PEREGRINE

Alpine Railway Journey

Overview & Itinerary

Start	Milan, Italy
Finish	Munich, Germany
Destinations	Germany, Italy, Switzerland
Style	Peregrine
Theme	Limited Edition
Code	PERJ
Trip rating	4.67

Is this trip right for you?

- The trains are comfortable and well-equipped with amenities. Most are second-class, which includes reservation and luggage storage, but some might be regional trains without reserved seats and luggage storage. Please note that you will have to carry your own luggage on and off the train and up or down few flights of stairs, as unfortunately some of the stations may not have lifts. In that respect, make sure the

luggage doesn't exceed our weight and size recommendations and you are fit to carry it for a short time when necessary. Please read information in the 'What to Take' section of Essential Trip Information document.

- There are some short boat trips involved, so you'll need to be comfortable with being out on the water. One of these is a peaceful amble around Lake Maggiore (Day 2); the second is a brief ride across Lake Lucerne (Day 5), en route to the Golden Circle route at Mt Pilatus.
- The Mt Pilatus railway journey is spectacular but steep. Those sensitive to heights should prepare for some views of sheer drops.

Physical rating

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This trip can be enjoyed by just about anyone with a reasonable level of fitness.

Joining point

Hotel Doria Grand
Viale Andrea Doria, 22
Milan
20124
ITALY

Joining point description

Hotel Doria is located in quiet, traffic restricted avenue in a walking distance from Central Train Station, being a great base to discover Milan. Decorated in early twentieth century style, Hotel Doria features 124 bright rooms, equipped with TV, AC and a living room corner. Rooms are en-suite, decorated in Carrara marble and equipped with shower, a wide range of products, mirror and courtesy light.

Joining point instructions

Milan has 3 airports: Linate, Malpensa and Orio al Serio.

Linate (LIN): 6 km away
There is a shuttle bus from Linate airport to central station that leaves every 20 minutes.
Taxi ride takes 15-20 minutes and costs approximately 20/25 Euro.

Malpensa (MXP): 45 km away
By Bus: take a bus from every terminal to a Central station in Milan. Buses are running from both terminals on average every 20 minutes.
Taxi ride takes about an hour and may cost up to 100 Euro.

Orio al Serio (BGY): 50 km away
By bus: take a bus from every terminal to a Central station in Milan. Buses are running every 30 minutes

Hotel Doria Grand is located 300 metres away from the Central station.

Pre booked arrival transfer from the airport: If you have pre booked an arrival transfer, your transfer driver will be waiting in the arrivals hall holding a board with the Peregrine Logo or your name. In case of flight cancellations, changes, if you experience severe delays at immigration, baggage collection or customs, or if you are not able to find to the driver, please contact the transfer operator directly:+39 335 271656

Problems and emergency contact information

BOOKING ENQUIRIES / ISSUES
For general enquiries or questions about your booking, please contact your agent or adventure specialist, or visit us at:
www.peregrineadventures.com/contact-us

CRISIS AND EMERGENCIES
In case of a genuine crisis or emergency please contact our local ground representative on the number below:

Peregrine's Local Operator: +49 867 791 866 57

Itinerary

Expand All

Day 1: Milan

Arrive in Milan at any time, you will be met by a Peregrine representative and transferred to your hotel. Meet your trip leader and your fellow companions at the welcome meeting. In the evening, enjoy a welcome dinner in one of the traditional restaurants near the hotel. After dinner, the rest of the evening is free for you to explore the town, or to rest up in preparation for tomorrow's early start.

Accommodation

- Hotel Doria Milan or similar (1 night)

Included Activities

- Complimentary Airport Arrival Transfer
- Welcome dinner in Milan

Meals Included

- Dinner

Day 2: Milan - Stresa (Lake Maggiore)

Discover Milan, Italy's second largest city, an interesting mix of glamour and industry. Take an orientation walk and see the main sights, including the Duomo (the Gothic cathedral in the centre of town). Later, board the train to Stresa for the first leg of your journey (approximately 1 hour). This small town is situated on the banks of beautiful Lake Maggiore. The three tiny Borromean Islands here, known for their terraced gardens and aristocratic villas, are well worth visiting. Perhaps reach one of them on an afternoon ferry stroll across Lake Maggiore. You'll catch your first views of the Alps in the background.

Accommodation

- Hotel Milan Speranza au Lac or similar (1 night)

Included Activities

- Ferry trip on Lake Maggiore

Optional Activities

- Sforzesco Castle - Free
- La Scala Museum - EUR7
- Milan - Duomi di Milano tour - EUR2

Meals Included

- Breakfast

Day 3: Stresa – Zermatt

Today you will take another train journey, reaching further into the Alps. Arrive at the famous mountain resort of Zermatt. On the way, yet more scenic views of the Alps reveal themselves. Continue to Zermatt, a place famed for its mountaineering and excellent skiing. The views of the Swiss Alps are excellent from here if changeable alpine weather permits. At over 4478 metres above sea level, with the mighty Matterhorn looming above, you might feel you have reached the heart of the Alps. Enjoy included guided walk and listen to the stories of various attempts at the summit; some tragic, some successful, but all fascinating and truly adventurous. The rest of the day is free for you to stroll around town.

Accommodation

- The Schlosshotel Zermatt or similar (1 night)

Included Activities

- Guided walk Zermatt

Meals Included

- Breakfast

Day 4: Zermatt

Wake up this morning to fresh, crisp Alpine air. The day is free for you to enjoy as you wish. The village of Zermatt itself is lovely and car-free, with old-fashioned brown chalets and winding alleys. Its main street, Bahnhofstrasse is lined with boutique shops, hotels and restaurants. Perhaps enjoy an easy day soaking in the atmosphere of the adventure that surrounds the place. If you feel more active today, a walk to Gornerschlucht may be a great way to discover more of the neighbourhood. It is a 20-minute walk from town along the river to this dramatic gorge, carved out of green serpentine rock and accessed by a series of wooden staircases and walkways. When you're back in Zermatt, make sure you'll join a line for a street grilled sausage and chunk of bread, a speciality of the region.

Accommodation

- The Schlosshotel Zermatt or similar (1 night)

Meals Included

- Breakfast

Day 5: Zermatt – Lucerne

After a hearty breakfast at the foot of Matterhorn, it's time for a scenic train ride across the alps. The Glacier Express Train will take you from Zermatt through Andermatt to Chur (approximately 6 hours). This is a fascinating journey through scores of tunnels and bridges and over the Oberalp Pass (2033 m). The train is a narrow-gauge train, known to be one of the slowest in the country. Sit back, relax and enjoy the spectacular scenery, which is only made better by the panoramic sightseeing windows on board. There will be lunch on the train – perhaps enjoy it with a glass of crisp Swiss white wine. On arrival in Chur you will change trains and then continue to Lucerne, where the remainder of the day is free for you to enjoy.

Accommodation

- Hotel Monopol Luzern or similar (1 night)

Meals Included

- Breakfast
- Lunch

Day 6: Lucerne

This morning will be an early start, but otherwise a leisurely one, as you take another epic train to the top of Mount Pilatus via the famous Golden Circle route. Firstly, you will take a short boat ride on Lake Lucerne, then board the world's steepest cog railway to the top of the mountain. On some sections of the trip you may be exposed to the sheer drops and high bridges. Those prone to vertigo might want to refrain from looking down. Luckily the scenery is as gorgeous as it is dramatic. Enjoy panoramic views of the Alps (weather dependent) before taking the aerial cableway and gondolas down to Kriens, from where you will take a short drive back to Lucerne. An orientation walk in Lucerne on arrival will give you some ideas for where to dine this evening, but before that, you will enjoy a private chocolate making show. Mixing a passion for chocolate with a pantry full of natural ingredients, a team of chocolate-making magicians will demonstrate their skills exclusively to your group.

Accommodation

- Hotel Monopol Luzern or similar (1 night)

Included Activities

- Mt Pilatus Golden Circle tour
- Chocolate making demonstration in Lucerne

Optional Activities

- Transport Museum - CHF30

Meals Included

- Breakfast

Day 7: Lucerne - Zurich - Munich

Rise early this morning for another train trip, this time you will stop over in Zurich where on arrival you'll join your leader for an orientation walk around the town and introduce you to some of its main sites. There will be plenty of time for you to have lunch in one of Zurich's great eateries. Carry on to Munich in the afternoon, arriving in the early evening to check into your hotel. The night is free for you to explore the Bavarian capital or simply relax.

Accommodation

- Hotel Europa or similar (1 night)

Optional Activities

- Karlsturm Climb Zurich - CHF4
- Kunsthaus Museum Zurich - CHF22

Meals Included

- Breakfast

Day 8: Munich

After a peaceful morning we will take an orientation walk around Munich, the capital of Bavaria. Once you know your whereabouts, you may want to visit the Marianplatz, the Neues Rathaus (the New Town Hall), or perhaps the

medieval city gates that remain standing. Another must see is the Englischer Garten, one of the biggest urban parks in the world.

Accommodation

- Hotel Europa or similar (1 night)

Optional Activities

- Third Reich Tour - EUR15
- Bavarian Royal Palace- combined ticket 3 sights - EUR13
- Deutsches Museum - EUR11

Meals Included

- Breakfast

Day 9: Munich - Neuschwanstein Castle

Starting early morning you will go on private minibus trip to Schloss Neuschwanstein castle, a nineteenth-century Romanesque Revival palace on a rugged hill above the village of Hohenschwangau. The palace was built by the King Ludwig II, known to be very shy, and the purpose of this beautiful construction was for the king to hide from the public. In 1886, only after 7 weeks from Ludwig II death, the palace was opened to the public and now receives a vast number of visitors each year. You will spend most of your day here, learning about its history and soaking up the atmosphere of the palace. Afterwards, head back to Munich in the late afternoon where you can enjoy some free time to relax before a farewell dinner with your fellow travellers at the famous Munich beerhall - the best way to finish a week of alpine adventure.

Accommodation

- Hotel Europa or similar (1 night)

Included Activities

- Castle Neuschwanstein guided tour

Optional Activities

- Horse drawn carriage - Castle Neuschwanstein (return) - EUR10

Meals Included

- Breakfast
- Dinner

Day 10: Munich

Your trip comes to an end after breakfast this morning. There are no further activities planned and you are free to depart at any time.

Accommodation

- Hotel Europa or similar (1 night)

Meals Included

- Breakfast

Finishing point

Hotel Europa
Dachauer Straße 115
Munich
GERMANY
Phone: +49 89542420

Finishing point instructions

If you are making your own way to the airport the hotel will be able to help book you an airport shuttle or taxi. Please ask at reception.
Pre booked departure transfer to Munich airport: You will be collected at the hotel reception 3 hours before your flight departure time. In case of flight cancellations, changes or if you are not able to find the driver, please contact to the emergency phone numbers: +49 (0)89 907 783 911.

Itinerary disclaimer

ITINERARY CHANGES:
Our itineraries are updated regularly throughout the year based on customer feedback and to reflect the current situation in each destination. The information included in this Essential Trip Information may therefore differ from when you first booked your trip. It is important that you print and review a final copy prior to travel so that you have the latest updates. Due to weather, local conditions, transport schedules, public holidays or other factors, further changes may be necessary to your itinerary once in country. The order and timing of included activities in each location may also vary seasonally to ensure our travellers have the best experience. Your tour leader will keep you up to date with any changes once on tour.

Feedback

Can't stop thinking about your adventure? Tell us all about it! We read each piece of feedback carefully and use it to make improvements for travellers like you. Share your experience with us at:
https://www.peregrineadventures.com/feedback

Essential Trip Information

Important notes

SINGLE SUPPLEMENT
A single supplement is bookable on this trip, subject to availability at the time of booking. Please note that due to the small properties we use in Europe there is only a limited amount of single supplements available per trip departure. If you would like to book a single supplement and enquire about availability please speak to your booking agent.

ARRIVAL TRANSFER
An arrival transfer from the airport to the start point hotel is included in the price of the trip. Please advise your travel agent of your flights times at least 2 weeks before your departure date. If you are planning to reach the destination by train or bus, please enquire the possibility of re-scheduling the transfer with your travel agent at the time of booking.

Pre-departure checklist

Before you travel please download our pre-departure checklist to make sure you are fully prepared for your trip:
http://www.peregrineadventures.com/pre-departure-travel-checklist

Passport and visas

Visas are the responsibility of the individual traveller. Entry requirements can change at any time, so it's important that you check for the latest information. Please visit the relevant consular website of the country or countries you're visiting for detailed and up-to-date visa information specific to your nationality. Your consultant will also be happy to point you in the right direction with acquiring visas. Visas can take several weeks to process, so familiarise yourself with any requirements as soon as you have booked your trip to allow for processing time.

Australian, New Zealand, Canadian, US and British citizens currently do not require a visa to visit Germany, Czech Republic, Austria and Hungary. Other nationalities should check with the relevant embassy or consulate in their home country for up to date visa information.

Medical and health information

All Peregrine travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to cope with our style of travel. Please note that if, in the opinion of our group leader or local guide, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, Peregrine reserves the right to exclude them from all or part of a trip without refund.

There is no malaria risk in any European country, however you should consult your doctor for up-to-date medical travel information and other vaccinations requirements. We recommend that you carry a first aid kit as well as any personal medical requirements (including a spare pair of glasses) as they may not easily be obtained at the locations on this trip. For legal reasons our leaders and guides are prohibited from administering any type of drugs including headache tablets and antibiotics. Please ensure that you are adequately prepared.

Food and dietary requirements

While travelling with us you'll experience the vast array of wonderful food available in the world. Your group leader will be able to suggest restaurants to try during your trip. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though.

Vegetarians might find the menu selection less varied than they would see at home. Vegetarianism is not as common in this region and choices may be limited to soups, salads, bread, cheese, fruit, yoghurt, eggs etc. Vegans and those on gluten-free diets will find this region very challenging and may need to supplement meals with their own supplies from supermarkets and markets. Wherever possible we will cater for dietary needs for included meals, but there may be times when those with special requirements may need to provide their own.

Accommodation

Comfortable hotel (7 nights), Feature stay (2 nights)

We have chosen our Peregrine accommodation to provide you with the high comfort, style and authentic feel of the place you are visiting. Expect pleasant accommodation with your own bathroom and heating/air conditioning where appropriate. Most of Peregrine accommodation has lifts or porters to help with your bags, 24 hour reception with English speaking staff and other amenities to make your stay a pleasure after a long day of exploring.
The exact style of accommodation indicated in the day-to-day itinerary is a guideline. On rare occasions, alternative arrangements may need to be made due to the lack of availability of rooms in our usual accommodation. A similar standard of accommodation will be used in these instances. Throughout the trip we request that our hotels prepare rooms in time for our arrival, especially if we're arriving prior to normal check-in time. However this isn't always possible which means we won't be able to check-in immediately on arrival at some hotels. Instead, we can store our luggage and explore our new destination. If you've purchased pre-trip or post-trip accommodation (if available), you may be required to change rooms from your trip accommodation for these extra nights.

TWIN SHARE BASIS Accommodation on this trip is on a twin share basis (unless noted otherwise in the day-to-day itinerary). A single supplement is available on this trip. Please check Important Notes section of this document for any exceptions to the single supplement.

Your hotel is based in a fairy-tale like village of Zermatt. In the center of action, yet very secluded. Hidden between high, rocky mountains with mighty Zermatt overlooking the surroundings. Enjoy comfort and atmosphere of Schlosshotel Hotel.

Transport

Taxi, Train, Ferry

This trip is a Rail Journey and therefore a lot of traveling is done on trains. Trains are comfortable and often decked out with air-conditioning, toilets, a snack bar (or vending machine) and power points. We will mostly be using 2nd class trains and that includes seat reservation and luggage storage. Some of the trains may be regional ones where you will have a great chance to interact with local people, but here seat reservation may not be possible. Please note that you'll have to carry your own luggage on and off the train, as well as some short distances to the hotel on few occasions. Please make sure your luggage doesn't exceed our weight and size recommendations.

Money matters

CURRENCY The local currency of Switzerland is the Swiss Franc (CHF). Two other countries visited on this trip, Italy and Germany, have now adopted the common currency of the European Union, the Euro (EUR).

CASH
The most convenient and cheapest way to acquire money in Europe is via an Automated Teller Machine (ATM) or Bancomat as they are often referred to. Check with your bank in advance concerning the suitability of your account / card overseas and any international fees that will be applied. You can withdraw local currencies easily at airports, major train stations and most city centres, but be sure to bring some extra emergency cash in a major currency that can be exchanged if the ATMs are not functioning. When leaving home don't forget your PIN and make sure you know the telephone number for cancelling your card if it is stolen. Keep this in a safe place. Credit cards are not always accepted in stores and restaurants. We recommend you carry some cash to pay for restaurant bills and other services.

SPENDING MONEY
When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget a sensible amount for things like meals not included, drinks, shopping, optional activities and laundry. It's always better to bring a little more than you think you'll need. Also make sure you've read your trip details thoroughly so you know what's included in the trip price and what isn't. This should make budgeting a little easier. You'll find this info in the Inclusions section of your Essential Trip Information (that's this document).

TIPPING
On this trip, we have included gratuities for the essential services that you will receive as part of your tour package. Where applicable, this will cover tips to drivers, specialist local guides and restaurant staff for included meals.
This amount DOES NOT include a tip for your tour leader, so you may wish to set aside some funds for this. It is customary to tip your tour leader for outstanding service throughout your trip. Tips are greatly appreciated as a gesture of thanks for their professionalism and leadership during your holiday. We are often asked what a reasonable amount might be. The amount is at your discretion, but a sum of €2-4 per person/per day is a general tipping standard.
You also wish to put aside some money for your own tipping, such as when you are doing our own optional sightseeing or activity that involves local guides and/or drivers, when joining in optional groups meals or dining out on your own, or for porters, bellboys and other hotel staff, including room-cleaning staff. In these instances, we advise you to carry small notes of local currency each day to make tipping easier. The amounts can vary greatly according to destination. Tipping in Europe, although not compulsory, is a widespread practice. Tips for good service are appreciated, if not expected. The amount depends on your resources, tipping philosophy and the circumstance. In restaurants, look out for any service charges. Tipping is applicable only at restaurants that have waiters and waitresses. If you order your food at a counter, don't tip. At restaurants with table service menus usually state (at the bottom) if the service is included. If so you don't need to tip, although if you're pleased with the service you can round up a few euros. If the menu states that the service is not included, tip about 10% by rounding up or leaving the change from your bill. Typically, it's better to hand the cash to the waiter than to leave

it on the table, particularly in busy places where the wrong party might pocket the change. In some places, you may want to tip in cash even if you pay with your credit card, otherwise your tip may never reach your waiter.
When you're paying for taxis, round up to the next euro on the fare (maximum 10 percent). Use common sense! If you feel like you're being driven in circles or otherwise ripped off, skip the tip.
Carry some change. If you stop at a public WC, you may have to tip the attendant anywhere from a bit of change to €1.50.
If you're not sure whether (or how much) to tip for a service, ask your tour leader for advice.

EMERGENCY FUNDS
Please also make sure you have access to an additional US$500, to be used when unforeseen incidents or circumstances outside our control (e.g. a natural disaster, civil unrest, strike action or an outbreak of bird flu) necessitate a change to our planned route.

BUDGET Please budget for additional meals and expenses while on your trip. We suggest EUR 550.00 for meals not included on this trip. Our suggestion is based on past traveller feedback but you may choose to spend more or less.

Packing

Remember - the lighter you travel the better! A soft-sided duffel bag is the ideal form of luggage. It is recommended that you keep your luggage weight around 15kg and certainly no more than 20kg. A small or medium-sized backpack (45-50 litres) is another good option, but preferably one without a frame. Many hotels used in Europe do not have lifts, so you must be able to carry your own luggage.

We operate trips in Europe in spring, summer and the start of autumn. Bear in mind that the weather will vary significantly from place to place also depending on the time of year. Remember that quality rain gear is essential for any destination - you'll enjoy your holiday to the fullest if you're prepared for all kinds of weather! Laundry facilities are available in some destinations.

Below is a list of equipment and documentation that we suggest you take with you. Please use this checklist as a guide when packing for your holiday.

Essential items:
- Travel documents: passport, visa (if required), travel insurance, air tickets or e-ticket receipts, Trip Notes
- Money: cash/credit card/debit card
- Small first-aid kit
- Daypack suitable to store some water, a jacket and snacks.
- Electrical adapter plug
- Sunscreen, lip balm, sunhat and sunglasses
- Comfortable and sturdy walking shoes with good walking socks

Recommended items:
- Money belt and small padlocks
- Watch/alarm clock and torch/flashlight (and spare batteries)
- Travel wipes/hand sanitiser
- Insect repellent
- Earplugs and eye mask (for light sleepers)
- Extra pair of prescription glasses (if required)
- 2 strong plastic garbage bags (for laundry and in case of rain)
- Refillable water bottle
- Phrase book/translation app
- Warm clothes/fleece – particularly for spring/autumn departures
- Wind and waterproof jacket
- Camera

If you are purchasing new footwear for your trip we recommend that you undertake some walking before-hand to ensure that they are comfortable and are the correct size. In any event we advise some preparatory walking before you commence your trip.

TRAVELLING ON LOCAL TRANSPORT
It's important that your bags can be locked, as on local transport it may be necessary that your luggage gets stowed separately (and unattended). The smaller your bag the better for you and other passengers. To ensure maximum comfort, try to pack small and light.

WATER BOTTLE:
Consider bringing your own water bottle to refill along the way. The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion end up in limited landfill or discarded in waterways and natural environments. Please avoid the purchase of bottled water by using the chemically sterilized water stored in the purpose-built storage tank or in water jerry cans in your overland vehicle. You're free to refill your bottle as many times a day as you like.

Climate and seasonal information

SUMMER
Summer temperatures can be extreme in many of the regions visited (over 40°C), which can be uncomfortable. It's important to use sun protection and drink plenty of water. Please carefully consider the time of the year you wish to travel and your suitability to that season.

SHOULDER SEASON
In contrast, weather in shoulder season can be unpredictable, and snow is not unheard of at higher altitudes. If you travel at the start or towards the end of the European season please pack accordingly with warm and/or waterproof clothes (preferably layers). The advantage of travelling during this time is that there are less tourists around.

Group Leader

All group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Peregrine leaders are experienced and knowledgeable and all are local to the destinations or have lived or extensively travelled through the region. Your leader 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 places visited on the trip, including historical, cultural, religious and social aspects. We aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Safety

SAFETY
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 and ensure that your travel insurance covers you for all areas your itinerary covers. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trip.
We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.
Your leader will accompany you on all included activities, however during your trip you'll have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your itinerary, and we make no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

FIRE PRECAUTIONS
Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

TRAFFIC AND DRIVING ON THE OTHER SIDE OF THE ROAD
Depending on where you come from please note that drivers in this part of the world may drive on the opposite side of the road from what you are used to. Look both ways before crossing any road. Traffic can be a little more chaotic than you might be used to at home. Be aware!

PETTY THEFT AND PERSONAL SAFETY
While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

SCAMS
Common scams operating in Europe include ploys to get you fined on the metro without a validated ticket. Ensure that you always travel with a validated ticket (have your ticket stamped). Another common scam is used by children who distract you with a map or a newspaper and while you are attending to them, steal your valuables. You may also come across players offering you to participate in the so-called "shell game". This is a scam and you will most certainly lose your money.

A couple of rules

Everyone has the right to feel safe when they travel. We don't tolerate any form of violence (verbal or physical) or sexual harassment, either between customers or involving our leaders, partners or local people. Sexual relationships between a tour leader and a customer are strictly forbidden.

Use or possession of illegal drugs will not be tolerated on our trips. If you choose to consume alcohol while travelling, we encourage responsible drinking, and expect that you'll abide by the local laws regarding alcohol consumption.

The sex tourism industry is known to exploit vulnerable people and have negative consequences on communities, including undermining the development of sustainable tourism. For this reason, patronising sex workers will not be tolerated on our trips.

By travelling with us you are agreeing to adhere to these rules. Your group leader has the right to remove any member of the group for breaking any of these rules, with no right of refund.

If you feel that someone is behaving inappropriately while travelling with us, please inform your tour leader or local guide immediately. Alternatively, contact us on the emergency contact number detailed in the Problems and Emergency Contact section of this Essential Trip Information.

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Sharing a room can be a great way to get to know people quickly and make close friends. It just takes a little effort on your part.

Travel Insurance

Travel insurance is compulsory for all our trips. We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.
When travelling on a group trip, you won't be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number and emergency contact number rather than the bank's name and credit card details. Please contact your bank for these details prior to arriving in-country.

Responsible Travel

Travelling responsibly is all about making good choices. It's about ensuring you have an incredible trip while also having a positive impact on the local environment, community and economy you're travelling in. How can you be a Responsible Traveller? See our tips below:

- Choose to travel with a responsible travel company like us! We've already offset the main carbon emissions of your trip, so your footprint is already lighter.
- Consider offsetting your flights when you book your trip/flights with us or your travel agent.
- Bring a refillable water bottle and some water purification tablets (or a Steripen) to cut down on plastic bottle waste.
- Be an animal-friendly traveller. Only go to venues that respect animals by allowing them to live normally in their natural environment. Steer clear of venues that use animals for entertainment or abnormal activities and/or keep animals in poor and unnatural conditions.
- Eat at local restaurants, buy from regional artists and support social enterprises so you can contribute directly to locals and their economy.
- Always be respectful of local customs and ask permission if you want to take a photo of someone.
- Learn a few words of the local language and engage with the people around you.
- Carry a cloth or re-usable bag so you can avoid plastic bags.
- Give back by making a donation to a local project via The Intrepid Foundation.

Share your thoughts with us by completing your feedback form after your trip. This helps us to continue to improve our commitment to responsible travel.

The Intrepid Foundation

Help us change thousands of lives by creating meaningful work and supporting skills training in communities around the world.

The Intrepid Foundation is the not-for-profit for Peregrine Adventures, a brand of the Intrepid Group, and works with local organisations around the world to improve the livelihoods of vulnerable individuals and communities through sustainable travel experiences. With our travellers' help, we've contributed more than AU $6 million to over 100 community organisations since 2002.

Did you know that tourism is one of the biggest contributors to the global economy, making up 1 out of every 10 jobs? That's why we support local projects that create meaningful jobs and give people the skills they need to work in the destinations we take you to. And it's why we exist – to make it easy for travellers to give back to the communities and places they've been in an effective and meaningful way.

All donations to The Intrepid Foundation are matched dollar for dollar (up to AU$10,000 per donor and AU$500,000 in total each financial year, excluding emergency appeals). And because Intrepid Group covers all administration costs, every cent goes directly to the projects. Donating is simple and secure. Please ask your leader for information about the projects we support through The Intrepid Foundation or visit our website:

http://www.theintrepidfoundation.org/