

## Local Living Italy - Umbria - EILU

8 days: Rome to Rome

### What's Included

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- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Self-sustained farmhouse stay with home-cooked meals (Umbertide)
- Daily optional farm activities such as feeding the animals, picking fruits and veggies, or pasta making
- Daily optional yoga/pilates classes
- Optional hikes to nearby lakes or scenic lookouts
- Gubbio day trip
- Assisi day trip
- Basilica of St Francis entrance
- 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 5th, 2018 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 Rome

Arrive at any time.

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

18:00

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 Rome/Umbertide

Travel by private van to the converted farmhouse, located in scenic Umbria. Travel the rolling hills to reach the working sustainable farm and settle in.

#### Private Vehicle

Rome - Umbertide 2h30m/200km

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

#### Property Orientation

Umbertide Afternoon

After settling in and enjoying a home cooked lunch, take a tour of the self-sustaining community and learn all about the farmhouse's history, permaculture farming and self sustained initiatives

**Meals included: Breakfast | Lunch | Dinner**

### **Day 3 Umbertide**

Each morning, check the board for the list of activities available. From feeding the animals to picking fruits and veggies from the farm to assisting with the pasta-making, there's never a dull moment. Opt to take part in the yoga or pilates class, or settle in with a good book by the pool. During the week, our hosts can help organize group activities like hikes to a lake for swimming or to the top of the mountain nearby for a bit of a work out.

#### **Free Time**

Umbertide Full Day

Indulge in the local Tuscan lifestyle by taking a hike around the property, helping out on the farm, or just relax.

#### **Optional Activities - Day 3**

##### **Yoga/Pilates**

Umbertide

10EUR per person

Take some time to recharge during a energizing class in the studio, or by the pool while looking out over an incredible panoramic view of Umbria's sprawling green landscape.

##### **Local hike to Arcelle Lake**

Umbertide

Take a walk down the hill to the beautiful and untouched Arcelle lake for a swim. This spot is great for a picnic.

##### **Horseback Riding**

Umbertide 1h-2h

20-40EUR per person

Take a tour of the green region on horseback. Experience required.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 4 Umbertide**

Head out to nearby Assisi to visit the Basilica of St Francis and its famous frescos. Enjoy exploring the town and searching out a local place for lunch before travelling back to the farmhouse for another evening in paradise.

#### **Private Vehicle**

Umbertide - Assisi 45m50km

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

#### **Basilica of St Francis of Assisi Visit**

Assisi 45m-1h

Enjoy a visit to Basilica di San Francisco, or St Francis, the main attraction in Assisi. St Francis is the patron saint of Italy and of animals, and is one of the most popular Catholic saints in the world. The basilica and accompanying friary is a UNESCO World Heritage Site and is well worth a visit. It contains famous frescos and mosaics, though an earthquake did considerable damage to much of the building in 1997.

#### **Free Time**

Assisi Half Day

Take some time to explore this quaint town.

#### **Private Vehicle**

Assisi - Umbertide 45m50km

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

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

##### **Home of St. Francis of Assisi (Eremo delle Carceri) Visit**

Assisi

Visit the first home of St. Francis of Assisi and his followers. This walk will take you back in time as you duck and squeeze through the site's medieval architecture.

##### **San Damiano Convent Visit**

Assisi 15m-30m

A pilgrimage to Assisi wouldn't be complete without a visit to San Damiano convent - the site of where St. Francis received his miraculous calling.

##### **Rocca Maggiore Visit**

Assisi

6EUR per person

Travel up toward the medieval castle of Rocca Maggiore. Explore the grounds and enjoy the stunning panoramic views over Assisi and the Spoleto valley.

**Meals included: Breakfast | Dinner**

### **Day 5 Umbertide**

Spend a day exploring on the farm and helping out as desired. Opt to stretch your legs on a hike or read by the pool.

#### **Free Time**

Umbertide

Enjoy free time to help out on the farm, go for a hike, or swim in a nearby lake.

#### **Optional Activities - Day 5**

##### **Local hike to Monte Acuto**

Umbertide

Take a walk up to Monte Acuto - the highest peak in the area - for a spectacular view of the surrounding countryside.

##### **Walk to Miglianella Hill**

Umbertide

Take this easy trail to a nearby hill to get a great view of the farmhouse.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 6 Umbertide**

Head out to the nearby medieval town of Gubbio for a day trip. Venture off into this tiny town on your own and opt to visit some of the sights like the Roman theatre, and Duomo.

#### **Private Vehicle**

Umbertide – Gubbio 30m-45m 30km

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

#### **Free Time**

Gubbio Half Day

Free time to roam the cobblestone streets of this medieval town.

#### **Private Vehicle**

Gubbio – Umbertide 30m-45m 30km

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

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

##### **Duomo Visit**

Umbertide

This cathedral dates from the late 12 C, and its stunning medieval architecture makes this site a can't-miss for history buffs.

##### **Roman Theatre Visit**

Umbertide

This theatre was constructed in the first century AD, and its remains are preserved well enough to continue to host a series of plays by classic playwrights in the summertime.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 7 Umbertide**

Enjoy your final day on the farm, before indulging in a final dinner prepared with fresh ingredients prepared by the farmhouse's cook, Daniela. We don't want to spill all the secrets, but be sure to bring your appetite.

#### **Free Time**

Umbertide Afternoon

Spend some last hours taking in the farm life.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 8 Umbertide/Rome**

After breakfast, transfer back to Rome, stopping in the quaint hillside town of Narni en route. Continue to Rome where the trip ends on arrival.

We highly recommend booking post-tour accommodation to fully experience this vibrant city.

### **Private Vehicle**

Umbertide – Rome 2h30m Afternoon 200km

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

### **Narni Town Visit**

Narni

En route to Rome, stop into charming Narni, locally believed to be the geographical "center of Italy". This town is best enjoyed by wandering the cobblestone alleyways with an espresso. Stop into the local churches for a glimpse into Umbrian history.

### **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. Self-sustained farmhouse stay with home-cooked meals (Umbertide). Daily optional farm activities such as feeding the animals, picking fruits and veggies, or pasta making. Daily optional yoga/pilates classes. Optional hikes to nearby lakes or scenic lookouts. Gubbio day trip. Assisi day trip. Basilica of St Francis entrance. All transport between destinations and to/from included activities.

## **Highlights**

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Experience life on a farm, Assist with pasta-making, Enjoy a day trip to the medieval town of Gubbio, Visit the Basilica of St Francis, Experience local Umbrian dishes.

## **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.

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

## **Important Notes**

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1. It is important to note that in Europe, all guiding is based around local guides all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places.

2. In Europe it is very rare to find elevators in train stations, hotels or other public places. We use public transport on this trip, which means you will need to carry your luggage from platform to platform, in and out of trains and buses etc. and also possibly up several flights of stairs. You will also need to be able to stow your luggage safely on trains and buses. It is therefore essential that you pack light and bring luggage which is compact and lightweight, and which you can easily transport. The carrying of your luggage remains your responsibility at all times.

3. Participation in activities around the farm such as feeding the animals, lending a hand in the garden, and making the food are not obligatory, but are highly recommended to help immerse you in the laid back lifestyle of a local Umbrian. Travellers are asked to assist with dish washing after meals, and use the laundry facilities on site for personal laundry, including bed sheets if desired.

4. Please note that if during your visit to Italy you wish to visit popular museums such as the Uffizi or Accademia Galleries in Florence, to avoid waiting in line for a long time (especially in high season May-September when it could be a question of hours!), it is advisable to reserve tickets in advance. Tickets can be reserved online at various websites including [www.florenceart.it](http://www.florenceart.it) or [www.virtualuffizi.com](http://www.virtualuffizi.com) for Florence and [www.tickitaly.com](http://www.tickitaly.com) for all

## Group Leader Description

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This G Adventures group trip is accompanied by one of our group leaders. 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.

## Group Size Notes

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Max 10, avg 7

## Meals Included

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7 breakfasts, 5 lunches, 6 dinners

## Meals

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During your stay you will have the pleasure to eat traditional meals made with seasonal ingredients, family style. Meals will incorporate a variety of products made on the farm, such as oil, wine, meats, pasta, milk, cheese, and organic produce.

## Transport

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Private vehicle, walking

## About our Transportation

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Transport on this trip will mostly be by private vehicle, and by local bus.

## Solo Travellers

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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

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Hotel (1 nt), farmhouse/guesthouse (6 nts)

## About Accommodation

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For the duration of the tour we stay at a restored, self-sustaining farmhouse surrounded by 40 hectares of forest and olive groves. Originally built in the 15th century as a watch-tower for a nearby Monestevole castle, this property developed into a home that housed farmer's families over the coming centuries. Today, the grounds have been beautifully restored but maintains its rustic authenticity, making it the ideal home base for those looking to explore Umbria. Guests are invited to enjoy the benefits of an eco-friendly living, and plant a tree onsite to offset their carbon footprint.

Located about a 40 minute drive from the charming neighbouring town of Umbertide, the farmhouse is situated on a hill top, boasting incredible views of the rolling green hills the region is known for. With a nearby lake for swimming, there are various walks and hikes available from the property. This 40 hectare farm works to be as self-sufficient as possible by growing their own organic produce, and running the farm on renewable energy sources. Natural tooth paste and shampoo produced on the farm will be available for use.

Umbria is the greenest region of Italy. Local crops include olive oil, wine, sunflowers, and spelt. The region is famous for its truffles, pork meat and wild boar. During your stay you will have the pleasure to eat

traditional meals made with seasonal ingredients, family style. Meals will incorporate a variety of products made on the farm, such as oil, wine, meats, pasta, milk, cheese, and organic produce.

The hosts of the property have created a space for you to feel at home in. Participation in activities around the farm such as feeding the animals, lending a hand in the garden, and assisting with meal preparation are not obligatory, but are highly recommended to help immerse you in the laid back lifestyle of a local Umbrian. Travellers are asked to assist with dish washing after meals, and use the laundry facilities on site for personal laundry. With an aim to conserve as much as possible, bed sheets will not be changed during your stay.

PLEASE NOTE: If you would like to share a room with your travelling companion, please make sure you book together. 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

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Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation), please make your way to the joining hotel (note that check-in time will be in the afternoon). Once you arrive at the hotel, 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.

Getting to Hotel Stella (please check your vouchers to ensure this is your start hotel):

By Bus from the Airport:

Shuttle buses run from Fiumicino airport and Ciampino Airport to Termini station in the city centre approximately every half hour. Look for the Terravision stand at the arrival terminal. Cost is €5 one way and takes approximately 1 hour.

By Train from the Airport:

The Leonardo Express is the name of the train that will shuttle you from Rome's main international airport, Fiumicino, to central Rome's Termini station. A Leonardo Express train leaves every half hour in each direction.

Trains to Roma Termini Station start at 6:35 in the morning with trains running at 5 and 35 minutes after the hour. The last train of the day departs at 11.35pm. The train station is open 4am to 1am and covers 35 km in around 30 minutes. Cost is 14 Euros per person. Tickets for Leonardo Express are available at rail ticket office, newspaper seller/tobacconist's, and self-service tellers, each located in the railway station atrium.

NOTE:

You must always stamp tickets in the machines on the platform before starting your journey.

To find the hotel, exit Termini train station via the right hand exit, if you have your back to the trains, and walk toward the sign posted Via Marsala. Cross the street into Via Marghera and then take the third street on your left, Via Varese. Continue straight across piazza Indipendenza. At the end of the piazza, the street will become Via Castelfidardo. Hotel Stella is at number 51.

By Taxi from the Airport:

Taxis run fixed rates to and from airports. The rate is 40 EUR. The rate for designated Fiumicino taxi drivers is 60 EUR and are inclusive of luggage, for a maximum of four passengers.

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

Choose from a range of transport options including both private and shared transfers at a discounted rate.

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

## 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, 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

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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: +44 7817 262 559

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

## 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. You must be prepared to carry your luggage up and down stairs, on and off transportation, and to hotels (max 15-20 mins.)

## 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

#### 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 available on-site.

## 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](#)

All visitors to the EU (European Union) and EEC (European Economic Community) countries require a valid passport (with a minimum 6 months validity). USA, Canada, Australia and New Zealand passport holders do not need a visa to visit the Schengen area (see below), however they may not stay longer than three months in any 6-month period.

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

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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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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](http://www.xe.com)

## Departure Tax

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Usually included in international air ticket, please check with your airline before flying.

## Tipping

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It is customary in Europe to leave a small tip for service providers, such as waiters, if you are pleased with the service (€1-2).

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.

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

## Optional Activities

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Umbertide

- Yoga/Pilates (10EUR per person)
- Local hike to Arcelle Lake
- Horseback Riding (20-40EUR per person)
- Local hike to Monte Acuto
- Walk to Miglianella Hill
- Duomo Visit
- Roman Theatre Visit

Assisi

- Home of St. Francis of Assisi (Eremo delle Carceri) Visit
- San Damiano Convent Visit
- Rocca Maggiore Visit (6EUR per person)

## Health

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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 in this dossier for trip specific information. For travellers over 70 years a completed Medical Form is required. 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

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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/](http://www.gadventures.com/travel-resources/safety/)

## 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

## 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 prostitutes 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 use prostitutes.

## Travel Insurance

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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

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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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In Italy, shoulders should be covered while visiting churches and cathedrals. Ask your CEO for more specific advice.

## 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.