

**Join the Yeaw EBC Trip
on a private, small-group journey to the
Everest Base Camp Trek
15-Day Kathmandu to Kathmandu
May 21 – June 4, 2017**

\$1499 per person including taxes*
Maximum # of travelers – 14 persons

Everest is more than a mountain and the journey to its base camp is more than just a trek. Along a route dubbed by some as “the steps to heaven,” every bend in the trail provides another photo opportunity – beautiful forests, Sherpa villages, glacial moraines, and foothills. For active adventurers not afraid to break a sweat, our full trekking support staff will bring you close to local cultures before opening a window to the top of the world.

Roundtrip airfare from the US to Kathmandu and mandatory travel insurance not included. Please note that we will be providing a price for group airfare and insurance beginning in July 2016 at which time an air deposit will be due and payable

MONTHLY PAYMENTS CAN BE MADE ON THIS TRIP WITH A \$250.00 DEPOSIT



IS THIS TRIP RIGHT FOR ME?

Travel Style: Active

Hiking, trekking, biking, rafting, and kayaking adventures all over the world, made for outdoor types.

Service Level: Basic

Simple and clean hotels and hostels; affordable public and private transport; lots of optional activities.

Physical Rating: Challenging

Serious high-altitude hikes, cycling, or other instances of heavy exercise. Come prepared to sweat a bit.

Trip Type: Small Group

Small group experience; Max 14 persons

Age requirement: 12+

All travelers under age 18 must be accompanied by an adult.



FULL ITINERARY

May 21, 2017 **Kathmandu**

Arrive on our group flight from the USA.

Arrival Day and Welcome Meeting

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.

May 22, 2017 **Kathmandu/Phakding**

Mountain flight to Lukla, trek to Phakding.

The mountain flight into Lukla is spectacular and the landing an exciting beginning to the trek – one end of the runway is 60m (197ft) higher than the other.

Once in Lukla, head through pine and cedar woods along the Dudh Kosi to Phakding. Spend the next three nights trekking in the area and acclimatizing in preparation for heading to base camp. This is a challenging trip and involves difficult trekking at high altitudes but the whole experience is simply awe-inspiring!

Plane

Kathmandu – Lukla 45m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Everest Base Camp Trek – Lukla – Phakding

In Lukla, meet up with sherpa guides and porters before heading off on the trek towards Phakding. Follow the Dudh Kosi, the river that flows down from the Himalayas, crossing hanging bridges along the way. Pass camps and keep an eye out for the mani stones, which boulders carved with Buddhist inscriptions. Elevation: 2652m

May 23, 2017 **Phakding/Namche Bazaar**

Spend two nights in Namche acclimatizing for the trek.

An acclimatisation day allows for an excursion to Thame and Khumjung, the green village.

Namche Bazaar

Spend a day in Namche Bazaar acclimatizing to the altitude. There are also treks to the surrounding villages of Thame and Khumjung; these short day walks are designed to give us time to get used to high-altitude trekking. Keep your eyes open – this is the first opportunity to catch a glimpse of the peak of awesome Mt. Everest, the highest mountain in the world. Elevation: 3440m



May 24, 2017 **Namche Bazaar**

An acclimatisation day allows for an excursion to Thame and Khumjung, the green village.

Spend a day in Namche Bazaar acclimatising to the altitude. There are also treks to the surrounding villages of Thame and Khumjung; these short day walks are designed to give us time to get used to high-altitude trekking. Keep your eyes open — this is the first opportunity to catch a glimpse of the peak of awesome Mt. Everest, the highest mountain in the world. Elevation: 3440m

May 25, 2017 **Namche Bazaar/Thyāngboche**

Set out on a 6–7 hr trek through woods and rhododendron forests before arriving in Tengboche.

The route from Namche to Tengboche route is unbelievably beautiful – the Dudh Kosi is far below and Thamserku, Kantega, Ama Dablam, Lhotse, and Everest rise in front. Woods, rhododendron forests, mani walls, chorten (stupas), and suspension bridges across the river make this a lovely walk. Elevation: 3810m

May 26, 2017 **Thyāngboche/Dingboche**

Trek to Dingboche where we have time to acclimatize.

Stone steps lead down through rhododendrons, birches, and conifers where, due to the hunting ban, almost tame pheasants are regularly seen. At the bottom lies the small village of Deboche and its nunnery. Rising above the tree line, the trail enters alpine meadows of scrub juniper and, in summer, a profusion of wild flowers. From Dingboche, the only place in the region where barley is grown, the mountain views are outstanding. Elevation: 4410m

May 27, 2017 **Dingboche**

This is an acclimatisation day. Opt to hike to Chhukung or Nagarzhang Peak.

An acclimatisation day here can be used to hike up the Imja Khola to Chhukung or Nagarzhang Peak, a small summer settlement from where stunning views of Island Peak, Lhotse, Ama Dablam, and the fluted ice walls flanking the Amphu Lapcha pass can be seen. These views are one of the highlights of the entire trek.

Acclimatisation Day

Enjoy some time away from the trek to adjust to the higher altitude. Take it easy, enjoy the scenery, drink plenty of fluids, and prepare for the next day's hiking.

Optional Activities

Chhukung Hike

Enjoy an optional trek to Chhukung and take in the wonderful scenery as you hike.



May 28, 2017 Dingboche/Lobuche

Hike along the Khumbu Glacier to reach Lobuche, which has spectacular views of Nuptse.

The ascent towards Everest Base Camp continues through Alpine meadows and summer yak pastures towards the end of the moraine of the Khumbu Glacier. At the moraine, there are stone monuments to six sherpas who died in avalanche, as well as monuments to other climbers. From here, it is a steep, tough climb towards the village of Gorak Shep. Continue on towards Lobuche, where the view is straight towards Nuptse and the sunset is truly magnificent. Elevation: 4900m

May 29, 2017 Lobuche/Gorak Shep

Today includes a challenging climb past the Khumbu Glacier, arriving in Nuptse. We'll cross the Changri Glacier to Gorakshep, and then enjoy the highlight of reaching Everest Base Camp.

The higher altitude makes this day's trekking quite challenging. The Changri Glacier looms ahead as the trek heads for Gorakshep, a small, usually frozen, lake, by lunchtime. Relax and get adjusted to the altitude before the attempt to reach Everest Base Camp. Elevation: 5184m

After lunch, trek to Everest Base Camp. The route follows the Khumbu Glacier with its intriguing 15m (49ft)-high seraces of ice, a feature unique to Himalayan glaciers. Return to Gorakshep for an overnight stay. Elevation: 5300m

May 30, 2017 Gorak Shep/Pheriche

Enjoy an early morning trek to Kala Pattar for sunrise views of Everest. Descend to Pheriche.

Try to see a different view of Everest today, with a trek up to Kala Pattar. Known to have the best views of Everest, this is a challenging trek, but worth it on a clear day.

Kala Pattar – Pheriche

Begin the descent from Kala Pattar, heading for Pheriche. This is not the most challenging of hikes, but the altitude can make the many uphill sections below Gorakshep seem tough. Stop to look around; the views are quite spectacular. Elevation: 4270m

May 31, 2017 Pheriche/Thyāngboche

Descend through Pangboche, with its great gumpa, to Tengboche.

Descend the Imja Khola past Pangboche, the highest permanent settlement in the region. Its gumpa, the oldest in Khumbu, is built over the hermitage of Khumbu's saint, Lama Sanga Dorje. The juniper trees on either side are said to have sprung from hair cut from his head, and a rock-like projection is said to be a piece of mountainside he pulled out for protection one day. Elevation: 3840m



June 1, 2017 Thyāngboche/Monjo

Continue our descent, staying in the small village of Monjo for the evening.
Continue the downhill descent from Thyāngboche, heading for Monjo. Follow the ascents and descents on the path and enjoy the view. Elevation: 2835m

June 2, 2017 Monjo/Lukla

The final day of our trek takes us back to Lukla, where we have a chance to relax after the rigorous adventure we just undertook. Elevation: 2860m

June 3, 2017 Lukla/Kathmandu

Fly to Kathmandu.

We take the short flight back to Kathmandu, where the rest of the day is free for shopping, sightseeing, or relaxing in one of the many rooftop cafés.

June 4, 2017 Kathmandu

Depart on our group flight back to the USA.



ALL OF THE OTHER INFORMATION YOU WANT TO KNOW

What's Included

- English-speaking local guide and assistants for the trek.
- Porters included on the trek.
- Trekking to Everest Base Camp.
- Internal flights
- Accommodations as stated in the itinerary
- Meals as stated in the itinerary
- All transport between destinations and to/from included activities

What's Not Included

- International Airfare from US – Kathmandu (group flights will be available beginning July 2016)
- Mandatory Travel Insurance – group pricing will be available beginning July 2016)

Important Notes

1. Weather conditions in the Himalayas can change rapidly and our CEO may be forced to change the trip itinerary accordingly. Travelers need to be prepared for all weather conditions. For more information please read the “what to take” section of this trip notes.
2. While our itineraries are designed to allow for adequate acclimatisation you are likely to feel the effects of altitude sickness and oxygen deprivation whilst on this trek. Please be aware that your CEO may deem it unsafe for you to continue trekking at any time, and arrange for you to descend to a lower attitude.

At certain times of year, the weather in the Himalayas can be unpredictable due to the mountainous location. This can mean that the flight to and from Lukla airport is not always possible. In order to be sure that you can make your trek or your return flight from Kathmandu, it may be necessary to make this flight by helicopter, at your own expense. Please keep approximately USD 500 (one way) accessible in case this rare emergency arises.

Group Leader Description

All of our 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 traveling 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.



Meals

Eating is a big part of traveling. Traveling with us, 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 favorite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. Your meal budget for this trip is estimated at \$360 – \$500.

Transport

Plane, bus, walking.

Local Flights

All local flights are **included** in the cost of your tour 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 Travelers

Single travelers joining this trip will be paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. No single accommodations are available for this trek.

Accommodations

Hotels/guesthouses (2 nts), teahouse lodges (12 nts).

About Accommodations

A Tea House is the combination of guest house, restaurant, and social hang out. Private rooms are available in most Tea Houses, except for high altitudes ones where it will be just dormitories. The lodges are fairly basic. The rooms are spare with twin beds and very little additional furniture. Blankets are generally provided. Most bathrooms are shared and toilets can be either squat type or the western version. Most of the Tea Houses have running water facility. Many of them have hot water available for bathing at additional cost. Solar heaters depend on day'w weather. But we discourage our groups from using water heated by wood, as lack of firewood in most villages is a big environmental concern in Nepal. It is advisable to carry wet wipes as an alternative

There is a large dining room-cum-lounge, warmed by the bukhara stove (an iron cylinder, fitted with a chimney duct, in which a log fire is lighted). There is normally no electric lighting in the rooms unless the village has hydroelectric power. The dining room usually has solar lighting. Most teahouses now also have electricity for charging small appliances – mobile phones and cameras – and there may be a small charge for this.



During a Tea House trek you will usually have breakfast and dinner in the Tea House, lunch will be eaten at one of the trail side restaurants. Every Tea House serves the traditional Nepali meal Dal Bhat (rice and lentils), as well as a variety of different food items, such as rice, vegetables, noodles, potatoes and soup. Some have Nepali versions of western food such as pizza, pasta and French fries. Soft drinks, snacks and beer are available in most of the Tea Houses and trail side restaurants. And of course Nepali milk tea is served everywhere.

All tea houses have boiled water for trekkers. We discourage the purchase of bottled water while on the trail. The plastic bottles are difficult to dispose of and have become an environmental problem.

Joining Hotel

Fuji Hotel & Guesthouse
G.P.O. Box 6209
Jyatha, Themal
Kathmandu
Nepal

Joining Instructions

When arriving into Tribhuvan Intl Airport in Kathmandu you will notice how small the city really is. It is on 7km from the downtown area and the only way to get there is by taxi. You can arrange a prepaid taxi from the counter outside of the baggage hall run by the Airport Queue Taxi Service Management Committee for about 500 NPR (approx 6-8 USD)). Please be aware of people wanting to help you with your bags as they will ask for money once you get to your taxi. If you have paid for an arrival transfer when you booked your trip our driver will be waiting for you with a G Adventures 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. Please also be wary of people acting on our behalf by assisting you and then asking for ridiculous tips. They are unauthorized people hovering around and inside the airport and do not have any relation to G Adventures. If you have do not find transfer booked through us please call our emergency contact for airport transfers Mr. Rajju +977 9802014444

What to Take

This is a very active trip, meaning you will be on the move most of the time, so pack as lightly as possible. We provide one porter for every two travelers; your trekking gear will be carried by the porter in a water-proof duffel that we will provide. The maximum the porters are allowed to carry is 10 Kg/22lbs per passenger. The flight from Kathmandu to Lukla only allows for a personal weight limit of 5 Kg/11lbs for hand luggage. Some of your luggage can be left in Kathmandu (the hotel may charge a storage fee), but you will need to take all your trekking gear with you. Please note that as you will be sharing the duffel with a fellow trekker from the group during the trek, a lightweight cotton or plastic bag is recommended to keep your gear separate.

Important to note:

– Please read the ‘Checklist’ section of this trip notes for additional details of what you need to bring for the trek on this trip.



- You will need to bring a comfortable medium sized day pack to carry the things that you will need during the day. This should have a waist strap or (better), a padded waist belt.
- The weather is subject to change in high altitude so layered clothing is recommended throughout the year.

Packing Checklist

Pocket hand warmers (for winters)
Hand sanitizing lotion
Reading/writing material
Binoculars
First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking, Chlorine Dioxide (water purification tablet for water sterilization).
wet wipes for cleaning can be purchased at Kathmandu.
Protein bars, chocolate, dried fruits, candies and snack foods.
Travel documents: passport, visa, travel insurance, air tickets, voucher, passport photo (x 3)
Health requirements arranged
Money: cash/credit card
Money pouch
Swiss army knife
Whistle to attract attention in the event of an emergency.
Spare Boot Laces
Sleeping Bag/Sleep sheet – Four season bag is recommended for high altitude trekking in summers and -20 degrees sleeping bag in winters. Sleeping Bags can be rented in Kathmandu at reasonable rates.
Light weight Towel
Toiletries
Day pack to carry your personal needs during the day
Alarm clock and torch/flashlight – headlamp style is ideal
Insect repellent, sunscreen and lip balm
Ear plugs & eye mask can assist light sleepers
Refillable water bottle – Min 1 Litre Aluminum or Nalgene polypropylene are best
Nepali phrase book
Warm Hat
Sunhat/bandana
Sunglasses
Gloves – wool or fleeced and gore tex
Scarf
Sarong a multitude of uses
Bag Liners to waterproof your bags
Sewing Kit
Wind and waterproof Jacket & Pants
Comfortable and sturdy walking shoes (worn frequently prior to departure)
Socks: thick wool blend and thin cotton to be worn in combination – ensure boots fit such combination



Running shoes or sandals for evening
Wool jumper / sweater / fleece. Lightweight during summer, 1 heavyweight or 2 lightweights during winter months.
Down jackets in winter. Down jackets can be hired in Kathmandu.
Fleece Jacket
T Shirts 2 or 3
Shirt – Long Sleeved
Pants – lightweight long trousers (jeans are unsuitable)
Thermals upper and lower
Extra warm clothing during winter (December to March) layered clothing – thermals.

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 it is your responsibility to arrange visas before you travel. Your travel agent will assist you with this. Below are the visa requirements at the time of printing. **NEPAL:** All foreign nationals (except Indians) require a visa to enter Nepal. Visas are obtainable from embassies abroad or on arrival at Kathmandu's Tribhuvan airport. If getting the visa at the airport be prepared for long queues. You will also need to provide one passport photo and the following fees in US dollars cash only: single entry visa valid for 15 days – US \$25: Single Entry Visa for 30 days – US \$40 and multiple entry visa valid for 90 days – US \$100

Detailed Trip Notes

Trekking has been long established in Nepal, providing stunning views in a natural landscape. Trekking can be difficult in parts, with a lot of uphill and downhill climbing, but within the capabilities of any healthy person with an established level of walking fitness. Often stubbornness (endurance) helps. Walk at your OWN pace – slow and steady is the way to go – being fit or unfit is not the primary control here, it is how you deal with altitude. **DO NOT RUSH!** The only reward for trying to prove something by being first is nausea, vomiting and a splitting headache! **GO SLOWLY** – plod on at a steady pace, pause, standing to rest – don't sit too often – it is harder to get going again. Don't care about whether others are ahead! The path is clear, your guides keep track of where you are. There is plenty of time so walk at YOUR pace regardless of how far behind you may think you are. Remember the sun is intense – wear sunscreen and sunglasses It is colder than you think, especially in the wind – if you take off layers whilst walking make sure to put them on again as soon as you stop or are in the shade – don't wait to get cold.

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 NEPAL was 1 USD = 78,76 NPR (Nepalese Rupees). There are many ATM machines that accept both Visa and Mastercard but these are limited to Kathmandu and Namche Bazaar. 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 \$1-\$2 USD per person per day depending on the quality and length of the service, for porters during the trekking portion of your trip, the recommended amount is 300-500Rs (4-7USD) per day; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-30 USD per person, per week can be used.



Optional Activities

We suggest you bring along USD50 for additional sightseeing.

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. G Adventures reserves the right to exclude any traveler from all or part of a trip without refund if in the reasonable opinion of our group CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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. Travelers 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. Travelers 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 travelers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travelers 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.

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 travelers. 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 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.

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 temples or mosques or other holy sites. While visiting monasteries, please make sure you wear long trousers and open your shoes and stay quiet before entering the monasteries.

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism Groupit Travel supports 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

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 traveling, for the safe keeping of your passport, air tickets, travelers' cheques, cash and other valuable items. Leave your valuable jewelry at home – you won't need it while traveling. 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 traveling 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, 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.

