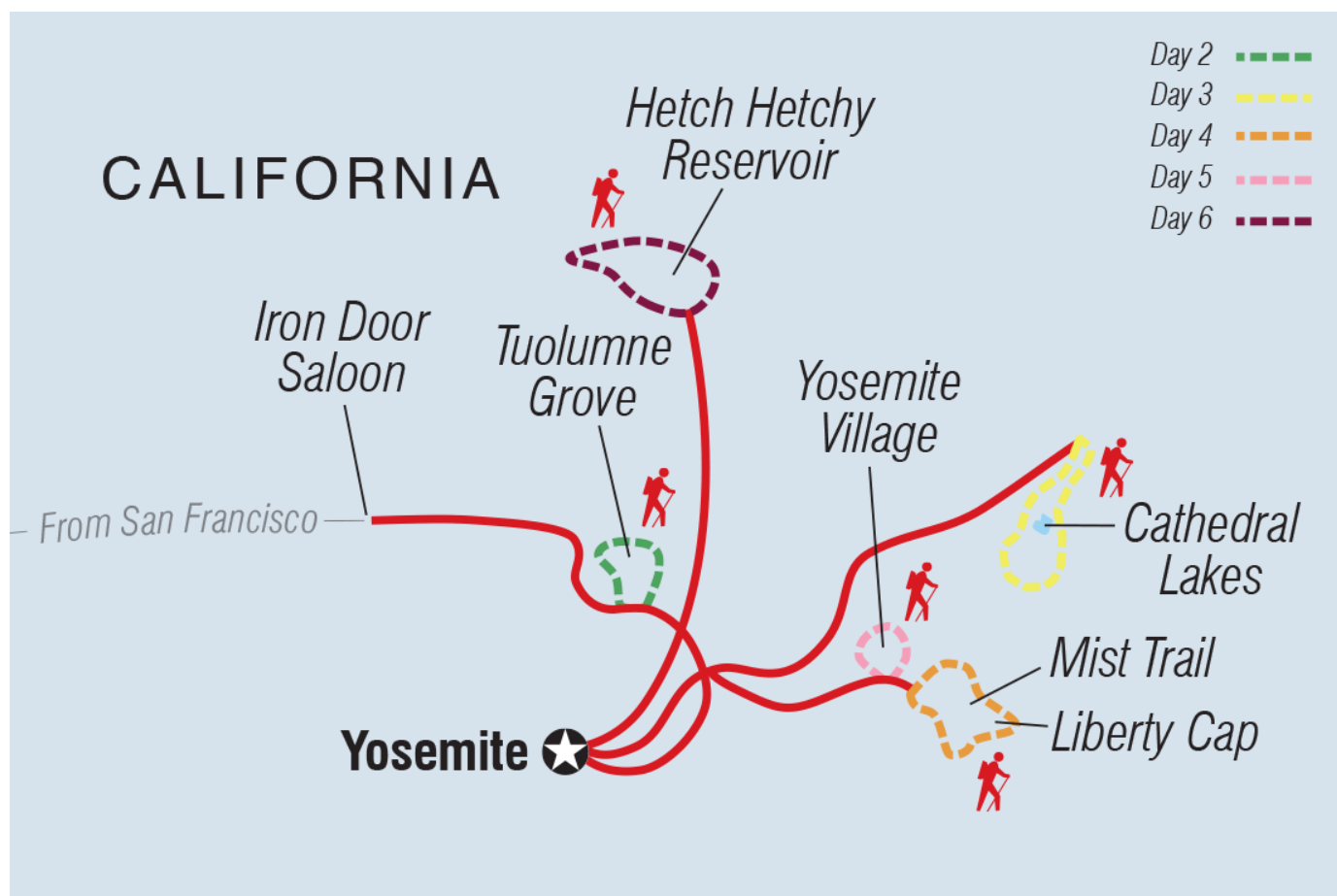


# Hiking in Yosemite National Park

## Overview & Itinerary

<b>Start</b>	San Francisco, United States
<b>Finish</b>	San Francisco, United States
<b>Destination</b>	United States
<b>Style</b>	Original
<b>Theme</b>	Walking & Trekking
<b>Code</b>	SIXY
<b>Trip rating</b>	4.58
<b>Validity</b>	01 Jan 2023 to 31 Dec 2023



## Is this trip right for you?

- This is a walking trip; a good fitness level will help you enjoying all included walks and activities. We will walk up to 8 miles (12.5 km) per day, with elevation gain of 600 metres.
- Yosemite National Park boasts warm summers but be prepared for colder evenings and possibly rainy days. Good clothing and appropriate footwear are a must.
- On our final day we will reach San Francisco between 5 pm and 6 pm. This night's accommodation is not included so please plan your departure accordingly, or pre-book a post-tour night.

## Physical rating



The walking on this trip is over easy to moderate terrain and distances covered can vary from 5 to 20 km (please check day descriptions for details). Some of the walks are circular but some can be out-and-back walks. Be prepared for daily ascents and descents, sometimes with short, steep sections. Terrain can be rocky with loose gravel, or with roots, which may become slippery when wet. This tour is ideal for nature lovers and the leaders set an even pace, providing time to take photos and to appreciate the beautiful surroundings.

## Joining point

Stanford Court San Francisco  
905 California Street, Nob Hill,  
San Francisco  
CA 94108  
UNITED STATES OF AMERICA  
Phone: +1 4159893500

## Joining point description

Stanford Court is in a prime location in Nob Hill, steps from Union Square it offers guest wonderful views of the city. Amenities include state of the art fitness center and day use of e-bikes for those wanting to explore the city on 2 wheels. All rooms are equipped with a HD television with HDMI and USB Ports, USB outlets, and a mini-fridge.

## Joining point instructions

If you've pre-booked an arrival transfer, driver will meet you in the airline baggage claim area, with your name on a sign. If you need further assistance, you can call the dispatcher at 650-515-6707. Courtesy phones are located in all baggage claim areas. Please note that neither the driver nor any representative should ask you for any additional payment.

The Stanford Court hotel is 30-minute taxi from San Francisco International Airport (SFO). The BART runs hourly from the airport to downtown San Francisco. The closest station to the hotel is Powell Street, with a 10min walk to the hotel.

## 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 our 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/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader 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 number below:

#### POLICE AND AMBULANCE

In case of an emergency, local authorities can be contacted by calling 911 – this is the toll free phone number for the police, fire department and the ambulance in the USA and Canada. In case of doubt, call the operator on 0.

Intrepid's Local Operator: 415-642-7378 option 5

## Itinerary

▼ **Expand All**

### Day 1: San Francisco

Welcome to SF! California's Golden Gate City is packed with plenty of things to do, from exploring the city's famous Chinatown, to digging into fresh crab at Fisherman's Wharf, to wandering through the oldest Japanese tea garden in the USA. Your day is free until our welcome meeting at 6 pm tonight, so if you arrive in town early, feel free to go out and see the sights. After your group meeting the evening is free for your own discoveries – perhaps head to Chinatown and get your hands on some dim sum!

#### Accommodation

- Hotel (1 night)

#### Meals Included

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 and emergency contact details 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: Yosemite National Park – Tuolumne Grove

After breakfast, head off for the famous Yosemite National Park, with a lunch stop along the way at the historic Iron Door Saloon, the oldest continuously operating saloon in California, dating back to the mid-1800s. Be sure to check out the saloon's old photos of the Hetch Hetchy valley and collection of antique gold mining tools. Look around closely and you might even spot a few stray bullet holes in the walls. After lunch, enjoy your first walk today – an easy, downhill hike – at the Tuolumne Grove of Giant Sequoias. The grove is home to, no surprise, a couple dozen mature giant sequoia trees, including one that's been carved into a tunnel you can walk right through. Of course, what goes down must come back up, but your return upward climb will be rewarded once you arrive at your accommodation. While many visitors to Yosemite stay in campsites, you'll get to unwind at a charming mountain lodge. Settle into your home for the next few days and soak up the rustic atmosphere.

## Accommodation

- Lodge (1 night)

## Included Activities

- Tuolumne Grove hike
- Iron Door Saloon visit

## Meals Included

- Breakfast
- Lunch

## Special Information

Hiking distance today is 2.5 miles (4 km) roundtrip, with 400 feet (120 m) elevation loss to the grove.

## Day 3: Yosemite National Park – Cathedral Lakes

It's an early start today to the trailhead for the famous Cathedral Lakes, approximately 2 hours away by vehicle. It's all worth it though, as this hike reveals some of the most impressive views in the High Sierra. Soak up the jaw-dropping, high-altitude scenery of the Lower and/or Upper Cathedral lakes that are worth every step of your 3- to 5-hour hike. If you're concerned about difficulty and altitude levels, don't worry – you'll be given a choice of different routes, depending on the group's comfort and abilities.

## Accommodation

- Lodge (1 night)

## Included Activities

- Cathedral Lakes hike

## Meals Included

- Breakfast

## Special Information

Hiking distance today is 7 miles (11 km) roundtrip to Upper or Lower Cathedral Lakes, or 8 miles (12.5 km) roundtrip to see both. Trailhead elevation is 8500 ft (2590 m), heading up to 9290 feet (2830 m) for Lower Cathedral Lake and 9600 feet (2925 m) for Upper Cathedral Lake. While this altitude is not considered 'high', it is important you stay hydrated and inform your Tour Leader in case you feel dizziness, headache or any other symptoms of altitude sickness.

## Day 4: Yosemite National Park – Mist Trail

Today's drive to the start of the trail is shorter (approximately 1 hour), but the hike is no less incredible. The Mist Trail is Yosemite's signature hike, for good reason. While many of the park's hikes leave the best views for the end, this trail is scattered with fabulous views along the whole route, including a few waterfalls (be sure to pack your rain gear as the falls are close to the trail and you will get sprayed). You'll also get to see Yosemite's iconic Half Dome rock formation. It was once believed that the Half Dome was completely inaccessible to climbers, until George Anderson reached the summit in 1875. Over a century later, famed climber Alex Honnold, star of the 2017 documentary *Free Solo*, would hold the record for the fastest ascent of the Half Dome's Regular Northwest Face route – the first Grade IV climb in the USA. In the evening, rest up back at the lodge.

## Accommodation

- Lodge (1 night)

## Included Activities

- Mist Trail signature hike

## Meals Included

- Breakfast

## Special Information

Hiking distance today is 7 miles (11 km) roundtrip to Nevada Fall with an elevation gain of 1900 ft (580 m).

## Day 5: Yosemite National Park

Today is slightly different, with a free morning for you to enjoy your way. You can take a shuttle to Yosemite Valley for more hiking on your own, or perhaps to visit local museums, rent a bike or anything else that interests you. Or, you may want to sign up for white water rafting (additional cost). Your tour leader will be able to help you with arrangements. In the afternoon, your group will rendezvous for an included walk with an expert guide from Yosemite Conservancy. This is a unique opportunity to learn about the important work the group does for the Native American community and preserving their culture within the park. As you walk from the historic Ahwahnee Hotel through the meadows of Yosemite Valley and past the ruins of an old pioneer village, you'll hear Native American stories and history, and learn about Yosemite's role in the country's conservationist movement. Your guided walk will end at the Yosemite Valley Lodge, where your leader will be waiting to transport you back to the lodge for your final night.

## Accommodation

- Lodge (1 night)

## Included Activities

- Yosemite Valley Conservancy exclusive walk
- The Ahwahnee historic lodge visit

## Meals Included

- Breakfast

## Day 6: Hetch Hetchy Reservoir to San Francisco

For your last day, enjoy a short hike on the shores of the beautiful Hetch Hetchy Reservoir. Not only is this area stunning to see, but it's also an important historic site for conservationists – controversy surrounding the construction of the Hetch Hetchy Dam helped lead to the creation of the US National Park Service in 1916. You'll then drive back to San Francisco, aiming to arrive around 5 pm to 6 pm, at which point your Yosemite adventure ends and you are free to begin your trip home at your leisure. If you require an additional night's accommodation in San Francisco, we can arrange that for you.

## Included Activities

- Hetch Hetchy Reservoir walk

## Meals Included

- Breakfast

## Finishing point

Stanford Court San Francisco  
905 California Street, Nob Hill,  
San Francisco  
CA 94108  
UNITED STATES OF AMERICA  
Phone: +1 4159893500

## 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 review this information 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 such changes once on tour.

#### 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 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 leader know you are interested in the Group 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 leaders 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.

## 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. Your adventure begins with a welcome meeting at 6pm on Day 1 in San Francisco. Please see Joining Point Hotel listed in the Essential Trip Information for this itinerary.
2. You are expected to arrive back into San Francisco around 5pm and dropped off at the same location as the joining point on the final day. There is no accommodation included on the last day in San Francisco, however we can request any additional nights should you need them.
3. A single supplement is available for this trip. The single supplement applies to all nights on your trip and is subject to availability. 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 check the expiry date, most countries require a minimum of 6 months validity. We also 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 also recommend carrying a copy of the photo page of your passport and leave a copy at home with family or friends too.

## VISAS

Many countries require a visa and getting the right visa is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. That way, you'll have plenty of time to get your documents ready and time for the application process. Entry requirements can change, and are different depending on your nationality so please refer to your governments foreign travel advisories, along with the consular website for the countries you're travelling to as well as those you may transit through. Always follow visa advice from official websites; not all visa information found on-line may be valid.

You can also head to Intrepid's Entry & Health requirement page to get the latest information on travel documents and visa requirements, plus local government COVID-19 vaccination and quarantine policies: <https://www.intrepidtravel.com/au/visa-health-requirements>

## Medical and health information

### GENERAL HEALTH

All 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 manage and enjoy 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, 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 as they may not easily be obtained while travelling.

### COVID-19

The safety and wellbeing of our travellers, leaders, crew, staff, and suppliers continues to remain our highest priority as we travel. You can read more about how we will keep you safe on our trips, including our COVID-19 Health & Safety Guidelines here: <https://www.intrepidtravel.com/safe-travels>

### VACCINATION POLICY

From 1 January 2023, Intrepid will no longer require travellers to provide proof of vaccination against COVID-19 for this trip. However, we continue to strongly recommend that all travellers get vaccinated to protect themselves and others.

Specific proof of testing or vaccination may still be required by your destination or airline. Please ensure you check travel and entry requirements carefully. For more information, including a detailed FAQ about this policy, please visit <https://www.intrepidtravel.com/covid19>.

### HEALTH SCREENING

If you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

From 1 January 2023, Intrepid will no longer require travellers to complete a self-screening health form at the group meeting for this trip.

If you are displaying any COVID-19 symptoms or have any health concerns during the trip, we will follow the advice of local health authorities to determine whether medical assistance, isolation or further action is required.

Travellers who test positive while taking part in an Intrepid trip will need to leave the group for a minimum of five days and may only rejoin the group if presenting as asymptomatic – our team will assist them in arranging a place to self-isolate and any onward journey.

It's quite possible that the destination country may have different or more strict protocols than your home country regarding COVID-19. This may include hotel or hospital quarantine or quarantine for the group. Please check your government's travel advice or contact the closest embassies to find out the details. We ask all travellers to continue to monitor their health throughout their travels and report any relevant symptoms to their tour leader.



## 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. If you have dietary requirements and/or food allergies, please let your booking agent know prior to departure.

## Accommodation

Hotel (1 night), Lodge (4 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.

## Transport

Private vehicle

## 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.

The most convenient way to access money is via ATMs, which are plentiful throughout North America. Check with your bank for information on their international fees. Most optional activities can be paid for with credit card.

### TIPPING

Tipping is part of the culture in North America – while it may not be customary in your home country, it is an entrenched feature of many industries including the tourism industry, in North America.

### YOUR LEADER

You may consider tipping your leader for outstanding service throughout your trip. The amount is entirely a personal preference; however, as a guideline US\$10-20 per person 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 leader on your trip. Tipping is always appreciated.

### LOCAL GUIDES

During your trip you may have a local expert guide for an included activity. As a guideline we suggest \$3-\$5 per person per local expert as a tip.

## TIPPING WHILE OUT AND ABOUT

Restaurants: We suggest 18% to 22% of your bill.

Bars: We suggest US\$1 per drink.

A charge that isn't normally listed in North American menus or pricing are the state and federal taxes. Keep this in mind when your bill comes out slightly higher than the original price listed.

## 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 reliability of universal travellers, however, local currency may be needed once in the country to cover these costs

## Packing

As well as your underwear, toothbrush and other items you always need to pack for travel, below are some items that you specifically need for this trip.

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

### MAIN LUGGAGE

You need to bring your main piece of luggage as well as a small to medium backpack for day's walks (20-25 litres). One with waist strap would be most comfortable for all included walks

### ESSENTIALS

- Day pack: for carrying essentials during activities
- Trekking clothing: A mixture covering lightweight clothing and some warm layers is recommended. Your activities will take place in the outdoors, where weather may change quickly. Lightweight, comfortable, and quick drying clothes for the activities are best. Laundry facilities may not be available on every day basis, so make sure you have a few cycles of clothes.
- Hiking boots with a good grip, ankle support and waterproof membrane that are comfortable to walk for an entire day
- Walking Poles for support on steep uphill sections and longer descents
- Comfortable shoes for shorter beach walks or evenings spend around accommodation
- Sport sandals
- Light jacket, fleece and base layers
- Wind and waterproof jacket
- Breathable, non-cotton hiking t-shirts
- Long hiking pants or zip-offs
- Nylon hiking shorts
- Water bottle or bladder: you will need water during activities and it's best to avoid buying unnecessary plastic.
- Sun protection: sunscreen, sunglasses, sunhat or bandana
- Torch/flashlight/headtorch
- Toiletries

### RECOMMENDED

- Personal medical kit. A larger kit will be on hand with your leader, but we recommend you carry items such as mild pain killers, antihistamine tablets and any personal medication you may need
- Ear plugs & eye mask
- Walking poles for longer walks and uneven terrain
- Camera with spare batteries/power bank: You will have access to power to recharge your electrical items daily
- Travel eco-friendly wipes/hand sanitizer

#### OPTIONAL

- Swimwear
- A good book, a journal and music player

#### VALUABLES

Please try to avoid bringing unnecessary valuables. It's also recommended to bring a copy of all important documents e.g. air tickets, passport, vaccination certificate, etc. and keep the copies separate from the originals. While not valid, a photocopy makes it very much easier to obtain replacements if necessary.

If you need some further tips for packing, you can always check out our ultimate packing list.

#### WATER BOTTLE

Please bring 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.

## Climate and seasonal information

The climate in the Yosemite National Park, located in California, along the mountain range of Sierra Nevada and about 250 kilometers (155 miles) east of San Francisco, varies mainly with altitude, and experiences significant differences in temperature between night and day. In general, however, winter is cold, while summer is the sunniest and driest season.

Precipitation follows the Mediterranean pattern, ie with a maximum in winter and a minimum in summer, especially at medium and low altitudes, while at higher altitudes, some afternoon downpours or thunderstorms can break out during summer. In quantity, precipitation varies with altitude and slope exposure: it generally increases with altitude, but it's also more abundant along the western slopes. In Yosemite Village, in the valley of the same name and at 1,200 meters (3,900 feet) of altitude, 930 millimeters (36.5 inches) of rain (or snow) fall per year, with a pronounced minimum in summer, when the rains are very rare.

In summer, it's hot during the day, with highs often above 30 °C (86 °F), but nights remain cool: the daily temperature range is remarkable. Sometimes in mid-summer, there can be very hot days, with peaks of 40 °C (104 °F) and more, while in other situations, the temperature can approach the freezing point at night.

## Group Leader

Your leader will provide basic information about the sights and cities you'll be visiting but please note that our leaders are not 'tour guides' in the traditional sense. They are adventure travel specialists and are there to organise your trip, arrange activities and help with questions or problems you may have while on your tour. Your leader will provide you with all the important information you need to embark on your own explorations.

They are also responsible for driving the van and navigating across the country. The allowable driving times for drivers is strictly controlled in North America. This ensures our drivers are well rested and are not over-tired from too many hours on the roads.

While your group will have a minivan for all included activities on the trip, please note that the services of the van and the driver may not be available for your use during free time, or after you have arrived for the day. If you need a special trip into town you may need to arrange transport or a taxi.

We endeavour to provide the services of an experienced leader however, situations may arise where your leader is new to a particular region or training other group leaders.

It's strictly forbidden for non-qualified rangers to present any information about some National Parks in North America, therefore we adopt a system (as requested by the park rangers) where our leader will encourage travellers to visit the information centres in the National Parks for details about the site.

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. Intrepid endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders.

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. 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 leader can recommend a 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 leader 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 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 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 Leader 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>

### 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.

## 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. You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited, and you also agree to travel in accordance with our Responsible Travel Guidelines.

The decision of the group leader is final on all matters likely to affect the safety or well-being of any traveller or staff member participating in the trip. If you fail to comply with a decision made by a group leader, or interfere with the well-being or mobility of the group, the group leader may direct you to leave the trip immediately, with no right of refund. We may also elect not to carry you on any future trips booked.

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.

For additional Conditions of Carriage regarding COVID-19, see here:

<https://www.intrepidtravel.com/conditions-carriage>

## 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 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 your credit card details. Please contact your bank for these details prior to arriving in-country.

Travellers who reside within the European Union or Switzerland receive basic international health insurance, so travel insurance is not mandatory under European Union Law. However, as this does not cover situations such as emergency rescues, private health care, or repatriation to their home country, comprehensive travel insurance is strongly recommended. European Union or Swiss travellers who decline travel insurance when travelling outside of their home region must sign a Travel Insurance Waiver Form at the Group Meeting.

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 leaders, 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

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 Intrepid Group. We work 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.

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/>