



Sailing the Amalfi Coast: Capri, Positano & Coastal Bliss

7 days, Naples to Naples

Trip code EIVA

What's included

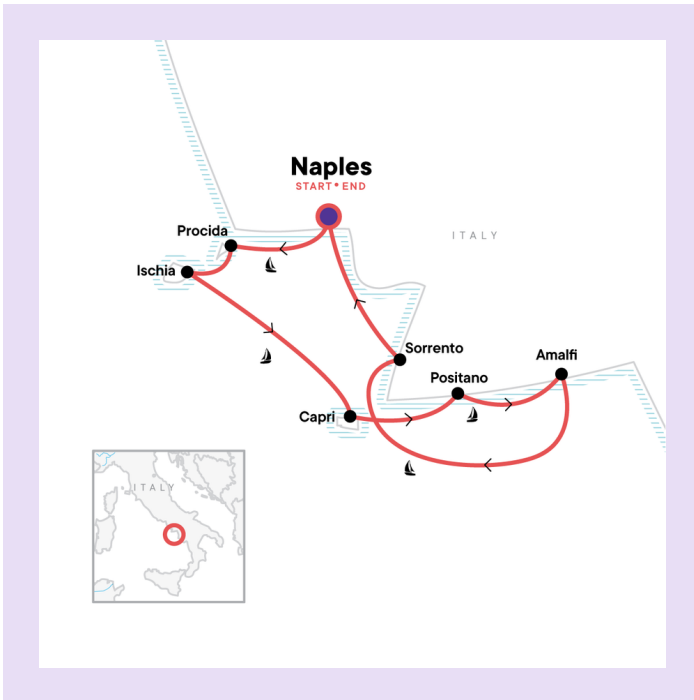
- Sunset in Ischia
- Blue Cave Visit
- Swimming stop near Capri
- Swim stops along the sailing route
- Cooking class in Sorrento
- Free time to explore in Procida, Ischia, Capri, Positano, Amalfi, & Sorrento
- All transport between destinations and to/from included activities

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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.

VALIDITY: Valid for all trips departing September 26th, 2025 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Naples/Procida

Arrival day. Join the group at 3 pm for an important group meeting where you will meet the Chief Experience Officer (CEO)/skipper and the other group members. Depart Naples for Procida and enjoy dinner at a local restaurant there before returning to the ship in the evening.



Today's Activities

16m (54 ft) Sailing Yacht

Naples - Procida

2h

19km

Get into the thick of things swiftly aboard one of our sharp-looking yachts.

Arrival Day and Welcome Meeting with G Representative

The adventure begins today. Feel free to explore, but make sure you're back in time to meet the group. Your G Representative will review the details of your tour.

Day 2

Procida/Ischia

On the beginning of this sea voyage, you will explore Ischia, a volcanic island known for its healing thermal springs and beaches. From lush nature to a historic medieval castle, there's much to enjoy. The boat will anchor and the group will have time to explore. Sunset will be seen from the castle before dinner at a local restaurant.

Your 16m (54 ft) nimble yacht is the perfect platform to explore the gorgeous Amalfi Coast. Flexibility is key to adapt to local weather conditions, and the skipper will modify the itinerary to our advantage while sailing.



Today's Activities

Free Time

Ischia

Spend some time on your own in Ischia.

16m (54 ft) Sailing Yacht

Procida - Ischia

1h

8km

Get into the thick of things swiftly aboard one of our sharp-looking yachts.

Day 3

Ischia/Capri

Sail to Capri, famous for its dramatic natural scenery and visit the iconic Blue Grotto. Then, explore Capri on your own and opt to join the group for a sunset drink before dinner at a local restaurant. The boat will moor in the marina for the night.



Today's Activities

Free Time

Capri

Enjoy free time in Capri.

16m (54 ft) Sailing Yacht

Ischia - Capri

3h

33km

Get into the thick of things swiftly aboard one of our sharp-looking yachts.

Day 4

Capri/Positano

Enjoy a possible swimming stop today at one of the many beautiful options in the area before continuing on to Positano and its postcard-worthy cliffside setting full of colourful buildings appearing to cascade down to the sea. Anchor in the marina and take advantage of free time to explore the town before sunset and dinner at a local restaurant with the group. Choose to experience the nightlife or head back to the boat for a quieter evening.



Today's Activities

16m (54 ft) Sailing Yacht

Capri - Positano

2h30m

8km

Get into the thick of things swiftly aboard one of our sharp-looking yachts.

Free Time

Positano

There will be free time to explore Positano on your own.

Day 5

Positano/Amalfi

Sail to the stunning town of Amalfi, considered the most historic town on the Amalfi Coast itself and home to the impressive 11th-century Cathedral of Saint Andrew. Enjoy time to walk around the town on your own or opt to visit Ravello perched on the hilltop with its villas and gardens. Dinner will be had while in Amalfi and the boat will anchor in the harbour.



Today's Activities

16m (54 ft) Sailing Yacht

Positano - Amalfi

1h30m

Get into the thick of things swiftly aboard one of our sharp-looking yachts.

Free Time

Amalfi

Take advantage of free time and explore Amalfi.

Day 6

Amalfi/Sorrento

Travel to Sorrento with a possible swim stop in a beautiful spot along the way. Take time to explore the town and choose to visit the lemon groves or book a cooking class. Enjoy sunset and limoncello this evening and a delicious dinner together as a group.



Today's Activities

Free Time

Sorrento

Enjoy free time and get to know Sorrento.

16m (54 ft) Sailing Yacht

Amalfi - Sorrento

3h

Get into the thick of things swiftly aboard one of our sharp-looking yachts.

Day 7

Sorrento/Naples

Enjoy breakfast onboard as the group sails back to Naples from Sorrento, where your tour will end upon arrival.

If you would like extra time in Naples after the sailing journey is finished, we recommend booking extra time.

Please note, your flight must depart after 12:00 PM on departure day.



Today's Activities

16m (54 ft) Sailing Yacht

Sorrento - Naples

3h

Sail from Sorrento to Naples this morning aboard your sailing vessel.

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

- Sunset in Ischia
- Blue Cave Visit
- Swimming stop near Capri
- Swim stops along the sailing route
- Cooking class in Sorrento
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What are the main highlights of this trip?

Explore the colourful villages of Procida and Positano, Sail the turquoise waters of the Tyrrhenian Sea past dramatic volcanic coastlines, Savour Sorrento with immersive experiences like a cooking class or limoncello tasting, Catch a breathtaking Capri sunset, Choose to unwind in Ischia's rejuvenating thermal springs

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Is there a disclaimer I should read before booking this trip?

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Is there an itinerary Disclaimer?

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. Aboard expedition trips visits to research stations depend on final permission.

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

What important notes should I be aware of before the trip?

1. Space is limited on the boat and especially in your cabin. You can only take soft sided luggage on board, such as a mid-sized backpack or soft duffel bag. (Less than is 15kgs). Suitcases are not appropriate for our Sailing adventures as they are not flexible enough to fit into the niches available for luggage.

2. Fresh water is very limited on board, and as such we ask for your understanding that showers are limited to one quick shower per person a day.

3. It's important to note that the beds in the cabins are not the usual length of a standard bed. The length is approximately 1.8 meters (6 feet).

4. Electrical outlets on board are European style with 2 pins (240V), and are only operational while in port. It is highly recommended to bring an external battery pack for charging personal electronics.

5. This is a self-catering trip, and everybody will be expected to participate, cleaning up after themselves, and keeping the boat ship shape at all times (including washing the dishes, and emptying the bins when ashore), for safety and hygiene.

6. Physical Rating:

- You should be able to climb up small steep ladders, and walk over a wooden plank (without a handrail) when boarding/disembarking the vessel, and be physically able to carry your luggage.

- You will often be climbing in and out of the yachts inflatable tenders daily, which can include, beach landing spots and boarding/disembarking the tender from the yacht in sometimes challenging conditions.

- Moving around the yacht while under sail can be challenging as it moves in the waves or heels over to its side. You should be physically able, and comfortable, to move about in such conditions.

7. If you don't have an EU Drivers Licence, make sure to get an International Licence to be able to rent a vehicle on the islands.

8. Twin cabins will have a double bed on the bottom bunk and a single bed on the top bunk. The Twin cabins has a shared bathroom, and will be shared with the Skipper CEO/Captain.

9. It is recommended that any condition that could affect your movement, balance, or awareness be discussed with your doctor beforehand, and disclosed to the Skipper CEO/Captain for safety.

10. Pre-Trip Contact (G App)

For an enhanced sailing experience, we highly recommend downloading the G Adventures App. This essential tool provides your joining instructions and allows you to connect with your Skipper CEO two days prior to your departure date. Your Skipper CEO will also reach out through the G app chat section with any updates and information required. Stay informed and prepared by accessing all necessary trip details through the app. Ensure a seamless and stress-free start to your adventure by downloading the G Adventures App today!

What is the group leader like?

A G Adventures Skipper CEO will be with the group throughout your journey. The aim of the Skipper CEO is to take the hassle out of your travels and to help you have the best trip possible, as well as taking complete charge of the sailing, your safety on board and the safety of the vessel. As this is a real sailing adventure, our Skipper might also request your help on board and will be more than happy to impart some of their vast sailing knowledge during the course of the journey. Our Skippers are all fully licensed with many years of experience sailing around the world. 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 you can expect your skipper to have a broad general knowledge of the Canary Islands you will visit.

How large will the group be?

Max 10, avg. 8.

What meals are included in this trip?

No meals included

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures 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. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

On our Amalfi Coast sailing trip, the G Adventures Skipper/CEO will help you make a food kitty, where around EUR 60 per person, per week will be added to the kitty for small food items on board to cover breakfasts, lunches and the odd dinner.

Breakfasts and lunches are prepared by yourself, and most dinners are taken ashore at local restaurants.

What are the modes of transportation on my trip?

16m (54 ft) sailing yacht.

What transportation will we take on this trip?

Our sailing yachts are equipped with state of the art technology offering all travellers onboard a safe and enjoyable experience. Space is optimized – sleeping quarters are snug, meaning that more of the boat is open from everyone to enjoy. Cabins are allotted by the skipper based on the gender and traveller make-up of the group.

Is there an extra cost for travelling solo?

We believe solo 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 solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

2 double bed cabins with ensuite bathrooms, 3 bunk cabins with shared bathrooms. Cabins vary in sizes. (6 nts).

What are the joining instructions?

Meeting Details

MEETING POINT ONLY: B&B NAPOLI HOTEL (Napoli Centrale Hotel)

P.za Giuseppe Garibaldi, 26, 80142 Napoli NA, Italy

Meeting Time: 3:00 PM (Day 1)

Your Skipper CEO will meet you at 3:00 PM at the restaurant, and bring you across to the marina. (Keep updated on the G-App chat)

Getting There

From Airport:

From Naples airport:

- Take the Alibus shuttle (bus) to Napoli Centrale Railway Station / Piazza Garibaldi. This connects you directly to the hotel area, hotel is a short walk from the station/stop. (35min / 5-7eur)
- Take a Taxi through our supplier - HolidayTaxis (<https://partner.holidaytaxis.com/?ref=GADVE>) (20-30min / 25-30eur)

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

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

In case of serious emergency, please contact:

Head Skipper +385 91 172 2944

Operations +94 777 353 606

Director of Global Sailing +353 87 660 0644

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 Sales team who will happily assist you. Hours of operation by region can be found [here](#).

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

Calls from UK: 0344 272 2060

Calls from Germany: 0800 365 1000

Calls from Australia: 1300 853 325

Calls from New Zealand: 0800 333 415

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

All other European countries: +44 207 243 9878

What instructions should I follow at the finishing point?

Trip End Location

Naples Marina - Mergellina e Porto di Sannazaro

Please note, your flight must depart after 12:00 PM on departure day.

What should I take on my trip?

There is limited space on the yachts. We recommend the use of a duffel bag or backpack. A good size daypack is also essential.

PLEASE NOTE: No hard suitcases are permitted due to limited space

PLEASE NOTE: waterproof / windproof 'spray' jacket is essential, even in warm climates.

What should be on my packing list?

Documents:

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

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- 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
- Headphones (Noise-cancelling recommended)
- 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
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Marine:

- Drybag (Will help keep cameras and essentials dry)
- External battery pack
- High UV sunscreen
- Locks for bags
- Motion sickness tablets
- Sandals/flip-flops (Extra pair of deck shoes or sandals recommended)
- Sarong
- Small travel towel
- Snorkel gear (optional) (Only if own equipment is preferred.)
- Sun hat/bandana

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

When can I do my laundry on this trip?

Laundry facilities can be found in some harbors, ask your skipper for the best places.

What the visas and entry requirements for my trip?

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 provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

As of 2025, various European countries are introducing ETIAS travel authorisation as an entry requirement for visa-exempt nationals.

We highly recommend you checking in advance how your nationality and country/s you are visiting may be affected. Further details can be found [here](#)

Last updated: January 27th 2025

How much spending money do I need for my trip?

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.

What should I know about currency, credit cards, and exchanging money while on this tour?

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Western Europe. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of Euros, travellers cheques and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

How much emergency money should I bring on this trip?

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!

Should I be tipping on my trip?

Tipping is customary in Europe. As a standard rule, 10% of the bill for any wait/hospitality staff, and a smaller amount (€1 or €2) for other service providers.

Tipping is expected in Europe - though not a compulsory - component of your tour program, and an expression of your satisfaction with the persons who have assisted you throughout 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 collectively and tip as a group. Recommendations for tipping local guides range from 10-20%, depending on the quality and length of the service; ask your Skipper CEO for specific recommendations based on the circumstances and culture.

At the end of each trip, if you felt your G Adventures Skipper CEO did an outstanding job, tipping is expected and appreciated. The precise amount is a personal preference, however it is suggested 10EUR per person, per day can be used as a minimum guideline.

What activities are optional on this trip?

- No optional activities

Are there any health considerations I should know before travelling?

Please note: We do not have a constant power source onboard, and cannot facilitate the use of Sleep Apnea/CPAP machines. Bringing a suitable battery pack is required.

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.

No particular health issues on the Amalfi Coast, just that in some more remote islands bottled water is more recommended to drink. Just keep in mind that some heat waves are possible from June to October all over the country. People who are sensitive to seasickness should come prepared.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit, hand sanitizers / antibacterial wipes as well as any personal medical requirements.

What do I need to know to about safety and security on my trip?

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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What rules should I know before joining this trip?

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 people in the sex trade 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 utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How can I share feedback about my trip experience?

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 G Adventures 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 customersolutions@gadventures.com and we will send it on to you.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, 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.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

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