

# Essential Trip Information

## Portugal Real Food Adventure, featuring Galicia

★★★★★ 4.7 out of 5 based on 23 reviews submitted.

## Overview and itinerary



<b>Start</b>	Santiago de Compostela, Spain	<b>Style</b>	Original
<b>Finish</b>	Lisbon, Portugal	<b>Ages</b>	Min 15
<b>Theme</b>	Food	<b>Group size</b>	Min 1 - Max 12
<b>Destinations</b>	<u>Spain</u> , <u>Portugal</u>	<b>Validity</b>	01 Jan 2024 - 31 Dec 2024
<b>Physical rating</b>	■ ■ □ □ □ ⓘ	<b>Trip code</b>	ZMZIP

# Is this trip right for you?

- The cuisine of Portugal includes a lot of meat and seafood. For vegetarians and vegans, we recommend reviewing the itinerary and inclusions to ensure that you can fully participate and enjoy this trip. We also have many other trips to Portugal that can accommodate various dietary requirements.
- Summer temperatures in the areas visited can be very high (up to 40C), which can be uncomfortable. It is essential to use sun protection, wear layers to combat the heat and drink plenty of water. Please consider the time of the year you wish to travel and your suitability for that season.
- We recommend packing light and smart for this trip as you'll be required to carry your own luggage between train stations and hotels, which can include going up and down multiple flights of stairs, and across cobblestones. Train stations often don't have lifts available.
- Space is at a premium in Europe and your hotel is no exception. Rooms are often small, but usually the central location makes up for that. For those travelling as a duo, hotels in Europe often don't have double beds, but rather two single beds that can be pushed together.

# Physical rating



# Joining point

Hotel Lux Santiago  
Rúa do Doutor Teixeira, 4,  
Santiago de Compostela

15701

SPAIN

Phone: +34 981554986

## Description

Hotel Lux is situated in easy walking distance to the old town of Santiago de Compostela, making it a great place to discover the wonders of the city of Saint James the Great. The hotel offers services such as Wi-Fi, air conditioning, laundry/dry cleaning service (subject to extra charge), café and luggage storage. All rooms are fitted with en-suite bathrooms, safety deposit box, TV, telephone and hairdryer.

## Instructions

Due to local regulations an arrival transfer cannot be pre-booked and local taxis must be used. Taxis are readily available from the airport. The journey will cost approximately EUR20-30 depending on traffic and the time of day you arrive.

If you would prefer there is also the option to travel by bus. From the airport station buses depart every 30 minutes. Take the bus from "Casa Lorenzo" (airport) to "Santiago de Compostela - Plaza de Galicia". The ride will cost around EUR3 and take around 30 minutes. Hotel Lux is just 100 metres from the bus stop.

## 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

# Itinerary

Show all 

## Day 1: Santiago de Compostela



Hola! Welcome to Santiago de Compostela – the capital of northwest Spain’s Galicia region. If you arrive early, maybe walk the streets of the Old Town, known for its distinctive Romanesque, gothic and Baroque buildings. Your adventure begins with a welcome meeting at 6 pm. After, maybe get to know your fellow travellers with an optional dinner of traditional Galician favourites. For seafood lovers, try the pulpo a la gallega (Galician-style octopus).

### Accommodation

- Hotel (1 night)

### Meals

There are no meals included on this day.

### Special information

It's very important that you attend the welcome meeting as we will be collecting insurance details and next of kin information at this time. If you are going to be late please let your travel agent or hotel reception know. Ask reception or look for a note in the lobby for more information on where the meeting will take place.

## Day 2: Porto



This morning, you'll head to a local market in Santiago de Compostela – one of the city's most popular attractions (alongside the cathedral). Follow your leader as they share tastes of local delicacies around the market. If you like, you can grab some extras for the public bus journey this afternoon, travelling over the border into Portugal. Arrive in the charming city of Porto in the late afternoon – known for its medieval riverside district with colourful houses bordering the Douro River, this is one of the country's most romantic cities. Tonight, you'll head out for an included dinner of a plant-based version of Porto's favourite dish, the francesinha.

### Accommodation

- Hotel (1 night)

### Meals

- Breakfast
- Dinner

### Included activities

- Santiago de Compostela - Market visit and tasting tour

### Special information

Your travel time today will be approximately 4 hours.

#### Day 3: Porto



Taste your way around Porto this morning, exploring its majestic bridges, cobbled streets, merchants' houses and cafes. From the grand fountain in Praça dos Leões, head to a local café for coffee and pastel de nata (the famed Portuguese custard tart). Walk through the Clerigos, S. Bento and Sé quarters before popping into a bar for a cachorrinho (a spicy bread and sausage mouthful) accompanied by a cold beer. Continue through the Ribeira District, sampling local specialties like bacalhau (dried, salted cod) and a glass of rosé. Round out your explorations with a sip of the city's namesake drop (port) and a selection of petiscos (Portuguese tapas). The afternoon is free for you to explore at your leisure. Maybe pull up a chair in one of Porto's atmospheric tavernas and order another glass of port.

### Accommodation

- Hotel (1 night)

### Meals

- Breakfast
- Lunch

### Included activities

- Porto - City Tasting Tour

## Day 4: Douro Valley - Coa Valley



Take a scenic drive by private vehicle this morning to the Douro Valley. Arrive at Quinta da Pacheca (winegrowers since 1738) for a picnic and wine tasting. Over a couple of glasses of local wine (and a port, of course), you'll share an assortment of olives, sausages, dried fruits, traditional salads, regional cheeses, apple tartlets and more. Travel on to the Coa Valley – known for the combined efforts of passionate locals to rewild the area, starting with the reintroduction of ancient cow breeds. Here, you'll stay in an historic guesthouse atop a hill, overlooking the village and surrounding fields. Tonight, enjoy a home-cooked dinner of the best local produce.

### Accommodation

- Guesthouse (1 night)

### Meals

- Breakfast
- Lunch
- Dinner

### Included activities

- Douro Valley - Wine Tasting & Lunch
- Coa Valley - Home-cooked dinner

### Special information

Your travel time today will be approximately 4 hours.

## Day 5: Alentejo Farmstay



Relax into the day with no plans until a late morning departure. You might like to explore Castelo Rodrigo (the surrounding village) or go for a hike in the countryside. Then hit the road for the Alentejo region – surrounded by wheat fields dotted with grazing cows. Stop at Castelo Branco to stretch your legs and spend some time exploring the historic town. Maybe grab some lunch and people-watch or walk around the Jardim do Paco Episcopal (a popular baroque garden). Continue to your farm stay in Alentejo – this area is renowned for its cork plantations, vineyards and the coveted Azaruja sausage made from black Alentejo pigs. You'll be greeted with a local tipple and a tour of the farm, which has been in the family for the last six generations. You'll see what's it like to live at the farm, before some free time to settle in, take a swim in the pool or amble around the

property, enjoying the peace and quiet. Then, guided by your host, prepare a meal of regional specialties from the best fresh produce. On the menu might be pork with clams, baked goats cheese, soup with cod or cheesecake flavoured with local honey and lemons.

#### Accommodation

- Farmstay (1 night)

#### Meals

- Breakfast
- Dinner

#### Included activities

- Alentejo - Farm cooking class

#### Special information

Your travel time today will be approximately 4 hours.

#### Day 6: Lisbon



Say goodbye to the farm and head to a local olive oil producer for a tasting (a bottle of this locally produced oil makes an excellent souvenir!). Continue to Lisbon, popular for its pastel-coloured buildings and the Sao Jorge Castle. Enjoy some free time when you arrive to find some lunch, then head out on a leader-led orientation walk to get your bearings and see the city's highlights. As you make your way, take a moment to try some ginjinha, a sweet cherry liqueur that originated in Lisbon. Afterwards, make a detour to Loja das Conservas, a quirky deco store selling canned fish from 17 different national canned fish outlets for you to taste and explore! Tonight, you're free to explore the city's nightlife or find a great spot for dinner – your leader will have some great recommendations for local restaurants or where to find the best live fado show (a genre of Portuguese soul music that originated in Africa and has evolved to suit the streets of Lisbon).

#### Accommodation

- Hotel (1 night)

#### Meals

- Breakfast

#### Included activities

- Lisbon - Leader-led orientation walk
- Alentejo - Local producer visit and tasting
- Lisbon - Market tour with tastings

### Special information

Your travel time today will be approximately 1.5 hours.

#### Day 7: Lisbon



This morning, visit the local market Mercado da Ribeira, a vibrant food market offering fresh produce, local delicacies, and artisanal goods. This afternoon, after some free time for lunch, you'll visit one of the city's iconic eateries, Pasteis de Belem, for pastel de nata – established in 1837, these are arguably the country's best! First made in the 16th century by nuns, this mixture of crispy pastry and creamy filling is Portugal's best-known dessert, so why not take every opportunity to treat yourself (and maybe some extras for later?). Tonight, maybe head out for an optional farewell dinner with your group.

#### Accommodation

- Hotel (1 night)

#### Meals

- Breakfast

#### Included activities

- Lisbon - Pasteis de Nata tasting in Belem

#### Day 8: Lisbon



Today, there are no activities planned and your trip comes to an end. If you'd like to spend more time in this gorgeous city, just speak to your booking agent.

#### Meals

- Breakfast



# Finishing point

Hotel Gat Rossio

Rua do Jardim do Regedor 27

Lisbon

PORTUGAL

Phone: +351 213478300

## Description

The Hotel Gat Rossio is located in the historic Old Town and an ideal base for exploring the best that Lisbon has to offer. The rooms are modern and clean and feature air conditioning, TV, private bathroom facilities, and Wi-Fi. The hotel also boasts an outdoor terrace which is perfect for relaxing on.

## Instructions

Intrepid can assist with pre-booking a departure transfer to the airport - enquire with your agent. Please advise your flight arrival details at least 14 days prior to the start of your trip.

If you have a confirmed departure transfer your leader will advise your pick up time the day before your trip ends. If your driver has not arrived within 30 minutes of the scheduled pick up time, or your departing flight is cancelled or changed, please contact the transfer operator directly on Intrepid Operator Number: +49 8677 918 6657 and dial 1 for Transfers

Alternatively, Lisbon Airport (LIS) is approximately a 25 minute drive from the hotel. Please ask your leader or hotel staff for assistance in arranging a taxi.

# Alternate finishing points

## Alternate finishing point 1

For trips departing on the following dates, use this finish point.

09 May 2024 (ZMZP240509), 05 Sep 2024 (ZMZP240905), 19 Sep 2024 (ZMZP240919), 26 Sep 2024 (ZMZP240926)

Hotel Luena

Rua Pascoal de Melo, nº9

Lisbon

1000-230

PORTUGAL

## Instructions

Intrepid can assist with pre-booking a departure transfer to the airport - enquire with your agent. Please advise your flight arrival details at least 14 days prior to the start of your trip. If you have a confirmed departure transfer your leader will advise your pickup time the day before your trip ends.

Alternatively, please ask your leader or hotel staff for assistance in arranging a taxi to reach the airport.

## Alternate finishing point 2

For trips departing on the following dates, use this finish point.

23 May 2024 (ZMZIP240523), 29 Aug 2024 (ZMZIP240829), 12 Sep 2024 (ZMZIP240912), 15 Sep 2024 (ZMZIP240915)

Hotel masa 5 de outubro  
Avenida 5 de Outubro 87.  
Lisbon  
1050-050  
PORTUGAL

## Description

Intrepid can assist with pre-booking a departure transfer to the airport - enquire with your agent. Please advise your flight details at least 14 days prior to the start of your trip.

If you have a confirmed departure transfer your leader will advise your pick up time the day before your trip ends. If your driver has not arrived within 30 minutes of the scheduled pick up time, or your departing flight is cancelled or changed, please call the phone number listed in the 'Problems and emergency contact information' section above.

Taxi fare from your hotel to the airport will cost approximately EUR10-20 and the journey takes approximately 15mins. Please ask your leader or hotel staff for assistance in arranging a taxi.

## 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's important that you review this information prior to travel so that you have the latest updates. Due to weather, local conditions, transport schedules, public holidays, political unrest or other factors, further changes may be necessary to your itinerary once in-country. Your group leader or local representative will keep you up to date with any such changes once your trip is underway.

## OPTIONAL ACTIVITIES

A selection of optional activities that have been popular with past travellers are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only for some of what might be available. Prices are approximate, are for entrance fees only, and don't include transport to and from the sites or local guides unless indicated. All activities are subject to availability, and maybe on a join-in basis. It may not be possible to do all the activities listed in the time available at each destination, so some pre-planning for what you are most interested in is advised. When it's recommended that travellers pre-book these activities, look for a note in the Special Information section of the day-to-day itinerary. For most, they can either be organised independently on the day, or let your group leader or local representative know you are interested at the Welcome Meeting and they can assist.

Where activities are considered medium or high risk, we work with operators whose safety and credentials we have sighted and assessed. Although it is possible that you may find the same activity cheaper with another operator on the ground, we cannot vouch for the safety or quality of that operator. Medium and high-risk activities not listed above have not been assessed by us and as such our staff and group leader or local representative are unable to assist you with organising these activities. Activities that contravene our Responsible Travel policies are also not listed. Please remember that the decision to partake in any activity not listed is at your own discretion and risk.

## MUSEUM VISITS & OPENING TIMES

Many sites, attractions and museums are closed on Mondays (and sometimes Tuesdays). We recommend checking the opening times of anywhere you're interested to visit and making reservations where required/possible.

# 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: <http://www.intrepidtravel.com/feedback/>

# Essential Trip Information

## Important notes

1. A single supplement is available if you'd prefer not to share a room on this trip. The single supplement excludes Day 5 (Farmstay) where you will be in shared accommodation, and is subject to availability. Please speak to your booking agent for further information.
2. While we endeavour to cater for specific dietary requirements, some meals and food activities are set in advance and may be difficult to adjust. Please advise us of any dietary requirements at the time of booking so that we can ensure you'll enjoy this trip.

# 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.

While we will endeavour to cater to dietary requirements where possible, please note that many meals and food activities on Real Food Adventures are set in advance in order to deliver a well-rounded experience of a country's cuisine. In many countries, dietary restrictions are uncommon and not well understood. If you have dietary requirements and are concerned about whether this may impact on your ability to participate fully in all food-related activities on this trip, please speak with your booking agent so it can be determined whether your dietary requirements can be met.

## Meals & Beverages:

Please refer to the inclusions section for the included meals and food activities. Beverages (alcoholic and non-alcoholic) are not included with meals unless specified or part of a beverage tasting activity.

# Accommodation

Hotel (5 nights), Guesthouse (1 night), Farmstay (1 nights)

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.

## EUROPEAN HOTELS

Hotels in Europe often don't have double beds, but rather two single beds that can be pushed together/apart. Rooms can be rather small, especially by American or Australian standards.

Your accommodation may not always have private en suite facilities or air-conditioning. European hotels generally don't provide kettles or fridges.

# Transport

Private Vehicle, Public bus, Metro, Tram

## 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.

### EUROPE

The Euro (EUR) is the official currency in the following destinations: Andorra, Austria, Belgium, Croatia, Cyprus, Estonia, Finland, France, Germany, Greece, Ireland, Italy, Kosovo, Latvia, Lithuania, Luxembourg, Malta, Montenegro, the Netherlands, Portugal, Slovakia, Slovenia, Spain. All other European countries still have their own national currencies.

You can use your credit/debit card in ATMs, which are common throughout Europe. Before leaving home, check with your bank regarding fees you may be charged for using your card overseas. You can obtain EUR cash prior to arriving through normal outlets such as banks and currency exchange offices.

### 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.

## COMMISSIONS

Intrepid understands that the receipt of commissions in exchange for recommending particular shops or services is ingrained in the culture of the tourism industry. For this reason, we have established a centralised fund for contributions from recommended suppliers so these can be collected and distributed back into the business. Actively managing the receipt of commissions helps us maintain the level of quality you expect on one of our trips. Travel is always an adventure so Intrepid cannot explicitly guarantee the quality of a product but we aim to provide the best value trips in the market. Please let us know via the feedback form completed after your trip if we are successfully meeting - or exceeding - this objective.

# 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.

## Climate and seasonal information

#### SUMMER

Summer temperatures can be extreme in many of the regions visited (over 40°C/104°F), 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 leader 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.

## A couple of rules

We like to think our Intrepid travellers are all connected by a love of adventure and passion for seeing the world in a different way. We've laid down a few non-negotiable rules to ensure everyone feels connected, comfortable and safe on our trips.

We ask that you respect your fellow travellers, group leader or local representative, and local people and places we visit in all circumstances. We don't tolerate any forms of violence and expect that you follow the local laws, customs and regulations in any destination we travel to. Any behaviour contrary to the above, including any behaviour that prevents our staff from performing their duty of care or continuing the itinerary as planned, may result in travellers being removed from the trip.

If you consume alcohol while travelling, we encourage responsible drinking and expect you to abide by local alcohol laws.

To ensure the well-being of everyone on the trip, all decisions made by group leaders or local representatives and ground staff are final.

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

By travelling with us, you agree to comply with these rules and the laws and customs of all countries visited.

If something is concerning you during your travels with us, please speak to your group leader or local representative immediately. Alternatively, contact us on the emergency contact number detailed in your Essential Trip Information's Problems and Emergency Contact section.

## 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>

## 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 supports REFOOD, who work directly with local communities in Portugal to rescue quality food from going to waste and use this to provide meals for those in need. Donations help them promote a circular movement that benefits the environment and helps to feed those living in food scarcity. Intrepid will double your impact by dollar-matching post-trip donations made to The Intrepid Foundation. To find out more or make a donation, visit: <https://www.theintrepidfoundation.org/t/refood>

**Was this page helpful?**

Yes

No