



# SMALL GROUP WELLNESS EXPERIENCES

## Find your balance.

Travel connects us — to our planet, to its people, and to ourselves. Created to recharge the body and nourish the mind, our new Wellness tours offer the perfect balance of awe-inspiring destinations, rejuvenating activities, and healthy food experiences, helping you return home feeling even better than when you left.

## The G Difference

- › 100% Guaranteed Departures
- › Lifetime Deposits™
- › 24/7 Service
- › Small, international groups (average 12 travellers)
- › No single supplements or hidden extras
- › Freedom and flexibility
- › Skilled Chief Experience Officers (CEOs)

**G Adventures**  
Our world deserves more you.



## What is a Wellness trip?

A true getaway starts with the intention to be present - in a place that just happens to be one of the most beautiful parts of the world. With our perfectly balanced Wellness tours, you can leave the deadlines and distractions at home while absorbing the experience at your own pace. Itineraries are designed with the goal of helping travellers find balance through four distinct pillars:

### Mindfulness

- › Yoga and optional meditation sessions led by expert instructors ready to teach all levels of abilities
- › Plenty of free time to practice mindfulness or go exploring
- › Experience local, traditional practices like a purification ritual in Bali, an ashram stay in India, and learning traditional thai massage in Thailand

### Movement

- › Connect with your physical side through Wellness-inspired activities in picturesque settings, including nature hikes in Iceland, stand up paddleboarding in Costa Rica, and snorkelling in Menjangan Island, Bali

### Nourishment

- › Food options feature healthy, local ingredients catering to different diets
- › Examples of food experiences include a Tuscan farm-to-table cooking class in Italy and sampling locally made artisanal cheese and meats in Patagonia

### Upgraded Accommodations & Service

- › Upgraded service ensures you can relax throughout with meal inclusions and private transportation provided
- › Enjoy peaceful, comfortable accommodations outside of busy city centres
- › A healthy breakfast is provided daily

## Who goes on a Wellness trip?

Perfect for those looking to embrace their inner traveller and their inner self, Wellness tours are created for those who:

- › Are health-conscious and seeking a healthy work-life balance
- › Are aged 25-49 with a female skew, though some men are expected to be interested
- › Practice yoga or are interested in trying it out
- › Are interested in the benefits of mindfulness and meditation, but not necessarily interested in spirituality or gimmicky energy products
- › Are looking for adventurous travel without having to change their healthy lifestyle
- › Are looking for a slower-paced, thoughtfully planned travel experience

## Featured Tours

### Wellness Bali

UBUD TO SANUR  
9 DAYS | TRIP CODE: AEUSW

### Wellness Thailand

BANGKOK TO KOH SAMUI  
9 DAYS | TRIP CODE: ATBSW

### Wellness India

DELHI TO DELHI  
11 Days | Trip Code: AHDEW

### Wellness Nepal

KATHMANDU TO KATHMANDU  
13 DAYS | TRIP CODE: ANKKW

### Wellness Iceland

REYKJAVIK TO REYKJAVIK  
7 DAYS | TRIP CODE: ELRRW

### Wellness Italy

ROME TO FLORENCE  
7 DAYS | TRIP CODE: EIRRW

### Wellness Costa Rica

SAN JOSÉ TO SAN JOSÉ  
8 DAYS | TRIP CODE: CRSSW

### Wellness Colombia

CARTAGENA TO CARTAGENA  
8 DAYS | TRIP CODE: SMCCW

### Wellness Peru

CUSCO TO CUSCO  
7 DAYS | TRIP CODE: SPCCW

### Wellness Patagonia

BUENOS AIRES TO BUENOS AIRES  
8 DAYS | TRIP CODE: SABBW