

## Loire Valley Cycling - EFPA

8 days: Paris to Angers

### What's Included

---

- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your Foodie Moment: Local Market Visit and Picnic Lunch, Chenonceaux
- Your Foodie Moment: Vineyard Visit and Tasting, Loire
- Paris orientation walk
- Cycling through the Loire Valley (5 days)
- Chateau de Blois visit
- Entry to Château de Chenonceau
- Market stop for local ingredients and picnic lunch (Tours)
- Chateau d'Ussé visit
- All cycling equipment including bicycle
- Luggage transfer between locations
- 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 April 3rd, 2018 - June 1st, 2020

### Itinerary Notes

---

**More information about the equipment we use for this trip, and any specifics about the route or itinerary, can be found in the "Important Notes" section of the Tour details page.**

### 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 Paris

Arrive at any time.

There are no planned activities until tonight's welcome meeting (please note that check-in at the hotel is usually around 2-3pm).

After the meeting, you may choose to join your CEO and travel companions for an optional dinner in a local restaurant.

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

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

#### **Optional Activities - Day 1**

##### **The Louvre Visit**

Paris 1h-5h

12-16EUR per person

Examine the massive collection at the Louvre, home to the Mona Lisa and the Winged Venus. While it might take a lifetime to view everything in the museum, one of the largest in the world, make the most of the time you have and try to spend at least a few hours wandering around.

### **Musée d'Orsay Visit**

Paris 1h-2h

11EUR per person

Tour through The Musée d'Orsay, a must-see museum in Paris. Housed in a former train station, the beautiful building is the perfect setting to display some of the world's most revered Impressionist art. Wander from room to room in awe at the works on display by Monet, Renoir, Cézanne and Gauguin. Marvel at Degas' ballerinas and Van Gogh's swirling colours.

### **Eiffel Tower Visit**

Paris 2h-4h

16EUR per person

Visit the most famous landmark in France, the Eiffel Tower. Opt to climb the stairs or take an elevator to the top for a stunning view over the city. Hang out at dusk and watch the tower light up.

### **Sacre Coeur Visit**

Paris 1h-2h

Free

Visit the Basilique du Sacré-Coeur, located in the Montmartre neighbourhood. This Roman Catholic church was completed in 1914 and stands on the highest point of the city. Climb up 200 stairs to reach the dome of the basilica to get an amazing view of the Paris skyline.

### **Luxembourg Garden Visit**

Paris 1h-2h

Free

Stroll through the Luxembourg Garden, or Jardin du Luxembourg, built in the early 1600s outside the Luxembourg Palace. The garden is known for expansive lawns, flowers and tree-lined promenade, topped off with a Medici Fountain.

### **Accommodation**

#### **The Originals Paris Montmartre Apolonia (or similar)**

Hotel

### **Day 2 Paris/Blois**

Enjoy an orientation walk in the City of Lights. Continue to the Loire Valley in the afternoon.

Join your CEO for an orientation walk of Paris followed by some free time before transferring to Blois, in the heart of the Loire Valley.

### **Paris Orientation Walk**

Paris

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

### **Local Train**

Paris – Blois 1h45m 185km

Climb aboard, take your seat, and get around like the locals do.

### **Meals included: Breakfast**

#### **Accommodation**

#### **Hotel Anne de Bretagne (or similar)**

Hotel

### **Day 3 Blois/Chenonceaux**

Enjoy a full day of cycling from Blois to Chenonceau with the opportunity to visit the Chateau de Blois.

First day on your bike today. Cycle onward towards the village of Chenonceau.

Please note while you are cycling you will only be responsible for your day pack. Luggage will be transferred to the hotel.

### **Chateau de Blois Visit**

Blois

Visit Chateau de Blois, home to several French kings and the place where Joan of Arc went to be blessed before she went into battle with the English. A visit to the Chateau is an excellent introduction to the Loire, as you can get a sense of the regal history in this area.

**Bicycle**

Blois – Chaumont 24km

A two-wheeled steed is all you need.

**Bicycle**

Chaumont – Chenonceaux 26km

A two-wheeled steed is all you need.

**Meals included: Breakfast****Accommodation****Hostel du Roy (or similar)**

Hotel

**Day 4 Chenonceaux/Tours**

Continue cycling with stops along the way at Château de Chenonceau and the local markets to pick up some traditional ingredients for a french style picnic lunch.

Cycle through villages and countryside to the town of Tours, via the city of Amboise. Along the way stop at a variety of markets, and pick up some succulent local fare. Find a suitable stopping point, relax with a great picnic and enjoy a lazy afternoon by the river.

**Your Foodie Moment: Local Market Visit and Picnic Lunch**

Stop and explore a local french market. Pick out fresh ingredients before stopping at a perfect spot for a traditional french picnic lunch.

**Bicycle**

Chenonceaux – Tours 47km

A two-wheeled steed is all you need.

**Optional Activities - Day 4****Botanical Gardens of Tours**

Tours 1h-2h

Free

**Basilica of St. Martin**

Tours

Free

**Château du Clos Lucé Visit**

Amboise

10-15EUR per person

Visit the official residence of Leonardo Da Vinci, where he lived from 1516 until his death in 1519. Learn about the genius of da Vinci and his inventions and art in an interactive and fun visit to this historic Chateau.

**Meals included: Breakfast | Lunch****Accommodation****Ibis Tours Centre Gare (or similar)**

Hotel

**Day 5 Tours/Chinon**

Set off for another full-day cycling from Tours to Chinon. Stop to visit the Chateau d'Usse en route. Upon arrival visit a local vineyard for a wine tasting.

Following the river along through the green fields and flower strewn meadows of the Loire to the medieval citadel of Chinon. The terrain here is known as 'bocage', which refers to rolling hills filled with forests and pastures.

**Bicycle**

Tours – Chinon 60km

A two-wheeled steed is all you need.

**Château d'Ussé**

Chinon 2h-3h

Visit the Château d'Ussé, famed for its picturesque appearance, and the famous renaissance era gardens of the Chateau de Villandry. Carefully restored by Joachim Carvallo, the gardens are laid out in formal designs and include a water garden, vegetable gardens and flower gardens.

**Your Foodie Moment: Vineyard Visit and Tasting**

Visit one of the vineyards in the region to learn about how Chinon's famous red wine is produced and, more importantly, sample some of their wares.

**Meals included: Breakfast**  
**Accommodation**  
**Hotel Le Lion D'or (or similar)**  
Hotel

### **Day 6 Chinon/Saumur**

Wake up in medieval Chinon, visit troglodyte caves and cycle to Saumur.

Wander around historic Chinon in the morning before taking off once more on our bikes.

After leaving Chinon, the terrain changes and a steep white limestone cliff rises above us, known as 'Tuffeau'. Cycle in the shadow of this cliff along the river, admire the houses built into the cliff face as you pass.

#### **Bicycle**

Chinon – Saumur 36km  
A two-wheeled steed is all you need.

#### **Optional Activities - Day 6** **Musée du Champignon Visit**

Gennes 30m-1h

8-9EUR per person

Learn all about the different species of mushrooms that grow in the area at this unique museum in a cave. Foodies and those with a green thumb will love checking out the edible varieties and the introduction on how to grow these yummy fungi.

**Meals included: Breakfast**  
**Accommodation**  
**Hotel Le Londres (or similar)**  
Hotel

### **Day 7 Saumur/Angers**

On the final day of cycling, travel from Saumur to Angers. In the evening opt for a final traditional French dinner with the group.

After a week of leisurely cycling across the Loire, today is the last opportunity for you to stretch your legs and enjoy the great scenery along the route. The bulk of the route here is on specific cycle paths, but we do spend some time cycling on the main roads as well. It's fairly flat cycling through mostly countryside along the way.

Angers is the final stop, so tonight is a great opportunity for one final taste of the great French cuisine and wine that the Loire is famous for.

#### **Bicycle**

Saumur – Angers 60km  
A two-wheeled steed is all you need.

#### **Optional Activities - Day 7** **Musée du Champignon Visit**

Gennes 30m-1h

8-9EUR per person

Learn all about the different species of mushrooms that grow in the area at this unique museum in a cave. Foodies and those with a green thumb will love checking out the edible varieties and the introduction on how to grow these yummy fungi.

#### **Château d'Angers**

Angers

9EUR per person

Discover this impressive, medieval castle and the Tapestry of the Apocalypse hanging within its walls. Wander around the fortress and gardens.

**Meals included: Breakfast**  
**Accommodation**  
**Hotel Le Progres (or similar)**  
Hotel

### **Day 8 Angers**

Depart at any time.

**Departure Day**  
Afternoon

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

### **Meals included: Breakfast**

## **What's Included**

---

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group  
Your Foodie Moment: Local Market Visit and Picnic Lunch, Chenonceaux  
Your Foodie Moment: Vineyard Visit and Tasting, Loiré. Paris orientation walk. Cycling through the Loire Valley (5 days). Chateau de Blois visit. Entry to Château de Chenonceau. Market stop for local ingredients and picnic lunch (Tours). Chateau d'Ussé visit. All cycling equipment including bicycle. Luggage transfer between locations. Transport between destinations and to/from included activities.

## **Highlights**

---

Explore beautiful Paris, cycle from one glorious château to the next, appreciate the lush Loire Valley scenery, visit local markets, taste wine in ancient vineyards, pedal through the gardens of France.

## **Dossier Disclaimer**

---

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

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

## **Itinerary Disclaimer**

---

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

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

## **Itinerary Notes**

---

More information about the equipment we use for this trip, and any specifics about the route or itinerary, can be found in the "Important Notes" section of the Tour details page.

## **Important Notes**

---

Cycling Grading – Demanding

- Some degree of experience required
- Mixture of road cycling and off road
- Occasional long days in the saddle, multiple ascents and descents
- Good fitness and skill level recommended
- Cycle usually between 35-70 km per day

Equipment provided:

- Bike - Arcade, Cottage & Country classic hybrid.
- Helmet
- Gears - 21 speed
- Brakes - V-Brake
- Suspension - no
- Frame sizes available on request

When making your booking, please inform our staff of your height - this will help us get the right size bike for you.

- Panniers/bike bag type - Ortleib Back-Roller City

- Water bottle holder - yes
- Water bottle - not included. Available to purchase from €5
- Adjustable Handlebars - no
- Option to fit own pedals: yes (on request)
- Female saddles available: yes
- Gel saddles available: yes - gel saddle covers
- Option to fit own saddle: yes (on request)
- Repair kit available: yes - One pump, one repair kit and one lock for every two bikes

If you would prefer to bring your own bike with you for this trip, or have some specific equipment that you would prefer to use then please advise us when you book. We recommend that you bring a hybrid or all terrain bike for this trip, with a minimum of 21 gears and suitable for riding along roads and on bike tracks. For this trip it would be best to have semi-slick tyres good for road and light off road use.

If you choose to bring your own bike, please be aware that you are responsible for the maintenance and support of the bike. It may be possible to hire some extra equipment as necessary for your cycle.

#### Bringing Your Own Bike

If you choose to bring your own bike, please be aware that you are responsible for the maintenance and support of the bike. It may be possible to hire some extra equipment as necessary for your cycle. Check with your airline about travelling with your bike, as some will charge you to take a bike on board. We would suggest that you pack your bike in a bike box or bag( usually available from your local bike shop). It's also advisable to make sure your bike has been serviced before you travel.

Please note while you are cycling you will only be responsible for your day pack, your luggage will be transferred to the hotel for you.

### Group Leader Description

---

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

### Group Size Notes

---

Max 12, Avg 10

### Meals Included

---

7 breakfasts, 1 lunch

### Meals

---

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

---

Train, bicycle

### About our Transportation

---

On this trip, we will be travelling between each destination by bike and you will need to carry your own day packs. There will be a vehicle to carry the bulk of our luggage to the next accommodation for you.

### Local Flights

---

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

## Solo Travellers

---

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

## Accommodation

---

Hotels (7 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.

Please be aware that single room accommodations in European hotels are often smaller, and may not be to the same service level as double-occupancy rooms.

## About Accommodation

---

It is important to note that accommodation in Europe tend to be quite different to other areas of the world you may have travelled in. Buildings and rooms are generally old and may not have been renovated or maintained to the highest standard. Downtown hotels in Europe were not build to be hotels but rich owners houses, which have been changed into hotels. Therefore unusual room sizes are common as large rooms have been partitioned in the past, resulting in rather "thin" walls. Reception areas, rooms and bathrooms tend to be very small as they were often added into an existing room, and may have a hand nozzle rather than a conventional shower head.

On this trip you can expect to stay in small family-run 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, with some traditional character, and in excellent central locations to give you maximum time for exploring the sights. You can expect to find clean, safe, simple accommodation in convenient locations.

Staff can occasionally demonstrate less than perfect customer service. As accommodation is in short supply, especially during the summer months, hotels can charge a premium and there is sometimes little motivation to improve facilities.

## 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

---

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 with us), 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 from Paris Charles de Gaulle airport to the city centre:

Taxi:

Taking a taxi from Charles de Gaulle airport (CDG) to the city centre of Paris is definitely the quickest and most convenient transfer option. Taxis are readily available outside of all three terminals, and will take you only 45 minutes to reach the city centre.

Paris airport taxi rides at CDG are charged at a flat rate, and cost 55€ if your destination is on the right bank, and 60€ if it's on the Left bank of Paris.

Train:

Taking a train from Charles de Gaulle airport (CDG) is a fast and fairly cheap transfer option. The RER B train runs from Charles de Gaulle airport (CDG) every 10 to 20 minutes, and takes around 50 minutes to reach the city centre. Tickets only cost 11€ one-way, and can be purchased at ticket booths in the arrivals terminal.

Bus:

Taking a bus from Charles de Gaulle airport (CDG) to the city centre of Paris costs 6€ - 11.50€, depending which line you wish to use. The journey takes approximately 80 minutes.

There are three bus lines to choose from during the day. The most direct line is Roissybus, which will take you directly into the centre. The other lines are 351 and 350 which make several stops along the way. At night there are two bus lines, N 140 and N 143.

To arrange an arrival or departure transfer, we recommend you book through our preferred transfer provider - HolidayTaxis - by copying the link below into your web browser:  
<https://partner.holidaytaxis.com/?ref=GADVE>

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

---

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 unable to get in touch with your leader, please refer to our emergency contact details.

## Emergency Contact

---

Should you need to contact us during a situation of dire need, it is best to first call 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 UK office (manned UK 8am - 8pm)  
+44 (0) 2072439878

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, from calls within North America only: 1 888 800 4100  
Calls from within UK: 0344 272 0000  
Calls from within Germany: 0800 365 1000  
Calls from within Australia: 1 300 796 618  
Calls from within New Zealand: 0800 333 307  
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

For absolute emergencies after office hours please contact +44 7817 262559

If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, and your call will be returned as soon as possible.

## Finishing Point Instructions

---

This trip finishes on Day 8 in Angers. If you wish to transfer back to Paris, there are trains departing every hour from the Angers train station beginning at 7am. The journey time from Angers to Paris is around 3.5 hrs. We do not recommend you to book a flight that departs Paris before 1pm.



## What to Take

---

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

## Packing List

---

### Cycling:

- Bicycle pedals (optional)
- Bicycle saddle cover (optional)
- Bicycle saddle (optional)
- Biking gloves
- Cycling clothing (cycling shorts and cycling jersey)
- Cycling shoes
- Handlebar bag (optional) (For easy access to small personal items.)
- Personal cycling gear

### 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

### Warm Weather:

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

## Laundry

---

Laundry facilities are offered by some of our hotels for a charge or ask your CEO where the closest laundromat is. 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

---

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

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

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

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

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

## Spending Money

---

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

## Money Exchange

---

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work in Western Europe. Check with your bank before departure. You should be aware when making purchases or withdrawing cash 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, travellers' cheques and cards is best. 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)

## Emergency Fund

---

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Departure Tax

---

Usually included in international air ticket

## Tipping

---

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

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

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

## Optional Activities

---

### Paris

- The Louvre Visit (12-16EUR per person)
- Musée d'Orsay Visit (11EUR per person)
- Eiffel Tower Visit (16EUR per person)
- Sacre Coeur Visit (Free)
- Luxembourg Garden Visit (Free)

### Tours

- Botanical Gardens of Tours (Free)
- Basilica of St. Martin (Free)

### Amboise

- Château du Clos Lucé Visit (10-15EUR per person)

### Genes

- Musée du Champignon Visit (8-9EUR per person)

### Angers

- Château d'Angers (9EUR per person)

## Health

---

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

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

## Safety and Security

---

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

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

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

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

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

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

## 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 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

---

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

## Planeterra Foundation - the non-profit partner of G Adventures

---

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

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

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

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

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

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

## Newsletter

---

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

---

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.