

Southern India & Karnataka by Rail - AHKR

10 days: Goa to Kochi

What's Included

- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Beach time in Goa
- Walking tour and ruins visit in Hampi
- Hazararama Temple visit
- Mysore Palace and Chamunda Hill visits
- Namdroling Monastery visit
- Coffee plantation tour
- Madikeri Fort and Raja's Seat visit
- Fort Kochi and Chinese fishing nets visit
- 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 1st, 2017 and onwards

Itinerary Notes

Want to experience the sights and sounds of Holi? Make sure you're in India on March 10, 2020 or March 29, 2021 for the nation's most colourful festival.

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 Goa

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.

Day 2 Goa

Spend a free day relaxing on the beach or opt to visit the many Portuguese-built monuments, wander around the churches of Old Goa (a UNESCO World Heritage Site), or discover Panjim, the capital. Don't forget to indulge in Goan cuisine.

Free Time

Goa Full Day

Explore all Goa has to offer.

Optional Activities - Day 2

Old Goa Visit

Goa2h-3h

1600INR per group

Explore the rich history and impressive architecture of Old Goa, the former colonial capital of the state. The convents and churches are stunning, and the area is a UNESCO World Heritage Site. Be sure to visit the Basilica of Bom Jesus, which contains the relics of St Francis Xavier.

Panjim Visit

Panjim

Walk through the Latin Quarter or by the river of this charming capital city. Take a short boat ride, visit a casino, or just relax and take in the chilled out vibe. Don't forget to eat some delicious Goan food, but watch out -- it can be spicy.

Goa Beach Visit

Goa

5INR per person

Relax on some soft, white sand -- Goa's beaches are famous the world over for good reason. Hydrate with a smoothie or fresh coconut water.

Day 3 Goa/Hampi

Travel by Visakhapatnam Howrah Express train and then by van to reach Hampi, in the heart of Karnataka.

Private Vehicle

Calangute - Madgaon 1h-1h30m

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

Local Train

Madgaon - Hospet 6h-7h

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

Private Vehicle

Hospet - Hampi 1h

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

Day 4 Hampi/Mysore

Enjoy a walking tour and explore the spectacular ruins of Hampi Palaces, Vittala Temple complex, Virupaksh Temple, Hazararama Temple, and the boulders on the river. In the evening, take an overnight Hampi Express train to Mysore.

Walking Tour

Hampi 2h

Explore the spectacular ruins of Hampi Palaces, Hazararama Temple, and the boulders on the river on this walking tour.

Private Vehicle

Hampi - Hospet 1h-1h30m

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

Overnight Train (beds)

Hospet - Mysore 12h

Stretch out and get some well-earned rest en route to the next stop.

Day 5 Mysore

Arrive to Mysore and explore the Mysore Palace and Chamundi Hill.

Mysore Palace Visit

Mysore 2h

This stunning palace was the home of the Maharajas of Mysore, the former royal family, which ruled from 1399 to 1950. Learn about the rich history of Indian royalty and soak in the splendor of an era long gone.

Chamundi Hills Visit

Mysore 1h

Enjoy a visit to the gorgeous temple devoted to the Hindu goddess, Chamundi, located on Chamundi Hill.

Day 6 Mysore/Madikeri

Drive to Bylakuppe and explore the Namdroling Monastery - home to nearly 5,000 Tibetan Buddhist monks and nuns. Later drive to Madikeri for the evening.

Private Vehicle

Mysore - Bylakuppe 2h-3h

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

Namdroling Monastery Visit

Bylakuppe

Home to nearly 5,000 Tibetan Buddhist monks and nuns, Namdroling Monastery is known as a centre for teachings of the Buddha and the Nyingma tradition - the oldest of the four major schools of Tibetan Buddhism.

Private Vehicle

Bylakuppe – Madikeri1h

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

Day 7 Madikeri

Explore Madikeri (the coffee hub of India) and enjoy a tour of a coffee plantation. Later, enjoy an orientation walk around the town and then enjoy free time to explore in the afternoon.

Orientation With CEO

Madikeri30m-1h

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.

Free Time

Madikeri Afternoon

Explore Madikeri with free time this afternoon.

Coffee Plantation Tour

Madikeri

Head out into the hills to visit one of the many coffee plantations in the region. Learn about the production process and have a sample or two of the locally-grown coffee while taking in the beautiful scenery.

Day 8 Madikeri/Kochi

Take a morning drive to the coastal town of Kannur. Catch the Ernakulam Express to Kochi in the afternoon.

Private Vehicle

Madikeri – Kannur3h-4h

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

Train

Kannur – Kochi6h

Climb aboard, take a seat, and enjoy the ride.

Day 9 Kochi

Explore the Fort Kochi area and see the Chinese fishing nets at work. If time permits, visit the Jewish area and synagogue, the Dutch Palace, and Spice Market.

Fort Kochi Visit

Kochi1h-2h 2km

Enjoy your stay in charming Fort Kochi, which evokes an era long gone. Walk through the cobblestone streets, visit delightful tea houses, and have a relaxing drink while sitting by the water. Be sure to check out Vasco de Gama's tombstone and the famous blue synagogue.

Chinese Fishing Nets Visit

Kochi30m

Check out these magnificent fishing nets, which are an icon of Kochi. They were gifted to the Kochi King by Chinese Emperor Kubalagi in the 14th century as the two empires were trading partners.

Optional Activities - Day 9

Jewish Synagogue

Kochi

10INR per person

Enjoy a visit to this gorgeous synagogue located in an area of Fort Kochi known as Jew town. Built in 1567 by Sephardic Jews, it is the only functioning synagogue in Kochi today.

Dutch Palace Visit

Kochi

Explore the grounds of this gorgeous white palace built in 1555, also known as the Mattancherry Palace. Check out the intricate and extremely well preserved murals, depicting tales from Hindu mythology. Get a taste of life as a Kochi royal by looking at elaborate palanquins and bejewelled clothing on display here.

Kochi Spice Market

Kochi

Tantalize your senses and tickle your taste buds with a trip to the Kochi Spice Market. Cardamom, cinnamon, and cumin galore!

Day 10 Kochi

Depart at any time.

What's Included

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group. Beach time in Goa. Walking tour and ruins visit in Hampi. Hazararama Temple visit. Mysore Palace and Chamunda Hill visits. Namdroling Monastery visit. Coffee plantation tour. Madikeri Fort and Raja's Seat visit. Fort Kochi and Chinese fishing nets visit. All transport between destinations and to/from included activities.

Highlights

Indulge in the relaxing vibe and amazing food of seaside Goa, marvel at the breathtaking ruins of the Karnataka region in Hampi, explore palaces and plantations in Mysore and Madikeri.

Itinerary Disclaimer

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

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

Itinerary Notes

Want to experience the sights and sounds of Holi? Make sure you're in India on March 10, 2020 or March 29, 2021 for the nation's most colourful festival.

Important Notes

1. CULTURE

India is a country which is very different to anything you will have experienced before. Although this means it is not the easiest place to travel, this is also what makes it so special. Pollution, poverty and the crowds can result in initial culture shock but should be seen as an exciting new challenge. During our time here we have come to love this large and wonderfully different country but we know that we should always expect to encounter some difficulties along the way.

In India there are very different attitudes to time keeping, public cleanliness, privacy and service. Trains will sometimes be late, plumbing can sometimes be temperamental and power will often just vanish. Optimistic menus turn out to have only one dish available and everyone, just everyone, will want to know your name. If you are able to travel with a lot of patience and a healthy sense of humor, then we know that you - like all of us - will be captivated by what India has to offer.

2. COMBO TRIP

This trip combines with other G Adventures tours. As such, the CEO and some group members on your tour may have previously been travelling together with G Adventures, prior to Day 1 of your tour. Likewise, the CEO and some group members may continue travelling together on another G Adventures tour after your trip concludes.

Group Leader Description

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, 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

Max 15, avg 12

Meals Included

No meals included

Meals

Eating is a big part of travelling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. 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. Vegetarians will be able to find a huge range of different foods - India is vegetarian heaven. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Train (seats), train (beds), private van, walking.

About our Transportation

TRAINS

The best way to see India is at ground level on the railway system. In fact, no visit to India would be complete without the experience of travelling on a train and negotiating the busy railway stations. The chaos in the Indian Railway stations is a replica of the life in India. Indian trains are not merely a conveyance they are an odyssey so sit back relax, be patient and enjoy the show.

G Adventures uses a combination of AC 2 tier, AC 3 tier and sleeper class (for overnight journeys) and AC Chair car or second class seats for day journeys. Indian railways operate with a centralized reservation system. This means that G Adventures cannot control how seats are assigned within a class. Despite our requests to seat the entire group together, often times seats are spread out in the coach or throughout different coaches. This is all part of the adventure that is travelling India by rail. Take advantage of the opportunity to chat with locals and remember you always have the support of your CEO.

There are no restaurant or buffet cars on Indian Railways, but on long distance trains an attendant will appear in your coach and ask you if you would like to order food. Regular stops are made at stations where food is also available and on some trains many vendors board the train selling chai, cold drinks and crisps and biscuits.

Don't expect pristine western standards anywhere in India, but you'll find AC2, AC3 and AC Chair class fairly clean by Indian standards, with both western-style and squat toilets usually in a reasonably sanitary condition. Sleeper Class and 2nd class toilets may be a different matter! Bring your own toilet paper and hand wash soap or antibacterial lotion.

Indian trains are quite safe to travel on, even for families or women travelling alone, and you are unlikely to have any problems. Having said that, theft of luggage, although rare is not unheard of, so just for peace of mind you might like to take along a chain and padlock to secure your bags (readily available at all Indian stations).

Generally, Indian Railways are very efficient, but Indian trains do run late particularly in winter time when fog is heavy, and sometimes it's hours rather than minutes. Make sure you have something to occupy your time - a good book, music, a magazine or photos of your home country and family to show the Indian travellers also waiting for the train. You should also have snacks and water for the journey.

Please note that you MUST be comfortable carrying your own luggage, as there will be a lot of up and down stairs on this trip due to the size and layout of train stations in India. Most often, you will not have access to escalators or elevators. You will also be required to carry your luggage short distances between transport start or end points and hotels.

ROAD

Traveling by road in India is certainly not what people are used to in Western countries. Rules are not always followed, drivers appear to speed, do not stay in their lanes, overtake in seemingly dangerous situations, rarely use their mirrors or driving lights at night time. The horn however is used very frequently and can range from the latest Bollywood tune to Britney Spears! In India, although the government is investing large sums of money improving the road infrastructure, there is a lot more to be

done. As a result, in India, some of the roads are poorly maintained, pot holed and uneven. This gets even more pronounced particularly during and after the monsoon. Travel time covering relatively short distances is very long in comparison to Western countries.

Solo Travellers

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

Accommodation

Hotels/guesthouses (8 nts), sleeper trains (1 nt).

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

Rooming and "My Own Room" Exceptions

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Night 4 overnight train

About Accommodation

A variety of styles of hotels/guest houses are used in India. These can vary in terms of service, efficiency and cleanliness. In many instances they might not be like what you are used to back home. Power cuts can and are a regular occurrence in many places, especially throughout North and Central India. Although a number of hotels have generators there may be times when these won't work. It is also recommended when you are in your room to lock the door, as staff will sometime enter without reason.

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

If you did not pre-book an arrival transfer through G Adventures, the best way to travel to the hotel is via taxi. There is a prepaid taxi counter in the airport operated by the Bengal Taxi Association. This can be the most convenient option for travellers as there no need undergo the protracted haggling ritual. The fare depends on the final destination and should be around 1000INR (~\$15 USD)

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

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

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

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

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

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

If your call is specifically concerning Airport Transfer complications please call our local G Adventures Transfer providers directly:

Mr. Melvin +91 8007861989 and +91 8805828544

EMERGENCY CONTACT NUMBERS

Mr. Atul Pratap +91 9326123164

Ms. Vactoria +91 9637412626

G Adventures Local Office (Delhi)

G Adventures South Asia Manager, Sorab (Delhi, India)

>From outside of India: +91 88 5180 6614

>From within Delhi: 88 5180 6614

>From within India, but outside Delhi: 088 5180 6614

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

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

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

You will be on the move a lot, so our advice is to pack as lightly as possible. We highly recommend using a backpack or whatever you find easiest to carry, plus a small daypack. Remember that luggage space on public transport is limited. You must be prepared to carry your own bags and be comfortable carrying them between transport and hotels, hopping on and off trains and public transportation, and up and down stairs.

Packing List

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, band-aids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

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

Light Hiking:

- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Sleeping bag liner/sleep sheet

Train Travel (Optional):

- Slip-on shoes
- Small container with lid
- Travel cutlery
- Travel or camp cup

Warm Weather:

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

Note: During the months of Jul-Sep is the rainy season, so please make sure to pack waterproof clothes.

Laundry

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

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 travellers must have a valid Indian visa prior to the start of their tour. Please note that visas for India are the responsibility of the individual traveller.

To obtain a visa for India, you may either apply for an e-Visa using the link below, or alternately visit the Indian embassy or consulate nearest you to apply for a physical visa on your passport.

India is now offering e-Visas for some nationalities. Please visit this link for further information, and to check if your nationality is eligible for an e-Visa: <https://indianvisaonline.gov.in/visa/tvoa.html>

As there are many fake websites, please only use the link above to apply for your e-Visa and for any additional information.

Please use the start hotel of your tour as a reference for your visa application. Contact us or your travel agent if you need further information.

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

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com As of Feb 2012 the exchange rate for INDIA was 1 USD = 49.00 INR (Indian Rupees). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

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

All departure taxes should be included in your international flight ticket.

Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people 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 or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from USD1-2 per person 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 USD20-30 per person, per week can be used.

Optional Activities

Goa

- Goa Beach Visit (5INR per person)
- Old Goa Visit (1600INR per group)

Panjim

- Panjim Visit

Kochi

- Jewish Synagogue (10INR per person)
- Kochi Spice Market
- Dutch Palace Visit

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 sometimes 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. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your 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

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.

A Couple of Rules

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

Travel Insurance

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. G Adventures can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt

of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra Foundation - the non-profit partner of G Adventures

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

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

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

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

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

Local Dress

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting small rural communities or visiting temples or mosques or other holy sites as this may restrict your entry.

India is very conservative and you should dress accordingly. As a general guideline shoulders and knees should be covered at all times. The wearing of shorts is not allowed as it will restrict your entry into buildings of a religious nature and family homes. A light water and windproof jacket is useful and a hat essential.

NB: WE STRESS THAT IT CAN BE VERY COLD IN THE HILLS DURING THE MONTHS FROM DECEMBER TO FEBRUARY.

NB: During our trip there will be many opportunities for you to meet and "talk" with locals. One way to start any conversation is with pictures. We recommend that you bring some photos/postcards of your family, home, city or country where you live, animals peculiar to your country etc.

Feedback

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

Newsletter

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

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

Minimum Age

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

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.