Marvel in the canyon views of Jebel Shams

### **Dossier Disclaimer**

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## Itinerary Disclaimer

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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

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### ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

### RAMADAN

According to the lunar cycle, Ramadan will fall between Mar 11th - Apr 8th 2024, and Mar 1st - Mar 29th 2025. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-Muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

### ELECTRICAL SOCKETS

Please note that the electricity sockets in Oman are three pinned (like the UK).

### WOMEN'S CLOTHING

To respect the Islamic culture in Oman and to honour your gracious hosts, women should cover from shoulders to knees. Mid-calf pants and skirts with short sleeved tops are a great option for this. When visiting mosques, long sleeves and a scarf to cover your head are mandatory. They can be removed once you leave the mosque grounds. Please note on Days 3 and 4 when swimming options are available we suggest wearing capri length yoga pants and a t-shirt as a modest bathing suit.

## Group Leader Description

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This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). The aim of the group leader 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.

We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

## Group Size Notes

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Max 16, avg 12.

## Meals Included

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7 breakfasts, 1 lunch, 1 dinner

## Meals

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Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

## Transport

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Walking, private bus, 4x4 vehicle.

## About our Transportation

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On this trip we will travel by air-conditioned private minivan and for most of the journeys. When travelling through the desert we will be using 4x4 vehicles.

## Solo Travellers

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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

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Hotel (6 nts), desert camp (1 nt).

## My Own Room

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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

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On this trip you can expect to stay in small local hotels or pensions (with the exception of the start and finish hotels, which are often larger city hotels), which will vary a little in standard and facilities: some may not have elevators, air-conditioning or English-speaking staff, but most importantly all are locally-run and in excellent central locations to give you maximum time for exploring the sights.

## Joining Instructions

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

For those who have booked arrival transfer, your driver will meet guest in the arrival hall with a G Adventures placard (after immigration & customs clearance) and guide you to our vehicle.

If you have not booked arrival transfer, there is an airport taxi counter in the arrival hall of Muscat International airport (after immigration & customs clearance) and guests can hire taxi from there. The approximate cost for one way transfer by saloon car from Muscat airport to hotel is US \$50.00 per car per way.

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

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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

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If you have pre-booked an airport transfer, please meet our transfer representative inside the arrival hall after immigration. If 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.

### 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 or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. 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

Regional Office Emergency Contact Number: +44 1858378000

Local Contact Emergency Phone Number: +968 24400844

Arrival Transfer Representative: + 968 92833038

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

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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.

It is important to pack clothes for warm to hot days and cool evenings. A set of smart casual clothes is also advisable.

## Packing List

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### Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

### 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, 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 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

#### 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

## Laundry

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Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## Visas and Entry Requirements

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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](#)

## Spending Money

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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

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The currency in Oman is the Omani rial (OMR)

There are plenty of banks that can be found in Oman. ATMs are found within main cities (mostly in shopping malls and airports) in Oman and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible as while there is no hard and fast rule, some banks seem to only work with one brand of card. Please note, your bank will charge a fee for overseas withdrawals. Smaller shops and restaurants will mostly only accept cash.

Cash is recommended for times when ATMs are not accessible. Euros, British Pounds and US Dollars are all easy to exchange to the Local currency. Please note that you should bring some cash with you for emergency situations but carrying only cash is a high safety risk. ATM card/s and some cash is the ideal mix.



If you are bringing US Dollars, please make sure that the notes are new and in good condition. Notes older than 1996, or with any tears or blemishes may not be accepted. Be fussy with your bank when buying cash!

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

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## 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!

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## Departure Tax

OMR 5 must be paid upon departure if not collected at ticket issuance.

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## Tipping

Tipping is a way of life in the Middle East. Locals themselves will usually tip anyone who provides them with services. In many cases, people depend on the tips they receive to supplement the low salary and wages of the Middle East region.

While on tour in the Middle East, it is customary and even expected to tip small service providers such as restaurant and bar waiters, hotel staff, reception, cleaning personnel, bell boys, taxis and van drivers. Tipping at restaurants in Oman is expected at the rate of 10%. Tips are regarded as an essential means of supplementing income for those working in the tourism industry.

To make things as easy as possible and avoid embarrassing situations, G Adventures has developed a tipping kitty system where your CEO will collect a contribution from everybody at the start of your tour and use this kitty to tip anybody who has provided services to the group as a whole. A guideline for tipping is about \$5-10 USD per day, depending on the quality of the service (this does not include your G Adventures CEO). On Day 1 of your tour, your CEO will be able to advise on the amount required from everybody to form the tipping kitty for your trip. You can pay in USD or the equivalent local currency (preferably local currency). The CEO will be able to advise you on the exchange rate and the total required in either currency

If at any time you feel that any service provider failed in maintaining or delivering good service, please bring it immediately to the attention of your CEO so a deduction of tips can take place.

At the end of your trip if you felt that your G Adventures CEO did an outstanding job, tipping is also expected and appreciated. The precise amount is entirely a personal preference, however \$35-40 USD per person per week can be used as a general guideline.

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## Optional Activities

Wādī Banī Khālid  
- Hiking and Swimming in Wādī Banī Khālid

Nizwā  
- Nizwā Fort Visit (5OMR per person)

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## Health

DRINKING WATER: It is advisable to drink bottled water in Oman.

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.

There are no specific health requirements for this trip. However, we recommend protection against typhoid, tetanus, infectious hepatitis and polio. You should consult your doctor for up-to-date medical travel information before departure. We recommend that you carry a First Aid kit, hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that we are in remote areas and away from medical facilities for some time during this trip, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc.

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## 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.

## **Trip Specific Safety**

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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**

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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**

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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**

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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

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While visiting mosques and other religious monuments you should dress modestly, cover your shoulders and you shouldn't wear short shorts or skirts. Outside of capital cities and the more touristic centres, local dress is often more conservative and as a matter of respect we ask that both men and women are aware of this and recommend loose-fitting clothes with your shoulders covered. Ask your CEO for more specific advice.

To respect the Islamic culture in Oman and to honour your gracious hosts, women should cover from shoulders to knees. Mid-calf pants and skirts with short sleeved tops are a great option for this. When visiting mosques, long sleeves and a scarf to cover your head are mandatory. They can be removed once you leave the mosque grounds. Please note on Days 3 and 4 when swimming options are available we suggest wearing capri length yoga pants and a t-shirt as a modest bathing suit.

## Feedback

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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](mailto:customersolutions@gadventures.com) and we will send it on to you.

## Newsletter

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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/](http://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

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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

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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.