



OAG Overseas Norway



IN PARTNERSHIP WITH **INTREPID TRAVEL**

@outdooradventuregirlsuk

Our Travel Style

Our global network of local experts deliver the types of experiences that can't be Googled. Immersive trips that enable you to explore authentic local culture in a sustainable, experience-rich way. We love the highlights, but the real magic for us happens well away from a beaten path, the real life experiences you won't find in a search engine.

Norway Adventure 8 days/ 7 nights

About Your Trip

Start Location

Oslo, Norway

Finish Location

Tromso, Norway

Accommodation

8 nights Hotel

Rooming Requirements

Twin Share/Single

Included Meals

Breakfast (7)

Lunch (2)

Dinner (2)

Transport

Per Daily Itinerary

Leader/Guide

English Speaking Leader throughout

Included Activities

Per Daily itinerary

Entrance/Admission Fees

Where applicable with included activities

Airport Transfers

Arrival and departure transfers are included on a group basis

Support

24-hour support from our local office

Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

We offset these emissions on your behalf. But we know that is not enough, so we also have a [carbon reduction target](#).

Safe and responsible travel, always.

As you look to get back on the road, we continue to ensure our trips are safe for everyone. That includes our travellers, our leaders and crew and the people we visit along the way. Our health and safety policies follow recommendations from the World Health Organization and the World Travel & Tourism Council's (WTTC) Safe Travel protocols for tour operators. Before we resume trips in any destination, our itineraries undergo a comprehensive risk assessment and audit, while leaders and suppliers will complete COVID-19 health and safety training. We have also introduced specific policies around testing and vaccination for your safety.



Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people. Our extensive COVID-19 Health & Safety Guidelines ensure your wellbeing is looked after during your travels.



Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.



Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

About your Tour Leader

Tour leader

On this trip you will be accompanied by one of our tour leaders. The aim of the tour leader is to take the hassle out of your travels and to help you have the best trip possible.

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.

Norway Adventure Itinerary.

Day 1: 11 July 2025

Destination: Oslo

Meals Included: Dinner

Welcome to Norway, where you'll experience the captivating charm and unique character of Oslo. There's so much to explore in Oslo that we suggest arriving a few days early to make the most of your visit. This evening, join your group to enjoy some traditional Norwegian cuisine.

Included Activities

- Oslo – Welcome Meeting
- Oslo – Welcome Dinner

Arrival transfer

- Included

Special information

Your adventure begins with a welcome meeting at 6pm. Please look for a note in the hotel lobby or ask the hotel reception where it will take place. If you're going to be late, please inform the hotel reception. We'll be collecting your insurance details and next of kin information at this meeting, so please ensure you have all these details to provide to your leader. If you can't arrange a flight that will arrive in time, you may wish to arrive a day early so you're able to attend the welcome meeting. We'll be happy to book additional accommodation for you (subject to availability).

Accommodation

Thon Hotel Opera (Standard Room) or similar

Day 2: 12 July 2025

Destination: Trondheim

Meals Included: Breakfast, Dinner

Today, you'll depart from Oslo and take a train journey through the breathtaking countryside to Trondheim. Known as Norway's first capital—though this is debated by some historians—Trondheim remains the city where kings are crowned. Its name translates to 'a good place to live,' with 'trond' meaning 'a good place' and 'heim' meaning 'home,' and it truly lives up to its name. Situated on the Trondheimsfjord, the city features colorful wooden storehouses lining the Nidelva River and is surrounded by hilly wilderness. In the evening, consider joining the group to explore some of the excellent seafood restaurants in town.

Special information

Although a global ban on commercial whaling came into effect in 1986, approximately 1,000 whales are still being killed every year, as Iceland, Norway and Japan ignore the ban. We strive not to visit places that serve whale on any of our trips, however often this is unavoidable and there is a likelihood that you will come across whale meat on a menu or at a market stand.

Today's travel time is approximately 8 hours.

Included Activities

- Train journey through countryside to Trondheim

Accommodation

Thon Hotel Nidaros (Standard Room) or similar

Day 3: 13 July 2025**Destination: Trondheim / Overnight Train****Meals Included: Breakfast, Lunch**

Today, you'll explore the forested Bymarka, a vast nature reserve in Trondheim's west. Start with an easy walk around Lianvatnet, a serene freshwater lake surrounded by grassy slopes and shady paths. Enjoy a picnic lunch by the lake, followed by free time to further explore Bymarka or return to the center of Trondheim for leisurely sightseeing. Be sure to visit the Nidaros Cathedral, an immense Gothic masterpiece built starting in 1070, which holds the title of the northernmost Gothic structure in Europe—it's simply incredible. You can also visit several museums, such as the Archbishop's Palace, which houses the real Crown Jewels, and the Rockheim Museum, which chronicles the history of Norwegian pop music since the 1950s. In the evening, head to the nearby station to catch an overnight train to Bodø, departing just before midnight.

Included Activities

- Trondheim – Bymarka Forest Walk and Picnic Lunch

Special information

Today's walk will take approximately 1 hour along a flat path.

Norwegian overnight trains are very comfortable, with 2 passengers per cabin, and all bedding provided.

Check-out time at our hotel is around noon, so you will store your luggage at reception until tonight's departure to the train station.

In case of unfavourable weather conditions, your leader will offer snacks in a local café instead of a picnic.

Accommodation

Overnight Train (Shared Cabins)

Day 4: 14 July 2025**Destination: Bodo / Svolvær****Meals Included: Breakfast, Lunch**

This morning, wake up just north of the Arctic Circle as we arrive in the town of Bodø. You'll have plenty of time to explore this fascinating town before we depart on the afternoon ferry to Svolvær in the Lofoten Islands. Bodø, a modern city rebuilt after being almost entirely destroyed by German bombers during WWII, boasts a dramatic backdrop of rugged ranges. It also has the highest density of white-tailed sea eagles in the world. After exploring, consider grabbing a drink or some food by the quay and enjoying the view as these majestic birds soar above (just keep an eye on your food). In the afternoon, board the ferry to the Lofoten Islands. Upon arriving late in the evening, settle into your comfortable accommodation in the town of Svolvær.

Included Activities

- Bodo – Leader-led Orientation Walk

Special information

Today's travel time is approximately 3.5 hours.

Accommodation

Thon Hotel Lofoten (Standard Room) or similar

Day 5: 15 July 2025**Destination: Lofoten Islands - Svolvær****Meals Included: Breakfast**

On day 5, enjoy a thrilling sea kayaking excursion in Svolvær. Explore the stunning coastal scenery and crystal-clear waters of the Lofoten Islands from a unique vantage point. Paddle through serene fjords, marvel at the rugged cliffs, and perhaps even spot some local wildlife. This adventure provides an unforgettable way to experience the natural beauty of the region. After the excursion, you'll have the rest of the day to relax or explore more of Svolvær at your own pace.

Included Activities

- Svolvær – Sea Kayaking Excursion

Accommodation

Thon Hotel Lofoten (Standard Room) or similar

Day 6: 16 July 2025

Destination: Lofoten Islands - Svolvær

Meals Included: Breakfast

On day 6, embark on an exciting sea eagle safari, where you'll have the chance to observe these magnificent birds up close in their natural habitat. After the safari, tackle a rewarding hike to Linekammen Peak. The trail offers stunning views of the surrounding landscape, making the effort well worth it. Enjoy the breathtaking panoramas from the summit before heading back to relax and reflect on the day's adventures.

Included Activities

- Svolvær – Sea Eagle Safari
- Svolvær – Hike to Lineken Peak

Accommodation

Thon Hotel Lofoten (Standard Room) or similar

Day 7: 17 July 2025

Destination: Tromsø

Meals Included: Breakfast, Dinner

Depart the Lofoten Islands for a long but scenic journey to Tromsø. Begin with a local bus ride to Harstad, where you'll have some free time to enjoy lunch or explore the quaint town. Continue your journey with a local ferry ride, passing through stunning scenery, including fjords and even a maelstrom, on your way to Tromsø. Situated far above the Arctic Circle, Tromsø is northern Norway's major cultural hub, known for its music and arts festivals and its vibrant student population from the University of Tromsø. Upon arrival, enjoy a free evening to explore the town at your leisure.

Special information

Today's travel time is approximately 8 hours.

Included Activities

- Fjord ferry

Accommodation

Thon Hotel Polar (Standard Room) or similar

Day 8: 18 July 2025

Destination: Tromsø

Meals Included: Breakfast

There are no activities planned for the day and you are free to leave the accommodation at check out time.

Departure transfer

· Included

Important Information

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader or local representative may not be able to resolve a situation to your satisfaction - if this is the case, please ask the group leader or local representative to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

In case of a genuine crisis or emergency, you can reach our local office on the numbers below:

Intrepid's Local Operator: +49 8024 4679 540

Important notes

A single supplement is available if you'd prefer not to share a room on this trip. The single supplement applies to all nights of your trips except on the overnight train. Please speak to your booking agent for further information.

Passports, visas and entry requirements

PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

VISAS & ENTRY REQUIREMENTS

Many countries require a visa and obtaining the correct visa for your trip and any countries you may transit through is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. This will ensure you have time to prepare your documents and for your visa application to be processed. You can check the entry requirements for your nationality on your government's foreign travel advisories, consular websites or on our page here: <http://www.intrepidtravel.com/visa-entry-requirements>

Medical and health information

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local

representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

Food and dietary requirements

While travelling with us you'll experience the vast array of wonderful food available in the world. Your group leader or local representative 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. If you have dietary requirements and/or food allergies, please let your booking agent know prior to departure.

Accommodation

Hotel (7 Nights)

Overnight Train (1 Night)

The style of accommodation indicated in the day-to-day itinerary is a guideline only and may change. On some occasions, alternative arrangements may need to be made due to the lack of availability of rooms in our preferred accommodation. In these cases, we will use a similar standard of accommodation.

Throughout the trip, we request that our properties 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 or on some trips, have use of shared day rooms until all rooms are available.

Transport

TRANSPORT IN EUROPE

Half the fun of travel is the travelling itself, that's why we like to travel the local way – whether that means mingling with commuters on a local train, watching the scenery roll by from the window of a long distance bus, arriving on a high speed train in the city centre of your next destination, or navigating each city's public transport system. In Europe, you are guaranteed to travel by genuine local public transport wherever possible, which puts you right in the centre of the action.

Money matters

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 an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

CURRENCY

The currency in Norway is the Norwegian Krone (NOK).

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.

TIPPING

Tipping can be an appropriate way to recognise great service when travelling. While it may not be customary in your home country, it is an entrenched feature of the tourism industry across many of our destinations and is greatly appreciated by the people who take care of you during your travels. It is always best to avoid tipping with

coins, very small denomination notes, or dirty and ripped notes, as this can be regarded as an insult rather than the goodwill gesture it is intended to be.

OPTIONAL TIPPING KITTY

On Day 1 of your trip, your group leader or local representative may discuss with you the idea of operating a group tipping kitty, whereby everybody contributes an equal amount and your group leader or local representative distributes tips for drivers, local guides, hotel staff and other services included on your trip. This excludes restaurant tips for meals not included in your itinerary. The group leader or local representative will keep a running record of all monies spent which can be checked at any time, and any funds remaining at the end of the tour will be returned to group members. We have found that this is easiest way to avoid the hassles of needing small change and knowing when and what is an appropriate amount to tip. Participation in this kitty is at your own discretion, and you are welcome to manage your own tipping separately if you prefer. Please note the tipping kitty excludes tips for your group leader or local representative.

YOUR GROUP LEADER OR LOCAL REPRESENTATIVE

You may consider tipping your group leader or local representative for outstanding service throughout your trip. The amount is entirely a personal preference however as a guideline 4-7 USD or EUR per person (in a currency relevant to your destination), per day can be used. Of course, you are free to tip more or less as you see fit, depending on your perception of service quality and the length and involvement of your group leader or local representative on your trip.

CONTINGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable flights. Make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved. The recommended amount is listed in USD for the relatability of universal travellers, however, local currency may be needed once in the country to cover these costs.

Packing

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking, we recommend you pack as lightly as possible and make sure that you are able to carry and lift your own luggage and walk with it for short distances or up or down a flight of stairs. Our travellers usually find the smaller their luggage is, the more they enjoy the trip not having to worry about carrying heavy bags! Aim to keep your main luggage under 15kg.

Many travellers carry their luggage in a compact smaller suitcase or backpack with wheels. We recommend your bag has carry straps or handles so it is easy to lift and carry for the times you are unable to wheel it (ie. on rough surfaces or up steps).

If you are taking overnight trains, or primarily using public transport then the smaller your luggage the easier it will be to store under or above bunks. Large suitcases may not be able to be taken on board. A lockable bag or small padlock for your bag will be useful especially when travelling on public transportation as well.

You'll also need a day pack/bag to carry water, camera, swimming suit, waterproof pouch/bag for phone, hiking shoes and jacket etc. when you're exploring during the day.

Below we have listed the essentials for this trip:

<https://www.intrepidtravel.com/packing-list>

WATER BOTTLE

Please bring your own water bottle to refill along the way. Although it can be difficult to avoid bottled water when travelling, please use the water dispensers which are provided on some of our vehicles and at some of our accommodation. Your group leader or local representative will advise whether tap water is safe to drink in your destination and if it is you can simply refill with tap water. When unable to avoid bottled water it is better to buy the largest available and distribute into your smaller bottle for the day. If you are walking or trekking as part of your trip you will need to carry at least 2L of water with you.

WHITE NIGHTS

The closer you travel to the second half of June, the shorter the nights are in this part of the world. As many of our accommodations may not have suitable curtains to block out light you may want to consider bringing an eye-mask, especially if you are a light sleeper. Similarly, in winter months, especially in Highland and Island areas, the days are shorter, and it gets dark early. This can impact the availability of certain views and outdoor activities.

CLOTHING & CLIMATE

The climate in this region is extremely varied. In shoulder season (April, May, September, October and beyond) you can expect temperatures to vary between single digits and warm sunny days, while from June until September temperatures can reach well above 30 C. It is always a good idea to bring a warm windproof jacket, a hat and waterproof footwear and waterproof pouch/bag to protect your phone and documents. No matter which time of year you decide to travel, it can get quite cool at night especially when in the countryside, so we recommend that you bring a warm jacket or fleece.

Climate and seasonal information

The areas visited on this trip can be cold throughout the year, especially at the start and end of the season, and at night. Rain is possible at any time of year. Winter temperatures frequently drop below freezing, and snow fall is common. Summers on the other hand can be quite hot, and temperatures can reach up to 30 C. Please familiarize yourself with what climate to expect and bring appropriate clothing for adverse weather conditions, including base layers, hat, rain coat and anything else that you think may be applicable.

Group Leader

All group trips are accompanied by one of our group leaders or local representative. The aim of the group leader or local representative is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced group leader or local representative however, due to the seasonality of travel, rare situations may arise where your group leader or local representative is new to a particular region or training other group leader or local representative.

Your group leader or local representative 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. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your group leader or local representative can recommend a local guide service in most of the main destinations of your trip.

EUROPEAN LEADERS

Intrepid trips in Europe are accompanied by one of our local European group leaders. 'Local' in this context means a leader who is European or lives in Europe.

We also aim to support local guides in the individual cities or locations we travel to. If you are interested in delving deeper into the local culture at a specific site or location then your leader can recommend an optional local guide service in most of the main destinations of your trip.

Safety

Most national governments provide regularly updated foreign travel advice 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 destinations and activities on your trip. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your 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 group leader or local representative will accompany you on all included activities, however, during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your group leader or local representative will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes 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 group leader or local representative has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips.

<https://www.intrepidtravel.com/safety-guidelines>

Community guidelines

Intrepid won't tolerate any kind of violence, harassment (whether physical, verbal or sexual), or disrespect toward fellow travellers, our teams or local communities.

To ensure the wellbeing of everyone on the trip, decisions made by your group leader are final.

Romantic relationships between travellers and group leader or local representative are not permitted while on trip.

Any behaviour that prevents your leader from continuing the itinerary as planned, breaks local laws or opposes any of these guidelines may result in Intrepid denying your booking or removing you from the trip.

If something concerns you during your travels, please speak to your group leader immediately. Alternatively, you can contact us on the emergency contact number detailed in the Problems and Emergency Contact Information 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. Due to privacy reasons, we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SOLO TRAVELLERS

The beauty of our style of travel is that it caters to travellers who are travelling solo and who want to meet and share experiences with like-minded people.

On our trips rooming is organised on a twin-share basis. We pair up solo travellers with another traveller of the same gender as per the gender marker on each of their passports.

As a responsible tour operator, we strive to create a safe and inclusive environment for everyone. In the case that your gender identity differs from what is indicated on your passport, please contact us so that we can discuss rooming options with you.

We also have an optional single supplement available on most trips for travellers who prefer to have their own room. Please note that this only applies to accommodation during the tour. Pre-trip and post-trip accommodation booked through us will be on a single room basis.

On a small selection of itineraries some accommodations are booked on an open gender, multi-share basis (for example on a felucca in Egypt or an overnight train in Vietnam). In those instances it will clearly be stated in our Essential Trip Information prior to booking and travelling.

Travel insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your group leader or local representative.

If you have credit card insurance your group leader or local representative 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 your credit card details. Please contact your bank for these details prior to arriving in-country.

For travellers who reside within the European Union, Switzerland or USA the requirement to purchase travel insurance cannot be compulsory. However the purchase of travel insurance is still highly recommended, and travellers from these regions who decline travel insurance when travelling outside of their home region must sign a Travel Insurance Waiver Form at the Group Meeting, recognizing personal responsibility for emergency medical and repatriation costs should they arise.

For assistance with travel insurance or other services, please visit the link below:

<https://www.intrepidtravel.com/booking-resources/our-services>

Responsible travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip group leaders or local representatives, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

WHALING

We are big supporters of the protection of endangered species around the world. Although a global ban on commercial whaling came into effect in 1986, approximately 1,000 whales are still being killed every year, as Iceland, Norway and Japan ignore the ban. We strive not to visit places that serve whale on any of our trips, however often this is unavoidable and there is a likelihood that you will come across whale meat on a menu or at a market stand.

The Intrepid Foundation

We created our not-for-profit, the Intrepid Foundation because you – our travellers – told us you wanted to make an even greater impact in the communities you visit.

The Foundation works by teaming up with partners around the world so that together we can deliver greater positive impact at scale. Partners are identified by our local staff who live and work in our destinations. They harness their powerful community connections to determine the issues that matter most and select local partners who can deliver real solutions.

Since 2002, the Intrepid Foundation has raised more than \$14million dollars and supported more than 160 communities worldwide. Now, with over 40 partners all over the world, your donations are helping to restore forests in Kenya, empower women in Honduras and promote elephant welfare in Laos, to name just a few.

For more information about the Intrepid Foundation, please ask your group leader or local representative or visit our website: <http://www.theintrepidfoundation.org/>

This trip directly supports Eden Reforestation Projects, who are tackling climate change by restoring forests across the world; they also hire locally and create job opportunities within local communities. Donations support restoration across planting sites in 10 countries, including Madagascar, Kenya and Nepal.

To find out more or make a donation, visit: <http://www.theintrepidfoundation.org/t/eden-reforestation-projects>

Booking Conditions

By booking this Intrepid Travel Tailor-Made Adventure, you agree to the Intrepid Standard Booking Conditions <https://www.intrepidtravel.com/au/booking-intrepid/booking-conditions> and any deviations specified below that apply to your Tailor-Made booking as set out below.

If you are making a booking on behalf of a group, you must ensure each traveller has read and agrees to our Booking Conditions before making the booking.

- You must provide a travellers' name list and details including name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure of the trip.
- All rates are per person, based on indicated numbers travelling together as one movement. Any changes to the group size at any time before or after confirmation of services will require the trip to be repriced.
- The details set out in your proposal are a quotation only. The pricing and itinerary are subject to availability of accommodation, transport, leaders, and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
- By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
- A contract will exist when we accept your deposit.
- If we, or a third-party operator, is required to make amendments to your original proposal, subsequent pricing may become applicable to your booking.
- Any changes to the itinerary made by you AFTER services have been confirmed will require a revised quote and may be subject to an additional charge (as levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.
- Hotels listed in the quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- If complimentary transfers are included, (on a group basis) they are only applicable if going to accommodation booked through us. Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.
- Some Tailor-Made tours, such as our Tailor-Made Australia trips, may have cancellation terms that deviate from those set out in the Intrepid Standard Booking Conditions. Your Tailor-Made consultant will advise you of the cancellation conditions that apply to your booking prior to you paying your deposit.
- You acknowledge that you are choosing to travel at a time where you may be exposed to the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols before and during your trip. Depending on the most recent health information available to us, we may require you to comply with mandatory health policies, including the need for proof of vaccination or medical tests. More information can be found on our Covid-19 Customer Information page [here](#). Please note that these policy requirements are subject to change following advice from relevant authorities.