

Realm of the Polar Bear in Depth - XVRDNX

11 days: Longyearbyen to Longyearbyen



What's Included

10 nts aboard the MS Expedition. Zodiac excursions with our expert expedition team. Lecture and educational programs. Longyearbyen transfer to airport on arrival day. Waterproof boots supplied for men's USA sizes 8-14 and women's USA sizes 3-9. Expedition parka. Arctic destination guidebook.

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

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

VALIDITY: Valid for all trips departing June 1st, 2014 - October 1st, 2015



Day 1 Longyearbyen (1D)

Longyearbyen is the largest settlement on the archipelago of Svalbard with a population of about 2,060 people and about as many snowmobiles. Most of the inhabitants are Norwegians and some are Russians. Located in the Advent Fjord at the entrance of the Advent Valley, this community has an infrastructure fit for a much larger city. Within the islands, there are four inhabited settlements and some scientific stations. Barentsburg, a Russian coal mining settlement, has approximately 850 inhabitants. Sveagruba, the functional Norwegian mine has around 100 inhabitants and Ny Ålesund, a scientific settlement has between 30 and 150 inhabitants, depending on the season. All settlements are found on the west coast, the part of Spitsbergen with the mildest climate due to the warm Gulf Current.

Longyearbyen is located at 78°13'N 15°33'E. The Governor of Svalbard resides there. Due to its location far north of the polar circle, it is polar night from mid-October to mid-February and polar day from mid-April to mid-August. Longyearbyen has an arctic tundra climate.

History and present day facilities: The settlement was founded in 1906 by John Munroe Longyear, main owner of the Arctic Coal Company of Boston. "Byen" is Norwegian for "the city". It was destroyed by the Germans in 1943 and rebuilt after World War II, with the old foundations still visible in some places. Until the early 1990's the coal mining industry was the major employer in Longyearbyen. The daily life circled only around the mining business. Today, the community offers a wide range of activities and facilities. There is a bank, post office, hospital, public library, cafes/restaurants, tourist information, a swimming hall, a climbing wall, a big sports hall, a grocery store, three pubs, three hotels, one church, several tourists shops, there are various forms of lodging, from hostels to modern full-service hotels, a cinema (Sundays) and one night club. During summer, most of the people you meet here will be tourists or young people working to accommodate the visitors. A very friendly and international atmosphere reigns. And, of course, Longyearbyen has its own international airport.

Day 2-10 Svalbard Archipelago / Spitsbergen (9B,9L,9D)

Each day will be planned to take advantage of local ice and weather conditions. Distances are relatively short in the Archipelago and as there are no ocean crossings, the seas are normally calm.

Svalbard is one of the few places on the planet that offers such a wealth and diversity of natural and cultural history sites. During these nine days we will visit ice covered seas, fjords with breathtaking mountain scenery and glaciers flowing into the sea around us. We will spend time moving through the ice in search of polar bears hunting seals. Ivory gulls will be a highlight for the birders, while we keep a constant lookout for walrus hauled out on ice floes or on sandy beaches. We will visit, ice permitting, spectacular bird cliffs filled with thousands of murre (guillemots), as well as kittiwakes and glaucous gulls. A little auk colony will also be on our agenda. Our shore stops will be highlighted with tiny tundra flowers. We will have the opportunity to observe and discuss some of their adaptations to what we consider a harsh environment. At one or more of our stops, we hope to see Svalbard's unique subspecies of reindeer. They are much smaller than their southern relatives, but still carry impressive antlers. We also have the possibility of Arctic foxes. This is also a land of history: from whaling to reaching for the pole, to trapping, coal mining and war. We will visit some of these historic sites. We may cruise in Zodiacs along the ice edge viewing seals or walrus, in fjords with glaciers spilling down to the sea or in front of spectacular seabird cliffs. We will have opportunities to walk on shore, observe and photograph the Arctic flora and fauna. As we are in the land of the polar bear, your expedition staff will carry rifles and flare guns on shore for your protection. Krossfjord, Konigsfjord, Monaco Glacier, Hinlopen Strait, Northeast Land, Edgeoya, Hornsund and Bellsund are just a few of the places that we may visit. By not having a set itinerary, we take on an expedition spirit and are free to take advantage of the best that Svalbard has to offer. The evening of our last full day of adventure will find the expedition ship anchored off Longyearbyen.

Day 11 Longyearbyen (1B)

On departure day, we will offer transfers to Longyearbyen Airport for all passengers with flights scheduled on that day.

We are pleased to offer an early morning disembarkation and transfer to the airport for those passengers with flights departing Longyearbyen around 0400-0500 (dependent on airline schedules).

For those passengers disembarking at our regular time of 0800, you will be transferred to either the airport or the Radisson Blu Polar hotel, depending on the time of your flight. Those transferred to the hotel will have an opportunity to explore the town center on their own, and then be transferred to the airport later in the day as per flight schedules. Transfer times will be confirmed, and communicated onboard prior to departure. Luggage storage at the Raddison Blu Polar hotel will be available until time of departure.

What's Included

10 nts aboard the MS Expedition. Zodiac excursions with our expert expedition team. Lecture and educational programs. Longyearbyen transfer to airport on arrival day. Waterproof boots supplied for men's USA sizes 8-14 and women's USA sizes 3-9. Expedition parka. Arctic destination guidebook.

Highlights

Make the most of your time in the high Arctic with 11 days to explore, take a turn on "polar bear watch" with a member of the Expedition staff, challenge yourself with an optional polar plunge, capture a herd of Svalbard reindeer in your viewfinder, enjoy spectacular vistas under the midnight sun, learn from lectures on history and natural sciences

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

Please note: While it is our intention of adhere to the route described above , there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. On the first day of your tour, your Expedition Leader will give you an expedition overview.

Group Leader Description

A carefully chosen team will lead our voyage. Our expedition ship boasts an international team of professional naturalists and lecturers. Their goal is to provide an informed and balanced interpretation of the destination, accomplished through stimulating lectures, day-to-day briefings, and informal discussions. Your lecturers and Expedition Leader will cover all aspects of the voyage including ornithology, marine biology, geography, geology, history and the environment, as well as practical things like photography. The Expedition Staff work conscientiously with you on deck and in the field, improving your observational skills to allow you to experience all that the destination has to offer. Their strong sense of ethics and ecological knowledge make for stimulating and mindful conversation whether onshore or at the dinner table. The expedition staff will pilot the Zodiac landing craft used for shore landings and Zodiac cruises; they are experienced drivers who operate the Zodiacs in a responsible manner.

Group Size Notes

Max 134 aboard the MS Expedition.

Meals Included

All meals included aboard the MS Expedition.

Meals

Onboard our expedition ship you'll find a diversity of gourmet international cuisines prepared and catered by professional chefs; all meals are included in the price of your expedition. Dining is casual, tables are unassigned and the dining room is capable of seating the entire passenger compliment at one time. There is always a selection of different meals available, and vegetarians will find plenty of options. Special dietary requirements can be accommodated with advance notice, please advise us at time of confirmation. Coffee, tea and water are all provided free of charge. All other beverages, alcoholic and non-alcoholic are not included and can be purchased in the dining room, pub, or in the lounge.

Transport

MS Expedition, Zodiac, local buses.

Local Flights

Your local flights from Oslo to Longyearbyen are not included in this tour. We recommend arriving at least 1 day prior to the sailing of the ship to guarantee your arrival. While flight delays are not common sometimes they do happen.

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

Aboard the MS Expedition in quad-, triple-, twin-share cabins, or suites (all with en suite bathrooms and porthole or window) (10 nts). Please note that all cabins consist of twin-size berths and are ocean-facing. Suites have 1 queen bed.

Joining Instructions

Meeting Point:

Radisson Blu Polar Hotel Spitsbergen, 4:00 p.m. transfer to M/S Expedition Road 500

P.O. Box 554

9171 Longyearbyen

Telephone: +47 7902 3450

G Adventures is happy to offer you a complimentary airport transfer if you are arriving on Day 1 of the tour or have booked pre-night accommodation through G Adventures.

Joining Instructions with complimentary transfer:

Upon arrival into Longyearbyen airport please collect your luggage and look for a G Adventures representative who will direct you to the bus. Please make sure you have advised your booking agent of your arrival flight details into Longyearbyen so we are expecting you. Be sure to keep all your important documents (i.e. passport) and medication in your hand luggage, as your main luggage will be transferred separately to the ship or hotel.

Joining Instructions without complimentary transfer:

The most cost effective way to travel from the airport to the city is by local bus that services all Longyearbyen hotels at a price of approximately 50 NOK. If you would like to take a taxi, they are available at the airport or by calling one of two taxi companies at either +47 7902 1305 or +47 7902 1375.

On Day 1 of the tour please make sure you drop your checked luggage off at the meeting point between 9:00 am - 1:00 pm. A local representative will be in the luggage storage room. They can provide general information about the town or your embarkation process. All passengers will be transferred to the ship as a group for embarkation at 4:00 pm. Please ensure that for embarkation you have your passport accessible (not in your luggage which is being transferred separately to the ship).

If for some reason you cannot arrive at the meeting point, please make your own way to the Port of Longyearbyen no earlier or later than 4:00 pm. Embarkation time is set for 4:00 pm and passengers will not be able to board the ship before that time due to refueling, provisioning, and preparing the ship for your stay.

On embarkation day, you may have to board the ship via Zodiac. You should bring clothing suitable for cold and wet conditions.

Waterproof pants are recommended. Once aboard, you will find your luggage stored in your assigned cabin, please ensure that all your luggage is accounted for on arrival.

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.

CONTACT NUMBERS

G Adventures Local Representative (Longyearbyen, Norway)

Barbara Fogden: +47 9500 6076

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

Finishing Point Instructions

DEPARTURE DAY - Disembarkation

On departure day, we will offer transfers to Longyearbyen Airport for all passengers with flights scheduled on that day.

We are pleased to offer an early morning disembarkation and transfer to the airport for those passengers with flights departing Longyearbyen around 0400-0500 (dependent on airline schedules).

For those passengers disembarking at our regular time of 0800, you will be transferred to either the airport or the Radisson Blu Polar hotel, depending on the time of your flight. Those transferred to the hotel will have an opportunity to explore the town center on their own, and then be transferred to the airport later in the day as per flight schedules. Transfer times will be confirmed, and communicated onboard prior to departure. Luggage storage at the Raddison Blu Polar hotel will be available until time of departure.

What to Take

Most airlines allow one checked bag and two carry-on per person. To avoid any problems on check-in and with possible excess baggage charges, please consult the airline for specific restrictions.

Dress on board is informal. Plan to bring comfortable, casual clothing for all activities. Bring wind and waterproof outer layers. Beware of tight clothing that leaves no room for trapped air, which is an excellent insulator. Wool, silk and some of the new synthetic fibers, like polar fleece, retain heat better than cotton. When packing, we suggest that you do not weigh yourself down with too many clothes or too much gear. Select informal, practical attire that can be worn in layers.

In the worlds most remote destinations that the G Expedition travels to we cannot offload our plastics, glass or tin waste for recycling. Therefore, we try to reduce what single use items that we use. You will see on the ship that every effort is being used to stop the use of single use plastic containers, bags and other items. In an effort to prevent plastic waste for entering the waste stream, we are asking for your help. We offer exceptional drinking water on the ship with refilling stations for your re-useable water containers. So bring your favorite water bottle! Plastic Items such as single use shampoo/conditioner plastic containers cannot be recycled, so please plan to bring any plastics back to your home countries for recycling. Please do not bring single use items that you intend to leave behind such plastic bags and throw away razors. Your participating in helping to prevent pollution and promote recycling is greatly appreciated.

Checklist

GENERAL EXPEDITION CHECKLIST

ACCESSORIES:

Binoculars

Camera and Accessories

- Memory card
- Extra battery
- Something to protect your camera from water

Plug adaptor

- Onboard is 220AC electrical outlets with European 2 pin round holes as well as 110 volt shaving sockets for electric razors only

Sunglasses

Sunblock

At sea distractions

- Personal entertainment
- Laptop computer
- Books/games/movie

Water bottle

PERSONAL ITEMS:

Personal toiletries

Personal medication, vitamins

If you are prone to seasickness please consult your doc and bring medication

- Homeopathic and natural options

DOCUMENTATION:

Money (cash/travelers checks)

Credit Card

Visas

Passport

Airline tickets

Travel insurance documents

Trip details information

ONBOARD CLOTHING:

Comfortable and informal clothing onboard

Non-slip footwear for wet decks

BOOTS FOR ZODIAC LANDINGS:

Complementary used waterproof boots will be supplied for the following sized:

- Men's USA size 8-14
- Women's USA size 3-9

Guest must bring their own if they are:

- Men's USA size 7 or smaller
- Men's USA size 15 or larger
- Women's USA size 2 or smaller
- Women's USA size 10 or larger

Rubber, waterproof boots that are just below your knees (12-16" high or 30-41cm) with a strong, ridged non-skid sole are essential for wet landings via Zodiac. You usually have to step from the Zodiac into water, which can be up to 1 ft or 30 cm high on most landings. Do not bring heavy, cumbersome boots that make it difficult to walk. Do not bring boots with metal cleats as they cannot be used for the landings. Try out your boots before your voyage.

TRIP SPECIFIC CHECKLIST

OUTDOOR CLOTHING:

The goal is to dress for many different temperatures and weather conditions. We recommend bringing clothing in layers as the weather can vary between warm and sunny to very cold and snowing.

Waterproof pants

Warm hat
Gloves
Scarf
Warm socks to be worn inside wellington boots
Fleece
Long underwear

OPTIONAL CLOTHING:

Ski goggle for wet Zodiac rides Walking poles

Suggested Reading

Arctic Dreams • Barry Lopez
Historical Atlas of the Arctic Derek Hayes
A Naturalists Guide to the Arctic E.C. Pielou
Circumpolar North / Greenland Map • ITMB • With the North Circumpolar region on one side, including Iceland, and a detailed map of Greenland on the other.
North Pole, South Pole Map • Canadian Geographic
Bradt Guide Lapland • James Proctor
Who Owns the Arctic?, Understanding Sovereignty Disputes in the North • Michael Byers
A History of Arctic Exploration • Juha Nurminen
Arctic Labyrinth, The Quest for the Northwest Passage • Glyn Williams
N by E • Rockwell Kent • Edward Hoagland
Ninety Degrees North, The Quest for the North Pole • Fergus Fleming •
The Last Gentleman Adventurer • Edward Beauclerk Maurice • Lawrence Millman
The Voyage of the Narwhal • Andrea Barrett
Ultima Thule, Explorers and Natives in the Polar North • Jean Malaurie
Weird and Tragic Shores: The Story of Charles Francis Hall, Explorer • Chauncey Loomis • Andrea Barrett
Frost on My Moustache, The Arctic Exploits of a Lord and a Loafer • Tim Moore
The Ice Finders, How a Poet, a Professor and a Politician Discovered the Ice Age • Edmund Blair Bolles
The Last Imaginary Place • Robert McGhee
Near Death in the Arctic • Ceci Kuhne
The Greenlanders • Jane Smiley
The Sagas of Icelanders • Jane Smiley • Robert Kellog
After the Ice • Alun Anderson
AntARCTIC, A Tribute to Life in the Polar Regions • Michael Poliza
Arctic Eden • Jerry Kobalenko
Arctic Eden • Jerry Kobalenko
Glacier Ice • Austin Post • Edward R. LaChapelle
Islands of the Arctic • Julian Dowdeswell
Planet Arctic • Wayne Lynch
Polar Bears • Ian Stirling
The Arctic, The Complete Story • Richard Sale
The Last Polar Bear, Facing the Truth of a Warming World • Steven Kazlowski
The World of the Polar Bear • Norbert Rosing
Through the Eyes of the Vikings, An Aerial Vision of Arctic Lands • Robert B. Haas
Vanishing World, The Endangered Arctic • Mireilla De La Lez • Fredrik Granath
Whales, Dolphins and Porpoises • Mark Carwardine

Laundry

Aboard the expedition ship laundry facilities are provided at a nominal charge.

Visas

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'S YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.

Detailed Trip Notes

Experience Counts

Accompanying the voyage is our dedicated and experienced staff of expedition leaders, naturalists and lecturers who share with us their knowledge, enthusiasm and commitment to the environment. Our ship is manned by officers and crew, all highly experienced in ice navigation.

Environmental Policy

We are dedicated to minimizing the impact of our expedition on wildlife and sensitive natural habitats. We operate environmentally responsible cruise and expeditions and follow all internationally agreed regulations of conduct ashore. We are all privileged visitors – and committed to the future of these extraordinary, icy realms.

Safety First

Although expedition cruising is adventurous by nature, the safety of our passengers and staff is paramount. Our ship is equipped and maintained to cope with the most challenging conditions and is manned by experienced and conscientious officers, crew and expedition staff. The Zodiac landing craft used for shore landings are rugged and versatile and are operated by experienced drivers in a responsible manner. Onboard you will be fully briefed on safety issues and our environmental policy and you will receive appropriate and detailed briefings before every landing.

Expedition Staff and Lecturers

A carefully chosen team will lead our voyage. They are chosen not only for their local knowledge and wealth of experience but also for their great love of the polar regions. With formal lectures, as well as informal briefings and discussions, your lecturers and Expedition Leader will cover all aspects of the voyage including ornithology, marine biology, geography, geology, history and the environment, as well as practical things like photography.

Tips for Travellers

We are all privileged visitors to these extraordinary, icy realms. As a traveller, it is your responsibility to help ensure your impact on the Arctic's flora and fauna is minimal. The following are excerpts from the GUIDANCE FOR VISITORS TO THE ARCTIC:

Respect wildlife

Do not feed, touch, or handle birds or seals, or approach or photograph them in ways that cause them to alter their behavior. Special care is needed when animals are breeding or molting. Keep a minimum distance of 5 meters (15 feet) from all wildlife.

Respect vegetation

Do not damage plants, by walking or landing on extensive moss beds or lichen-covered scree slopes. They are fragile and take generations to grow.

Respect the environment

Do not collect or take away biological or geological specimens or artifacts as souvenirs, and do not dispose of litter on land.

Take photos with care

Keep low as you will appear less threatening to animals and it will also yield better photographs. Do not try to make an animal react for a photograph. If an animal's behavior changes you are too close.

Take note of, and act on, the advice and instructions from your leaders, and do not stray from your group.

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

Before and after the cruise:

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Norway. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash and credit cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

While on board our Expedition ships, USD cash and Visa, MasterCard, and American Express, are accepted to clear incidental bills at the end of the cruise by the ship's Purser (ie. bar bills, laundry etc.).

Departure Tax

Usually included in international air ticket that you have purchased.

Tipping

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. It is an expression of satisfaction with the persons who have assisted you on your expedition. The industry standard and suggested amount is USD \$10 - 15 per person per day spent on board. Of course, tipping is a personal choice and the suggested amount is set only as a guideline. The money is collected by the Hotel Manager at the end of the voyage and distributed amongst the crew and Expedition Staff.

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.

Please consult your doctor for up-to-date medical travel information well before departure. We require all passengers traveling on any one of our expeditions to review our medical questionnaire. The questionnaire can be found online at:

www.gadventures.com/onlinemedicalform

Passengers with preexisting medical conditions are required to submit a medical form signed by a physician to their booking agent. It is very important that we are advised of any special meal requirements, food allergies, or prescribed medication when you confirm your tour. The ship is equipped with a small infirmary with typically required medications and limited equipment. The ship's doctor is available for visits during the day and is available 24 hours per day for emergencies.

In case of an emergency, please also bring with you a signed and dated letter from your physician (to be given to our doctor on board, as well as for any medical authorities) stating any health problems and dosage requirements. International health regulations do not currently require any inoculations for the countries that you will visit on our voyage. We suggest that you confer with your own physician to be sure your routine immunizations, such as tetanus, diphtheria and hepatitis A, are up-to-date before traveling. Older travelers, in particular, may wish to consider preventive measures against influenza and pneumonia.

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/

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.

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 Planeterra 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)

Associated Planeterra Project

Planeterra Foundation, G Adventures' non-profit, is working with our Marine Team to support an Ocean's Health Fund. Our mission is to help support education, research, and take action in the global clean-up and protection of our planet's oceans by restoring natural habitats and supporting projects that eliminate waste such as plastic from our waterways.

Through our partners, we are raising funds to restore habitat preservation in Antarctica. We are working to eradicate the invasive rat population on the island of South Georgia. South Georgia is known for its rich diversity of wildlife and is home to over 100 million breeding birds, including the albatross. Through the introduction of Norway rats brought over by whaling and sealing vessels, severe damage to the island's ecosystem has deteriorated the habitat of hundreds of thousands of these birds. We are working to eradicate the rat population on this island, supporting helicopter baiting techniques that has so far cleared the most populated 12,800 hectares, and the area of the island most inhabited for bird breeding. Through your donations, we have started Phase 2 which will clear 1,000 square kilometres and return the island to its native form.

Working with research scientists, we are also raising funds to support an oceans cleanup program in the Pacific Gyre. Using sailing vessels to remove pollution directly from the ocean and to conduct research on fish and marine organisms we hope to help restore the oceans environments we love to explore.

For more information on these projects and/or to make a donation please visit our website at www.planeterra.org or contact us at info@planeterra.org

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and 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.

Keeping in Touch on the M/S Expedition

Internet and phone onboard the M/S Expedition

The Expedition receives internet reception in Antarctica, but is sporadic in the Arctic. There is wifi in the public areas on Deck 4 & 5, and in the Deck 4 cabins (Categories 4 and 5). Passengers can bring their own laptop, sign out one of the 2 iPads on board, or use one of the 2 desktops. Your Cell Phone, for calling, will not work in Antarctica.

Internet

Onboard the M/S Expedition we use a BGAN satellite system for internet and phone, which allows passengers to surf the web and make international calls while on their voyage. Please remember that internet speeds are NOT like the speeds you have at home. We operate with a satellite so speeds can be similar to dialup. To log-on, passengers purchase an internet voucher from the Reception Desk. Once you have the internet voucher, web surfers can log-on through our internet café or with their own wireless laptop. A wireless laptop can pick up a signal anywhere in the public areas on Deck 4, Reception, Discovery Lounge, Library, and Deck 5, Polar Bear Bar.

Charges are based on the megabyte downloaded. An amount of 10 megabyte of data would be the equivalent of 5 to 10 web pages. A very graphics intensive web page might be as high as 2-3 megabytes. For example, if a web surfer were to do a Hotmail session of e-mailing, it might generate 3 megabytes in total.

Internet Packages & Prices:

10MB \$20.00

30MB \$50.00

100MB \$130.00

E-mail:

Passengers may take the opportunity to set up an onboard e-mail account. This will be of interest to those who need to stay in touch, but are not interested in surfing the web. Passengers will have their own unique email account including email address, username and password. E-mail accounts may be accessed either through our public computers in the Internet Room, or passenger may access their account through their wireless laptop in the common areas of Deck 4 and 5, in the Polar Bear Bar. \$35.00 includes set up and use of the account for the entire trip and unlimited messages. Messages over 200KB in size will be charged at a rate of .03 cents per KB exceeded.

Telephone

On board we have a telephone room on Deck 4, where calls can be made in private to any destination in the world. Telephone cards are available at reception.

Prices will change each year.

Satellite: \$22.00 phone cards are available at reception, roughly 25 to 30 minute per phone card.

Fun tip

Tell your friends and family to Tweet at @G_MSExpedition and hash tag #MSExpedition while your onboard. We'll posts these for your to see!

