

North India Highlights - AHING

8 days: Delhi to Delhi

What's Included

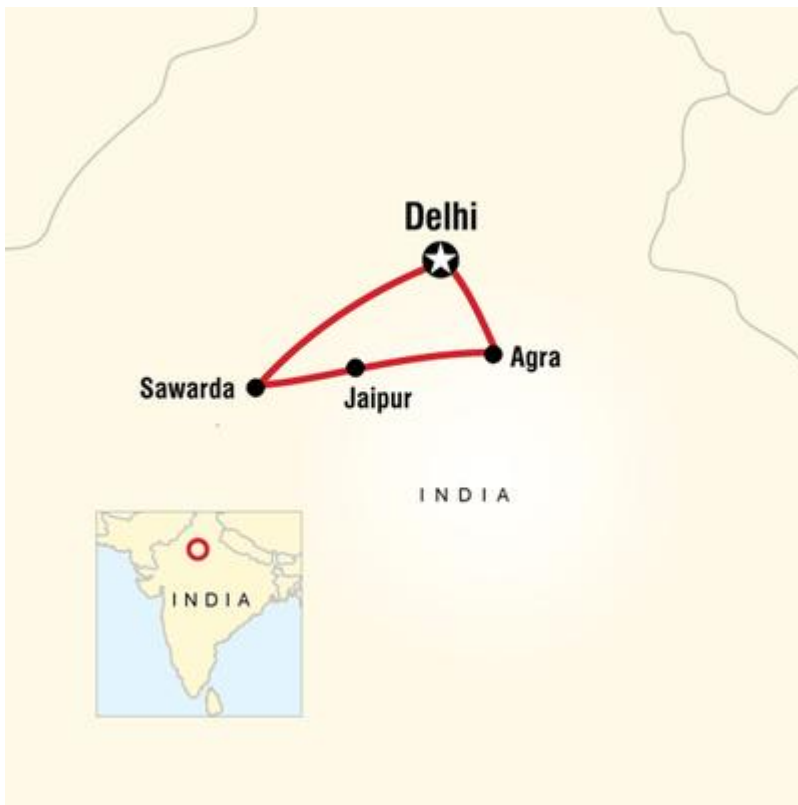
- Arrival transfer included through Women on Wheels
- Walking tour and project visit with a local guide in Delhi
- Tour of Old Delhi including Jama Masjid Mosque, Chandni Chowk market, and Gurdwara Sikh temple
- Visit the Taj Mahal, Baby Taj, and Agra Fort
- Excursion to Fatehpur Sikri and the Abhaneri step wells
- Explore Jaipur including the Amber Fort, Jaipur City Palace, and Hawa Mahal
- Talk with a local historian and scholar
- Visit the village of Sawarda and overnight in a heritage home
- Interesting articles, helpful tips, and photography advice from National Geographic before you depart
- All transport between destinations and to/from included activities

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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, 2016 - September 6th, 2018

Itinerary



Itinerary

Day 1 Delhi

Arrive at any time. Arrival transfer included through Women on Wheels, a G Adventures-supported project.

There are no planned activities until an evening welcome meeting, so check into the hotel (check-in time is 12 noon) and enjoy the city.

Women on Wheels Transfer

Indira Gandhi International Airport - Delhi 1h-1h30m

Transfer by a G Adventures-supported project, Women on Wheels. This program provides safe and reliable transport for travellers, while providing a dignified livelihood for a local woman from a resource poor community.

Arrival Day and Welcome Meeting

1h

The adventure begins tonight. Feel free to explore, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour.

Accommodation

Africa Avenue GK1 (or similar)

Hotel

Day 2 Delhi/Agra

Walk through the backstreets of Delhi with a young adult taking part in the G Adventures-supported New Delhi Streetkids Project. Later, explore Old Delhi with your CEO before an afternoon drive to Agra.

Guided Walking Tour with New Delhi Streetkids Project

Delhi 1h-2h 3-5km

Explore the streets of Delhi with an adolescent tour guide from the G Adventures-supported New Delhi Streetkids Project. As a former street child, your local guide will have a unique perspective on the city and can provide more information on the life of a child in India. The guided tour helps support the guide's college or university tuition.

Old Delhi Guided Walk

Delhi 1h

Visit historic Old Delhi through this guided walk. Explore Jama Masjid, the "Great Mosque," and enjoy its massive courtyard, which can hold up to 25,000 worshippers. Pick up trinkets and textiles or do some window shopping at Chandni Chowk market. Visit the ancient Sikh temple of Gurdwara SisGanj, which was established in 1783.

Private Vehicle

Delhi - Agra 3h-4h 200km

Stretch out and scan the scenery from the comfort of a private ride.

Accommodation

Hotel Utkarsh Vilas (or similar)

Hotel

Meals included: Breakfast

Day 3 Agra

Spend the day visiting the highlights of the walled city of Agra including the famed Taj Mahal, Baby Taj, and Agra Fort.

Taj Mahal Visit

Taj Mahal

Cross one off your bucket list as you visit one of the Seven Wonders of the World. Explore the gorgeous white marble mausoleum, built by the Mughal Emperor Shah Jahan as a testament of his love for his favorite wife, Mumtaz Mahal.

Baby Taj Visit

Agra

Visit this mausoleum that looks like a jewel box, built before the Taj Mahal by Queen Nur Jahan for her father. Enjoy the intricate details of the structure; it was the first Mughal building faced with white marble and where "pietra dura" (precious stones inlaid into marble) was first used.

Agra Fort Visit

Agra 1h-3h

Enjoy your visit to this impressive Mughal fort made of red sandstone and white marble.

Accommodation

Hotel Utkarsh Vilas (or similar)

Hotel

Meals included: Breakfast

Day 4 Agra/Jaipur

Drive to Jaipur, visiting the deserted Mughal city of Fatehpur Sikri and the village of Abhaneri, which has one of India's deepest and largest stepwells (tank gardens).

Private Vehicle

Agra - Jaipur 5h-6h 240km

Stretch out and scan the scenery from the comfort of a private ride.

Fatehpur Sikri Visit

Fatehpur Sikri

Explore the magnificent red sandstone fort city that was once the capital of India's Mughal Empire and is a UNESCO World Heritage site. Keep an eye out for elements of different religions, as King Akbar built three palaces for each of his favorite wives--a Hindu, a Muslim, and a Christian--in the city.

Abhaneri Stepwell Visit

Abhaneri 30m-1h

Walk around the amazing Chand Baori, a tenth century water tank that's an impressive 6.1m (2 ft) deep. Learn about ancient Indian environmentalism--a "baori" is a unique Indian invention for harvesting rainwater.

Accommodation

Hotel Libra (or similar)

Hotel

Meals included: Breakfast

Day 5 Jaipur

Explore the "Pink City," known also as Jaipur, including the Amber Fort, City Palace, and the Hawa Mahal (Palace of the Winds). Listen to a local historian/scholar discuss the spirituality, social fabric, customs and traditions of India.

Consider treating yourself to a night at the cinema. Going to see a Bollywood film in India is much more than what we are accustomed to in the west. The atmosphere, energy, and pure fun (not to mention volume!) has to be experienced to be believed.

Amber Fort Visit

Jaipur

Enjoy the Hindu and Muslim architecture of the beautiful Amber Fort.

City Palace Visit

Jaipur 1h

Explore the courtyards, gardens, and buildings that make up the City Palace. Located in the heart of the Old City, it is a striking blend of Mughal and Rajasthani architecture. Visit the palace's museum to look at ancient carriages and the former maharaja's gold-embroidered wedding outfit.

Meet a Local Historian

Jaipur

In Jaipur, known as the "Pink City," meet with a local historian and sociology scholar to learn about India's complex social fabric and traditions, and discuss a range of topics from the country's belief systems to its architecture.

Optional Activities

Raj Mandir Cinema and Movie

Jaipur

150INR per person

Visit this spectacular cinema and watch a song-and-dance Bollywood film.

Accommodation

Hotel Libra (or similar)

Hotel

Meals included: Breakfast

Day 6 Jaipur/Sawarda

Drive to the rural village of Sawarda where we stay in a heritage home. Exploring this traditional village is like stepping back in time. Walk and meet with elders, teachers and elected representatives of the village governing council, called the Panchayat. Topics of discussion include: how urbanization affects village life, information technology and modernization and its benefits and disadvantages, as well as simple village customs and traditions.

The village is about 60km (37 mi) from Jaipur and has beautiful temples dedicated to different religions, including a unique sikh temple. The residents of the village are still involved in traditional commercial activities. You'll see pottery wheels, silversmiths, cobblers, traditional huts, old temples, and small stepwells.

Private Vehicle

Jaipur - Sawarda 1h55km

Stretch out and scan the scenery from the comfort of a private ride.

Local Village Immersion

Sawarda

Step back in time and explore the traditional village of Sawarda to get a glimpse of life in rural India. On our walk we meet elders, teachers and elected representatives of the village governing council, called the Panchayat. Topics of discussion include how urbanization affect village life, information technology, and modernization in its benefits and disadvantages, as well as simple village

customs and traditions.

Accommodation

Sawarda Palace (or similar)

Hotel

Meals included: Breakfast | Dinner

Day 7 Sawarda/Delhi

Drive back to bustling Delhi. Opt to join the CEO for a group dinner.

Private Vehicle

Sawarda - Delhi 6h310km

Stretch out and scan the scenery from the comfort of a private ride.

Accommodation

Africa Avenue GK1 (or similar)

Hotel

Meals included: Breakfast

Day 8 Delhi

Depart at any time.

Departure Day

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

Meals included: Breakfast

What's Included

Arrival transfer included through Women on Wheels. Walking tour and project visit with a local guide in Delhi. Tour of Old Delhi including Jama Masjid Mosque, Chandni Chowk market, and Gurduwara Sikh temple. Visit the Taj Mahal, Baby Taj, and Agra Fort. Excursion to Fatehpur Sikri and the Abhaneri step wells. Explore Jaipur including the Amber Fort, Jaipur City Palace, and Hawa Mahal. Talk with a local historian and scholar. Visit the village of Sawarda and overnight in a heritage home. Interesting articles, helpful tips, and photography advice from National Geographic before you depart. All transport between destinations and to/from included activities.

Highlights

Delve into ancient and modern India with a local guide, Walk Delhi's backstreets and support a street kids' rehabilitation project, Step back in time at historical forts and palaces, Connect with history during a night at a heritage village home, Marvel at the grand Taj Mahal and all its glory

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will

take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

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

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 humour, then we know that you - like all of us - will be captivated by what India has to offer.

2. COMBO TRIP

Please note that this tour combines with other tours. As such, the staff and some travel companions on your tour may have previously been traveling together, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another 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 16, Avg 10

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

Van, bus, auto-rickshaw, cycle-rickshaw, walking.

About our Transportation

ROAD

Road travel 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, and rarely use their mirrors or driving lights at night. The horn however is used frequently and can range from the latest Bollywood tune to Britney Spears! Although the government is investing large sums of money to improve the road infrastructure, there is a lot more to be done. As a result some of the roads are poorly maintained, pot holed and uneven. This gets even more pronounced particularly during and after the monsoon. Travel time is very long in comparison to Western countries and short distances can take much longer than at home. You have the comfort of an air-conditioned Private vehicle, but be prepared to take an odd ride in a local transport for the experience.

Local Flights

There are no flights on this tour.

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 (6 nts), heritage hotel (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

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

Hotel Africa Avenue GK 1
Branch - B - 104
Greater Kailash - 1
Delhi
Delhi
India
011-49037777

Please note that the departure on February 21, 2016 will start at the following hotel:

Hotel Madhuban
Address: B-71, GREATER KAILASH-1, New Delhi, Delhi 110048, India
Phone: +91 11 4985 4985

Joining Instructions

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior to the tour, and provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

The transfer is operated by our G Adventures-supported project Women on Wheels. This program provides safe and reliable transport for travellers, while providing a dignified livelihood for a local woman from a resource poor community. You will be greeted by a trained driver from the project with a National Geographic Journeys sign with your name on it. Please check carefully once you exit the baggage hall as there seem to be hundreds of people waiting outside in the arrival area. If you have any questions, please feel free to call our transfer representatives in Delhi. Our airport representatives can be reached at +919599193260 or +919599051397, or contact the Sakha Call Centre at +919278708888.

Your CEO will contact you at the hotel on Day 1 and make sure you are settled comfortably. If you arrive late, they will leave you a message detailing what time and where you should meet the next morning. Your CEO will organize a short meeting soon after arrival, during which you will meet other tour participants and receive some general and specific information about aspects of the trip.

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 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 CEO, please refer to our emergency contact details. If you have pre-booked an airport transfer and 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 at: New Delhi Airport:

Sakha Call Center

From outside India: +91 9278708888

From within Delhi: 9278708888

From outside Delhi: 09278708888

Airport Representative

From outside India: +919599193260 or +919599051397

From within Delhi: 9599193260 or 9599051397

From outside Delhi: 09599193260 or 09599051397

EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Delhi)

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

Emergency number:

From outside of India: +91 99 7179 5447

From within Delhi: 99 7179 5447

From within India, but outside Delhi: 099 7179 5447

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 24 hour Sales team, who will happily assist you.

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

Calls from UK: 0844 272 0000

Calls from Germany: 01805 70 90 30 00

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

We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

Checklist

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- Debit or credit card
- Cash in USD
- G Adventures vouchers, pre-departure information and - Required visas or vaccination certificates
- Day pack for daily personal items
- Locks for bags
- Antibacterial wipes / gel
- Sunblock/Sun hat
- Sunglasses
- Alarm Clock
- Insect Repellent
- Flashlight
- Toiletries
- Reusable water bottle
- Ear plugs
- Small towel
- Money belt
- Sturdy walking shoes/Sport sandals
- Shirts/T-shirts
- Shorts
- Nicer outfit for an evening out
- Camera
- Waterproof backpack cover
- Umbrella
- Rain jacket or poncho
- Reading/writing material
- First-aid kit
- Binoculars
- Pocketknife
- Rehydration powder
- Long pants/jeans
- Long-sleeved shirts or sweater
- Thermal base layer

* Note: During the colder months (Oct-Apr) the mountains can be very cold, so please make sure you pack warm 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

Please note that visas for India are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. For the most up to date information please check your government's foreign ministry website or with your travel agent as rules do change. It is important that you check for yourself. For most travellers there will probably have an embassy and consulate in the country that you live in.

Standard Indian tourist visas are good for 6 months with multiple entry and exits. VISA IS NOT AVAILABLE AT PORT OF ENTRY AND must be obtained in advance.

For nationals of Afghanistan, China, Iran, Iraq, Pakistan, Sudan and Bangladesh if you are planning on entering India multiple times in a two month period will need to get special authorization.

a) If you are already in India you must register with FRRO (Foreign Regional Registration office).

b) If you are still outside of India you must advise consulate or embassy at time of visa application of your plans. You will need to provide supporting documents which includes airline tickets.

Detailed Trip Notes

In India English is widely spoken and transportation and infrastructure is good, but please remember that this is India- expect the unexpected! If you are able to bring with you a lot of patience, a great sense of humour and a willingness to try and interact with the local people, your travel experience will be greatly enhanced.

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

We suggest you bring along USD70 for additional sightseeing including

Delhi - Red Fort - INR100

Delhi - Humayuns Tomb - INR250

Agra - Akbar's Mausoleum - INR235

Agra - I'timad-ud-Daulah (Baby Taj) - INR100

Agra - Nature Park - INR50

Jaipur - Raj Mandir Cinema - INR90

Jaipur - Jantar Mantar (Observatory) - INR100

All prices are per person (unless stated otherwise), and are subject to change as services are provided by third party operators.

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 CEOs 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 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/

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.

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

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-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our G Adventures for Good projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

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 customerservice@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.

Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.