



**TRAVEL THERE CO**

6455 N Union Blvd Suite 100 TT  
Colorado Springs,  
CO 80918  
**Phone:** +1 888-688-8954  
**E-mail:** [info@travelthereco.com](mailto:info@travelthereco.com)  
**Web:** [www.travelthereco.com](http://www.travelthereco.com)

## Absolute Turkey: Winter

**Days:** Istanbul to Istanbul

### What's Included

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Your G for Good Moment: Çöp(m)adam Visit, Ayvalık

Your Welcome Moment: Meet Your CEO and Group

Your Local Living Moment: Dinner with Local Family, Çavuşin

Your Foodie Moment: Cooking Class, Selçuk. Istanbul walking tour. Visit to the Göreme Open Air Museum. Guided walk in a valley with Underground City exploration. Traditional dinner with local family (Cappadocia). Ancient Hierapolis and Pamukkale entrance and guided walk. Ephesus entrance and visit. Cooking class in a nearby village. Troy entrance and guided visit. Gallipoli battlefields entrance and guided visit.

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

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

### Itinerary

#### Highlights

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Discover historic cities and explore the ancient ruins of Ephesus, marvel at the extraordinary scenery of Cappadocia, enjoy dinner in a local family home.

#### Dossier Disclaimer

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## Itinerary Disclaimer

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While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## Important Notes

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### RAMADAN

According to the lunar cycle, Ramadan will fall between April 23rd and May 23rd, 2020. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-Muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

### Train travel:

Ongoing improvements to the rail system in Turkey will continue throughout 2012/13 - due to this, we have adjusted this itinerary to replace any train service with alternate transportation.

### Day 8 Overnight on boat:

Overnight on board the boat will take place between May and October only and will depend on weather conditions even then. The rest of the year and when the weather does not permit sleeping onboard, you will stay in a local hotel. This is a multi-share night onboard a typical boat, mattresses will be put on the floor and you will be provided with bedding. There is one passenger toilet and one shower inside and one outside, both are shared. No hot water. No towels will be provided.

Looking to add to your experience? Check out our Extras! Specially designed for travellers with unique interests, Extras are optional add-ons to your G adventures trip that make your adventure more you-centric. Extras must be booked prior to departure, please see details in our optional activities field and ask your sales GCO or travel agent about booking.

## Group Leader Description

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This Travel There Co group trip is 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. They 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 countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

## Group Size Notes

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Max 15, avg 10.

## Meals Included

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14 breakfasts, 2 dinners

## Meals

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Breakfast

Many breakfasts are included as part of your tour. Turkish breakfasts are very different from your usual cereal and toast morning fare - when was the last time you had olives for breakfast? They pretty much universally consist of large slices of fresh "french style" white bread accompanied by slices of tomato, cucumber, white and yellow cheeses, olives, jam and honey. This is accompanied by tea (which a Turk would always choose!) or coffee (which is pretty much always instant coffee) You will of course want to sample the famous Turkish coffee, but it is usually taken after a big lunch or dinner, or in the late afternoon with a pastry. While we think these breakfasts are absolutely delicious, some travellers do find them a bit repetitive and enjoy buying market fruit the day before and eating this for breakfast.

#### Lunches

...will usually be simple and on the run. They are a great chance to try Turkey's delicious and healthy array of "fast foods". This may include, "gozleme", a type of Turkish savory crepe, "chorba", delicious lentil soup, and of course doner kebabs in both beef and chicken varieties. You won't want to miss the chance to try "pide", Turkish pizza, and lahmucan- thin crust pizza you fold greenery into You may also find "kumpir", Turkish stuffed potatoes.

#### Dinner

Most Turks start their dinners with a couple of mezes- small taster dishes such as grilled octopus, aubergine salad, and many more. You could also choose a soup made of fresh local ingredients. Main courses tend to be based around fresh seafood if you are near the coast (expect to pay around 15 lira for a whole fish) or the ubiquitous kebab- skewers of charcoaled meat which comes on bread with salad. There are plenty of variations of the kebab-many regions have their own speciality so be sure to ask your leader.

#### Desserts

Yum- its all about the sugar. Baklava (about 2 TKL a piece for the good stuff) is something of a national obsession and it is believed the best comes from the East. There are endless varieties of pastries and milk based deserts available and you are sure to spend at least some time in a Turkish bakery taste testing.

#### Snacks

Don't miss munching on a simit , a Turkish pretzel or perhaps some grilled sweet corn to get you through between meals.

#### Drinks

Tea, served in small tulip glasses, is the number one beverage of choice in Turkey. It is freshly brewed and a tea bag is a rare thing. Turkish coffee is wonderful thing to try. The national beer is named Efes and is very good (usually 4-5 TKL a bottle) Wine is made in Turkey and is getting better every year. Expect to pay around 6-7 liras for a glass in a restaurant.

Water is approximately 1 TRL for a 1.5 litre bottle. Soft drinks and juices are around 2-3 TRL.

Eating is a big part of traveling. Travelling with Travel There Co you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip.

## Transport

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Private air-conditioned van.

## About our Transportation

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## Local Flights

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If required all local flights are included in the cost of your tours unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

## Solo Travellers

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We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

## Accommodation

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Hotels (14 nts).

### About Accommodation

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On this trip you can expect to stay in small family-run hotels or pensions (with the exception of the start and finish hotels, which are often larger city hotels), which will vary a little in standard and facilities: some may not have elevators, air-conditioning or English-speaking staff, but most importantly all are locally-run, with some traditional character, and in excellent central locations to give you maximum time for exploring the sights. You can expect to find clean, safe, simple accommodation in convenient locations.

Note that most accommodation in Europe does not have air conditioning units in rooms. Air conditioning is not routinely installed in European homes and workplaces. However, nearly all hotels will provide a standing or desk fan for your room on hot nights. If you do not already have one in your room, please ask your CEO to organize one for you with reception.

Below are details on some of our unique accommodation experiences on this itinerary.

#### Day 6 Village Stay:

During our village stay we aim to give you the experience of life with a local family. We use two houses with each room sleeping up to three people and sharing the family bathroom. All bedding is provided. In the evening we gather together to enjoy a meal or fresh, local produce with the menu dependent on what is in season.

#### Day 8 Overnight Boat:

Overnight on board the boat will take place between May and October only and will depend on weather conditions even then. The rest of the year and when the weather does not permit sleeping onboard, you will stay in a local hotel. This is a multi-share night on board a typical boat, mattresses will be put on the floor and you will be provided with bedding. There is one passenger toilet and one shower inside and one outside, both are shared. There is no hot water on board. No towels will be provided.

#### Day 12 Ayvalik:

Located in a restored Ottoman house, our family-run pension is always a highlight for our travellers. This accommodation has shared bathroom facilities and some rooms may be multi-share.

## Joining Hotel

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For details of your joining hotel please refer to your tour voucher, G Account, the Travel There Co App or contact your travel agent.

## Joining Instructions

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A metered taxi from Istanbul Airport to the hotel will cost around 160-180 Turkish Lira (USD 25-30). From Istanbul Airport to the Sirkeci area where our hotels are located will take between 1-1,5hr depending on traffic.

It is possible to take the shuttle bus "HAVAIST" from the airport to Istanbul Sultanahmet Blue Mosque old city centre. It costs 18 Turkish Lira with transit card called "Istanbul Card" which can be purchased at the airport and can be used in the city centre transportation as well. After getting off at Sultanahmet Blue mosque square hotel is only 10 minutes downhill walk to GULHANE tram stop by following the tram line or only one stop by taking the tram from Sultanahmet Blue Mosque Station to GULHANE station. After GULHANE stop you will see Hope-ON big bus company office just on the corner. Take a walk straight through the Ebusuut Street and this time take the third right. You'll see our hotel.

For tram one ride token is 5 Turkish Lira and you can find machines to buy tokens or Istanbul Card for transit just at stations.

<http://www.istanbul-ulasim.com.tr/our-network.aspx>

If you have paid in advance for an arrival transfer, Istanbul airport are no longer permitted to present branded/company signs. At the Istanbul Airport (IST) Travel There Co has been allocated the characters: 'M55'. Please look for an individual carrying this sign upon arrival at Istanbul airport. They will be standing in front of the Gloria Jeans Coffee Shop, located directly outside the immigration area.

If you are arriving to Sabiha Gokcen (SAW) airport Travel There Co has been allocated the characters: 'E3'. The holder of this sign will be responsible for transferring you to your first accommodation. If you are unable to make contact for whatever reason, please call the emergency number.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time.

A Travel There Co Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

## Arrival Complications

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details.

## Emergency Contact

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Should you need to contact us during a situation of dire need, it is best to first call either the Travel There Co Local Representative (if one is listed below) or our Travel There Co Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### AIRPORT TRANSFER

If you have purchased an arrival through Travel There Co or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

### EMERGENCY CONTACT NUMBERS

Travel There Co Local Representative (Turkey)

During office hours: + 90 212 296 80 36

After hours emergency number +90 532 481 51 73 (Yavuz)

Travel There Co Turkey Manager - Yaviuz (Istanbul Turkey)

Emergency number: +90 532 481 51 73

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What to Take

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You will be on the move a lot, so our advice is to pack as lightly as possible. We highly recommend using a backpack or light sports bag, whichever you find easiest to carry, plus a small daypack. Luggage space on public transport is limited. You must be prepared to carry your own bags and be comfortable carrying them between transport and hotels (max. 15-20 mins walking), hopping on and off trains and public buses and up and down stairs.

## Checklist

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### Cold Weather:

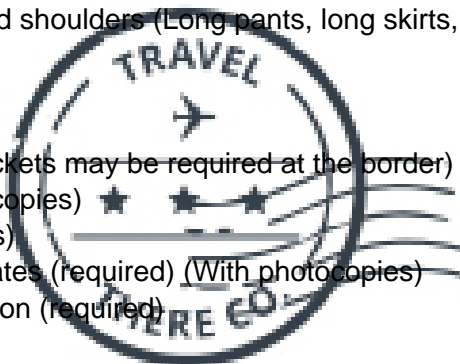
- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers

### Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

### Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Required visas or vaccination certificates (required) (With photocopies)
- Vouchers and pre-departure information (required)



### Essentials:

- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel

- Sunglasses
- Toiletries (Preferably biodegradable)
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

#### Health & Safety:

- Face masks (required)
- Hand sanitizer (required)
- Pen (Please bring your own pen for filling out documents.)
- Rubber gloves

## Laundry

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Laundry facilities are offered by some of our hotels for a charge or ask your CEO where the nearest laundromat is. There will be times when you may want or have to do your own laundry so we suggest you bring your own non-polluting/biodegradable soap.

## Visas and Entry Requirements

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All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provided the following information in good faith, it is vital that you check yourself and understand that you are fully responsible for your own visa requirements.

### IMPORTANT NOTICE

Visas cannot be arranged upon arrival into Turkey. Passengers travelling to Turkey for tourism or trade must purchase an electronic visa prior to entering the country. This electronic visa has replaced the “sticker” and “stamp-type” visas issued at Turkish points of entry.

This e-visa can be obtained by visiting the website: [www.evisa.gov.tr](http://www.evisa.gov.tr).

Your passport must be valid for 6 months on the date that you enter Turkey. Length of validity of your visa is dependent on your nationality, but is commonly 3 months.

For country specific visa information we recommend the following link: <http://www.mfa.gov.tr/visa-information-for-foreigners.en.mfa>

## Spending Money

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Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## Money Exchange

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The local currency in Turkey is the Turkish Lira (TRY).

Almost all local purchases in Turkey (meals, souvenirs, optional activities, etc) will be paid for in TRY

ATMs are found within main cities in Turkey and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible as while there is no hard and fast rule, some banks seem to only work with one brand of card. Please note, your bank will charge a fee for overseas withdrawals.

Cash is recommended for times when ATMs are not accessible. Euros, British Pounds and US Dollars are easy to exchange into Turkish Lira. Please note - while you should bring some cash with you for emergency situations, carrying cash only is a high safety risk. Money on ATM card/s and some cash is the ideal mix.

Cash advances can also be made with some banks but are time consuming and tend to have high fees attached.

Credit cards are in general not very useful in Turkey - they can be used at some larger stores if shopping for big items such as carpets.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

## Emergency Fund

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Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Departure Tax

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Normally included in departure flight tickets.

## Tipping

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It is customary in Europe to leave a small tip for service providers, such as waiters, if you are pleased with the service (€1-2). Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €3-5 per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your Travel There Co CEO or skipper did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline €20-25 per person, per week can be used.

## Optional Activities

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### Istanbul

- Istanbul Backstreets Walk (67EUR per person)
- Dolmabahçe Palace Visit and Bosphorus Cruise (85EUR per person)

### Göreme

- Whirling Dervishes (15EUR per person)
- Hot Air Balloon Ride (180EUR per person)

### Antalya

- Antalya Archaeological Museum Visit (36TRY per person)

### Selçuk

- Mosque of Isa Bey Visit (Free)
- Saint John's Basilica Visit (18TRY per person)

## Health

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Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.



**DRINKING WATER:** It is advisable to drink bottled water in Turkey.

There are no specific health requirements for this trip. However, you should consult your doctor for up-to-date medical travel information before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that we are in remote areas and away from medical facilities for some time during this trip, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc.

## **Safety and Security**

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Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

<http://www.gadventures.com/travel-resources/safety/>  
[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## **Trip Specific Safety**

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Like anywhere in the world, major cities have areas safer than others, use common sense, be aware of your surroundings and mind your personal belongings.

## **Medical Form**

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## **A Couple of Rules**

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Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some

parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## A Word of Warning

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### Travel Insurance

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Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

### Local Dress

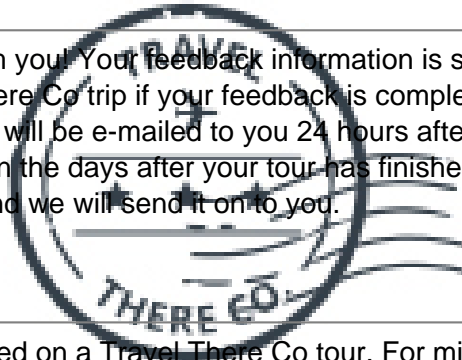
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While visiting mosques and other religious monuments you should dress modestly, cover your shoulders and you shouldn't wear short shorts or skirts.

### Feedback

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After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next Travel There Co trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customerservice@gadventures.com](mailto:customerservice@gadventures.com) and we will send it on to you.



### Minimum Age

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You must be 18 to travel unaccompanied on a Travel There Co tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

### International Flights

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Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.