



Solo

Journey newsletter



Volume One, Issue Three

CAA Atlantic Solo Journeys Mission Statement:

Welcome to Solo Journeys! A Solo travel group that will come together to learn about different travel opportunities and share travel tips, to travel either on your own or on a CAA escorted Solo Journeys experience.

“Once a year, go someplace you’ve never been before.”

Dalai Lama

Save the Date!

Experience Rocky Mountaineer ~ our upcoming consumer shows will highlight their “Go Solo” program available on many rail journeys.

New Brunswick:

Wednesday, May 2nd
The Cocoa Room
391 Coverdale Rd
Riverview, NB
2:00pm

Wednesday, May 2nd
Shadow Lawn Inn
Rothsay, NB
6:30pm

Thursday, May 3rd
Hampton Inn & Suites
470 Bishop Dr.
Fredericton, NB
6:30pm

Prince Edward Island:

Tuesday, May 1st
Charlottetown Member Service Centre
Charlottetown, PEI
6:30pm

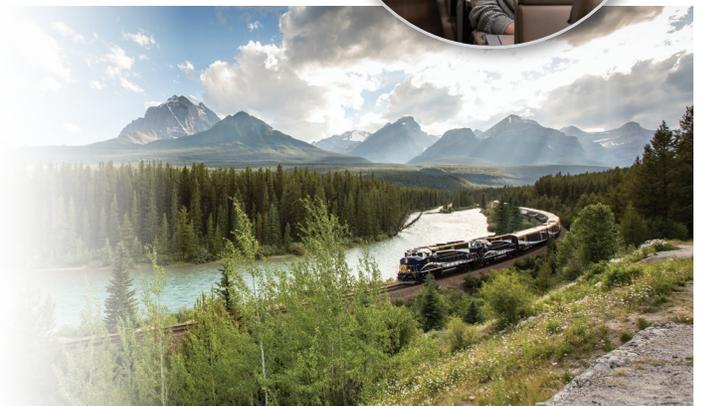
RSVP with Solo Journeys –
solojourneys@atlantic.caa.ca

Nova Scotia:

Monday, April 30th
Art Gallery of Nova Scotia
1723 Hollis Street, Halifax, NS
6:30pm

Newfoundland:

Sunday, April 29th
The Bella Vista
St. John’s, NL
6:30pm



Solo Travel with G-Adventures

Why travel Solo with G-Adventures?

Choose from a variety of tours such as Local Living Tours, Classic Tours and the ever popular National Geographic Journeys... ask your Personal Travel Planner for more details!



Helpful guidance

Each of our trips comes equipped with a Chief Experience Officer (CEO) responsible for enriching your journey, offering local insight, and pursuing great experiences. Don't spare a thought about your safety and security—you are in capable, expert hands.

Don't pay more

We believe that travelling by yourself shouldn't be more expensive. We treat single travellers the same as the rest of the group, which is why we don't charge single supplements. We'll partner you up with a same-sex roommate to ensure you pay the same as everyone else.

Freedom to explore

Your trip is just that – yours. Want to linger at the market or grab a table at that cozy café? Consider it done. We give your trip structure, direction, but also plenty of free time – you get decide what you want to do with it.

Share the experience

Regardless of your age or how much ink you've booked in your passport, you'll be more than welcome if you're rolling solo. In fact, you'll be in good company, with about half your group travelling solo, too. Our trips attract people from all over the world who are looking to get up close and personal with our planet.



Solo female-friendly

Our small group tours are perfect for helping solo female travellers feel safe anywhere in the world we visit. If you have any questions, our CEOs are ready with tips on how to respect cultural traditions or local dress. Use free time to explore your way, or maybe someone from the group (or your same-sex roommate) will want to tag along.



Don't want to share a room? No problem.

Sometimes it's just more convenient and comfortable to have your own room, which is why we offer single travellers a "My Own Room" option—a single room all to yourself at a great G Adventures price.



Solo Explorations- ***Spain, Tapas & Flamenco***



August 21-30, 2018 • 10 Days

CAA Member-exclusive benefits:

- Plaza Premium Lounge – Toronto
- Pre-paid gratuities
- 50 CAA Dollars
- 25% savings on CAA Travel Insurance

Package Includes:

- Airfare from Toronto to Madrid, with return from Barcelona to Toronto
- 4-night stay in moderate accommodation
- 4-night stay in first class accommodation
- Breakfast and dinner daily
- 5 lunches
- Spanish lessons
- 2 cooking classes
- Sightseeing and entrance fees as per itinerary
- Professional English-speaking tour director throughout
- Pre-paid gratuities
- Destination transfers
- CAA Host

Upcoming CAA Exclusive Group Departures - Solo Friendly

Shades of Ireland

September 23-October 3, 2018

CAA Member exclusive benefits:

Save an additional \$100.00 off per person on our inclusive package

Package Includes:

- 11 days – 15 meals
- Round trip air from Halifax International Airport (other Atlantic gateways available)
- Air taxes, fees & surcharges
- Hotel transfers in Dublin
- Single room accommodation on tour

Single Rate: \$5678.00



Sunny Portugal

October 12-21, 2018

CAA Member exclusive benefits:

Save an additional \$50.00CAD off per person

Package Includes:

- 10 days – 14 meals
- Single room accommodation on tour
- Round trip air from Halifax International Airport (other Atlantic gateways available).
- Air taxes, fees & surcharges
- Hotel transfers

Early booking bonus – Save \$300 per person, when booking before April 12, 2018

Single Rate: \$4589.00



Travel Tips & Check List

Here are a few helpful hints to make travelling as easy as possible

Packing Checklist

Important Documents & Necessities

- E-ticket, hotel reservation confirmation number, travel insurance card and emergency numbers
- Calling card
- Car rental confirmation
- Cash, credit and ATM cards
- Credit card company information
- Driver's license
- Your contact information while you are away
- Guidebooks
- Membership cards (CAA, frequent flyer, etc.)
- Money belt or pouch
- Passport, visa(s) & photocopies of passport and all credit cards
- Travel insurance
- Allergy medications
- Anti-itch cream
- Cold medicine
- First aid kit
- Herbal supplements
- Malaria tablets
- Motion sickness remedies
- Nausea and diarrhea remedies
- Pain relievers
- Prescriptions
- Sleep medications
- Vitamins
- Water purification method

* Liquid Gels: In your carry on luggage only bring liquids, gels and aerosols that are 100ml/100 grams or less and ensure they fit in a clear, closed and resealable 1 litre (1 quart) plastic bag. Prescription medicine and baby formula or milk are exempt. You can pack any size liquid or gel in your checked baggage.

* Pack scissors, nail clippers, razor blades and other sharp objects in your checked baggage, as they will not be allowed through security. For more information, call 1-888-294-2202, or visit the Canadian Air Transport Security Authority link www.catsa.gc.ca/Medications and Health

Note: when travelling to tropical destinations, make sure to get all of the required or recommended vaccines. You can get information on vaccines or other precautionary measures by consulting with your doctor, public health department or the Public Health Agency of Canada. Remember that several of these shots require two to three weeks to be effective, so don't wait until the last minute.