

Mont Blanc Explorer - EFME

8 days: Chamonix to Chamonix

What's Included

- Your Welcome Moment: Meet Your CEO and Group
- Four mountain walks led by an International Mountain Leader (IML)
- 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 June 17th, 2020 and onwards

Itinerary Notes

Looking to book an arrival transfer from the Geneva Airport to your joining hotel in Chamonix? See the Joining Instructions section of the Tour Details page for more information. Please note that for departures during June there may be variations on this itinerary, depending on season & weather conditions. There have been unseasonably heavy snows in the region, so there may be changes to this itinerary. Our expert CEOs will always put your safety first and in extreme cases of heavy rain, storms or snow, they may cancel a days activity at their discretion. An alternative will be offered where possible to do so.

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 Chamonix

Arrive at any time.

Today is arrival day, so there are no planned activities and you may arrive at any time throughout the day (please note that check-in at the hotel is usually around 2-3pm). After the meeting, choose to join your CEO and travel companions for an optional dinner in a local restaurant.

The lovely hotel in the centre of Chamonix has everything we need to enjoy the area and get a good rest before and after our hikes. The interior of the hotels are all in wood, giving them a very typical alpine atmosphere.

In the evening, we have our first opportunity to try some alpine specialties in a typical restaurant. It will be hard to choose from such delights as cheese fondue, tartiflette, or raclette, perhaps accompanied by some famous "Vin de Savoie" wine.

Look out for a message from your CEO at the hotel reception detailing the time and location for an important meeting in the evening, during which you will meet your CEO and fellow group members, as well as complete some admin and learn more about the trip. If you arrive late, no worries, your CEO will leave you a message about where they can be contacted and when to meet the following morning.

Your Welcome Moment: Meet Your CEO and Group

Evening

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

Accommodation

Pointe Isabelle (or similar)

Hotel

Day 2 Chamonix

Enjoy a full-day hike into the Chamonix Valley's L'Aiguillette des Posettes trail.

Today we head out for our first hike. With splendid views across the Chamonix valley, the L'Aiguillette des Posettes trail takes us through alpine forests dotted with impressive rock formations. Take in the picturesque sight of Mont Blanc along the way.

Hiking the Chamonix Valley

L'Aiguillette des Posettes 6h-7h Full Day 8km

Today we will head out in the Chamonix valley for our first hike. We will hike up the steep-sided valley for splendid views across to the peaks and glaciers. The ascents and descents on this day are quite long but the ground is relatively easy. We gain height gently in switchbacks, on a narrow trail across mountain turf and rock. There are superb views across to Mont Blanc, and the relatively easy ground underfoot make this an easier day than the elevation gain may at first suggest. Please note the hike can change depending on weather conditions.

Elevation gain: 850m (2,788 ft). Highest elevation: 2,201m (7,221 ft).

Meals included: Breakfast

Accommodation

Pointe Isabelle (or similar)

Hotel

Day 3 Chamonix

Enjoy a free day to explore. Opt to take a breathtaking cable car ride up the Aiguille du Midi pinnacle, visit the Mer de Glace, take a walk through the Ice Cave, or go for a dip in the local thermal spa.

Taking a break from our walking, we'll spend today exploring the Chamonix region with various optional activities to suit everyone's interests. Why not take a recommended cable car ride up the famous Aiguille du Midi and across the glaciers to Punta Helbronner in Italy? Or if you want some excitement, opt to join a rafting trip, or go parapenting - these activities are available and bookable locally and your CEO will have suggestions for where to do this.

For a more relaxing day, you can choose to stay at resort level and enjoy some local hikes in the area or perhaps visit the local leisure centre.

One good hike in the area starts in Les Praz by the pretty medieval church.

Don't miss the chance to try some of the local specialty food that this region is famous for in one of the town's many excellent bars and restaurants!

Free Time

Chamonix Full Day

The perfect location for some down time, the Alps are right on your doorstep today. Relax and enjoy the mountain scenery or explore the area around Chamonix.

Optional Activities - Day 3

Aiguille du Midi Cable Car

Aiguille du Midi

62EUR per person

Enjoy a cable car ride up the famous Aiguille du Midi -- it once held the title of the world's highest cable car. Enjoy the ride with stunning views from 1,035m (3,396 ft) to 3,842m (12,605 ft) -- It still holds the record as the highest vertical ascent cable car in the world.

Le Praz Hike

Chamonix

Walk through shady woods and along the tumbling glacial waters of the River Arve to Argentiere. Enjoy a stop at one of the cafes before catching the local bus back to Chamonix. (Height gain approx 300m/984 ft).

Rafting Trip

Chamonix

38-130EUR per person

Enjoy a rafting trip in the Chamonix area, a renowned rafting territory. With areas of varying difficulties, this river offers an opportunity for both beginners and experienced rafters.

Meals included: Breakfast

Accommodation

Pointe Isabelle (or similar)

Hotel

Day 4 Chamonix/Courmayeur

Set out on a full-day walk and arrive in Val Veny. Take in the amazing panoramic view of the surrounding landscapes, including a view of the Italian side of Mont Blanc.

We travel this morning through the Mont Blanc Tunnel, crossing the Italian border to the town of Courmayeur. Here we will drop off our bags and head out for a day hike in Val Veny, with spectacular views up the valley.

Our hotel in Courmayeur is cosy and atmospheric, a traditional Aosta Valley structure with ample recreational space, including an outdoor terrace and garden for soaking up some of the mountain sunshine in the summer months.

Private Vehicle

Chamonix - Courmayeur 30m

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

Val Veny Hike

Courmayeur 5h-8h 10-13km

Explore magnificent and wild Val Veny and enjoy some superb views of Mont Blanc and the Brenva glacier. There are a couple of options for more challenging hikes if some of the group want to take them.

Elevation gain: 820m (2,706 ft). Highest elevation: 2,020m (6,627 ft).

Meals included: Breakfast

Accommodation

Hotel Cristallo (or similar)

Hotel

Day 5 Courmayeur

Enjoy a free day to explore Courmayeur. Opt to take a spectacular cable car ride to Pointe Helbronner or enjoy a day of relaxation at the Pré St Didier spa.

Enjoy a free day in the Courmayeur region to take advantage of some optional activities, such as taking a bus to La Palud, followed by a magnificent cable car ride to Pointe Helbronner and back. Your CEO will let you know more about other options such as mountain biking, hiking, a day visit to the town of Aosta, or a bit of indulgent relaxation at the wonderful Pré St Didier Spa.

Free Time

Courmayeur Full Day

Explore and enjoy the delightful mountain town of Courmayeur -- wander the cobbled streets and stop off at some of the markets.

Optional Activities - Day 5

Cable Car Ride to Pointe Helbronner

Courmayeur

52EUR per person

Enjoy a magnificent cable car ride to Pointe Helbronner and back -- the views are stunning.

Pré Saint Didier Spa

Pré-Saint-Didier

52EUR per person

Indulge in some relaxation at this wonderful spa, in place since 1800.

Aosta Visit

Aosta 5h-6h

7EUR per person

Get to know this charming bilingual city nestled in the Italian Alps. It offers many sights to explore, including the ancient town walls of Augusta Prætoria Salassorum, still preserved almost in their entirety, and an ancient Roman amphitheatre.

Mountain Biking

Courmayeur

Hop on a bike and enjoy the challenging ride, with some steep inclines and spectacular views.

Meals included: Breakfast

Accommodation

Hotel Cristallo (or similar)

Hotel

Day 6 Courmayeur

Enjoy a day walk in the Val Ferret for fabulous views of the Italian side of Mont Blanc. Descend via the village of Planpincieux.

It's another walking day today as we stretch our legs on a fabulous route, setting off up the steep winding path into the Val Ferret and then around the flank of the hillside to where a magnificent panoramic view of Mont Blanc awaits.

Day Walk through Val Ferret

Courmayeur 5h-7h Full Day 10-16km

Walk to the village of Villair from Courmayeur and up a zig-zag path (steep at times) to Rifugio Bertone, a mountain hut situated high above the Courmayeur Valley, where we stop for a refreshing cold drink. The path then contours around the flank of the Mont de la Saxe, where we enjoy a picnic lunch at an elevation of 2,000m (6,561 ft), with magnificent views onto the south face of Mont Blanc. The spring flowers on this route are absolutely superb. Descend to the Planpincieux valley.

Elevation gain: 776m (2,546 ft). Highest elevation: 2,000m (6,561 ft).

Private Vehicle

Val Ferret - Courmayeur

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

Meals included: Breakfast

Accommodation

Hotel Cristallo (or similar)

Hotel

Day 7 Courmayeur/Chamonix

Travel to Les Praz. Enjoy a day hike with views of Glacier d'Argentière, Pic du Midi, and Mont Blanc. In the evening, return to Chamonix.

This morning, travel from Courmayeur back to Chamonix. Hike all day above the Chamonix valley for magnificent views of the Grandes Jorasses, the Dru, and the Mer de Glace glacier.

In the evening, try out a local Chamonix brewery for a farewell hearty dinner and a pint of lager made from glacial fed water!

Hiking the Chamonix Valley

Les Praz-de-Chamonix - Plan Praz 6-15km

Walk up a zig-zag trail through trees to La Flegere. Then continue the hike in true mountain terrain at 1850-2000m with some steep steps up/down and some boulder fields. From Plan Praz descend to Chamonix by a scenic cable car. It's a tough day of hiking, but the views are extremely rewarding.

Elevation gain: up to 1,080m (3,543 ft). Highest elevation: 2,021m (6,630 ft).

Private Vehicle

Courmayeur - Chamonix 30m

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

Meals included: Breakfast

Accommodation

Pointe Isabelle (or similar)

Hotel

Day 8 Chamonix

Depart at any time.

Departure Day

Full Day

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

Meals included: Breakfast

What's Included

Your Welcome Moment: Meet Your CEO and Group. Four mountain walks led by an International Mountain Leader (IML). All transport between destinations and to/from included activities.

Highlights

Marvel at Mont Blanc massif from France and Italy, hike along stunning Alpine trails, spend evenings relaxing in quaint villages

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.

Itinerary Notes

Looking to book an arrival transfer from the Geneva Airport to your joining hotel in Chamonix? See the Joining Instructions section of the Tour Details page for more information.

Please note that for departures during June there may be variations on this itinerary, depending on season & weather conditions. There have been unseasonably heavy snows in the region, so there may be changes to this itinerary. Our expert CEOs will always put your safety first and in extreme cases of heavy rain, storms or snow, they may cancel a days activity at their discretion. An alternative will be offered where possible to do so.

Important Notes

1) While the hikes on this trip are all day hikes and you need carry no more than a small daypack, this is still an alpine environment. The walks involve ascents and descents of up to 900m (3000ft) sometimes over rough and steep ground. Good fitness and a familiarity with mountain hiking will help you get the most out of this trip.

2) The route outlined in this itinerary is weather dependent, and you will need to be prepared for unpredictable mountain weather. In the case of poor weather conditions your CEO will re-route your path while maintaining effort to keep as close to the planned itinerary as possible.

3) You will require good well-broken-in walking boots and waterproofs.

Please note that Hotel Chamonix is affiliated with the nearby Hotel Crete Blanche and that in some cases the group could be divided between the two hotels.

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

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

Private vehicle, walking.

About our Transportation

On this trip, we will be travelling between walks and hotels by private vehicle. There are some optional cable car rides in the area as well.

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.

Note that most accommodation in Europe does not have air conditioning units in rooms. Air conditioning is not routinely installed in European homes and workplaces. However, nearly all hotels will provide a standing or desk fan for your room on hot nights. If you do not already have one in your room, please ask your CEO to organize one for you with reception.

The interior of the hotels are all in wood, giving them a very typical Alpine atmosphere. Our hotel in Courmayeur is similarly cosy and atmospheric, a traditional Aosta Valley structure with wooden features, ample recreational space including an outdoor terrace and garden for soaking up some of the mountain sunshine in the summer months.

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), please make your way to the joining hotel (note that check-in time will be in the afternoon). Once you arrive at the hotel, look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

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

To arrange arrival and departure transfers between the Geneva Airport and the hotel in Chamonix, please use the following link:

<http://gadventures.cvt.ski/transfers/>

We advise that you book both your arrival and departure transfers in advance. Please make sure you have the following TRAVEL 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

Alternate to transfer company:

A public bus runs 4 times per day between GVA airport & Chamonix. Cost is 19 EUR each way. See www.ouibus.com for more information.

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

EMERGENCY CONTACT NUMBERS

G Adventures London office: +447817262559

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1300 796 618

Calls from New Zealand: 0800 333 307

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

What to Take

Please note that this trip is rated Physical Grade 4. Passenger luggage will be stored at the base hotel in Chamonix, but smaller day packs can be carried during the hiking excursions. Please see the equipment list for essential information on what to take. Please refer to the "Essentials" list for general packing items, and the "Mont Blanc Trekking" list for items specific to the trek.

Packing List

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Required visas or vaccination certificates (required) (With photocopies)
- Vouchers and pre-departure information (required)

Essentials:

- 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
- Toiletries (Preferably biodegradable)
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (required)
- Hand sanitizer (required)
- Pen (Please bring your own pen for filling out documents.)

- Quick Covid Test/Antigen Test
- Rubber gloves

Mont Blanc Explorer:

- Day pack (required) (Max 40 litres capacity - it is essential to pack light as you will be carrying your own gear.)
- Hiking boots (required) (We recommend hiking boots instead of hiking shoes, as boots provide better ankle support on rough terrain and protection from snow early in the season.)
- Quick-dry socks (required) (Trekking socks (woollen or synthetic, not cotton). We recommend packing 2-3 pairs.)
- Rain gear (required) (Jacket and pants, must be windproof and waterproof. We recommend using a jacket with a hood made of Gortex or similar fabric, and advise against bringing pac-a-macs or ponchos.)
- Clothing (We recommend bringing 1 outfit to wear during the evenings and days off, preferably lightweight top and bottoms.)
- Fleece jacket or warm layer
- Gloves (We recommend packing warm gloves in case of cold and wet weather.)
- Hat (For cool weather, a warm beanie is most appropriate. For sunny weather, a wide brimmed hat or cap. We recommend preparing for both weather conditions.)
- Hiking pants (Convertible/Zip-off and quick dry recommended. We recommend 2 pairs of trousers, and 1 pair of shorts.)
- Lightweight wicking shirts
- Long-sleeved shirt for hiking
- Pack liners to waterproof bags (A rucksack liner or large Ziploc bags/dry bag(s) to keep clothes and equipment dry inside your backpack in case of rain.)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets. You will be able to purchase these along the way.)
- Thermal base layer (Woollen or synthetic, not cotton.)

Note: This is a mountain trek going up to over 2500m/8000ft, therefore it is important that hikers are prepared for changing weather conditions (especially in the June and September).

When choosing your gear please bear in mind that the best clothing for trekking is either wool or synthetic materials, as these are quick-drying and can keep heat in better. The optimum clothing system for trekking is layering, as it allows for easy temperature regulation as you ascend or descend. We suggest a base-layer, then a mid-layer such as a sweater, followed by a fleece jacket or similar, then a windproof and waterproof jacket. For your bottom half, thermal underwear, hiking pants then windproof and waterproof layers are recommended.

Hiking poles are strongly recommended, especially for departures in June and early in the season. Hiking gear is not available for rent in Chamonix. If you require additional items (poles, rain gear etc.) it may be purchased.

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

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

Aiguille du Midi

- Aiguille du Midi Cable Car (62EUR per person)

Chamonix

- Le Praz Hike

- Rafting Trip (38-130EUR per person)

Courmayeur

- Mountain Biking

- Cable Car Ride to Pointe Helbronner (52EUR per person)

Aosta

- Aosta Visit (7EUR per person)

Pré-Saint-Didier

- Pré Saint Didier Spa (52EUR 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 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.

Please note your Adventure travels to high altitude. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician.

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/

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: 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 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.

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.