



COASTAL KICK BACK TOUR



Coastal Kick Back 0.2
AUGUST 2019



Detailed Itinerary

End your summer in the comfort of a hotel and start exploring an eclectic collection of the best cities, and beaches on the East Coast! Ranging from the immense skyline of New York, the original Geordie Shore experience in Jersey Shore, traditional Southern charm in Savannah and the new Latino flair in Miami - the Atlantic Coast offers incredible exposure to the diverse ranges of culture, cuisine, and architecture unlike anywhere else in the world.

When you've had enough of the city life, you'll be able to dip your toes into the warm sands on some of the country's best beaches, as you relax to the oceans enchanting soundtrack and make some memories for life.

You'll be thinking Life's a Beach in no time.

Day 1 – New York

19 August 2019

Meet your group today in the Big Apple, New York City. Your adventure begins with a welcome meeting in the hotel lobby at 6 pm. If you're going to be late, please inform the hotel reception. We'll be collecting your insurance details, food kitty and next of kin information at this meeting, so please ensure you have all these details to provide to your leader.

There's never a dull moment in this city of 8.5 million, and features some of the best food and frolicking in the world. See why it's regarded as a global capital as you get lost in Times Square, recollect yourself with a stroll through Central Park, or see the city in new light by walking the Brooklyn Bridge. While the city never sleeps, it's not a bad idea to get some yourself in preparation for your adventure to come. But make sure not to leave town without indulging in some of the city's famous pizza first!

There is the option to join one of our Urban Adventures (there is a discount for an CA bookers, please enquire for details!) <https://www.urbandventures.com/new-york-midtown-sights-bites-food-tour>

Accommodation: HI NYC hostel

Day 2 – Jersey Shore

20 August 2019

Today we depart New York, pop your collar, apply a couple extra bottles of spray tan, and start fist bumping as we begin our trip with a little GTL on the infamous Jersey Shore. The birth place of MTV's popular TV series happened here with UK version Geordie Shore following afterwards.

The beauty and atmosphere of Seaside Heights' beach and boardwalk will have you saying "(J) Woww! I can't believe this amazing Situation!"

Accommodation: Buoy16 Motel

Day 3 – Philadelphia - Washington DC**21 August 2019**

Today we head south stopping first in the city of brotherly love, Philadelphia. Visit the birthplace of American democracy in Independence Square, home to the Liberty Bell, and Independence Hall. Grab a picture for Instagram with some amazing graffiti as your back-drop, but don't forget your appetite, as you won't want to miss the opportunity to sample some of the city's famous Cheesesteaks.

Continue down to DC, and after a little bit of free time, rejoin your group to discover the city, and its glowing monuments, with an illumination tour.

Accommodation: Hostelling International DC

Day 4 – Washington DC**22 August 2019**

After breakfast grab your bike and get your teeth into DC. Your guide will give you an insight to the local hot spots, history and secrets of this incredible city. Following the tour, enjoy a free afternoon to further pursue some of the sites you just learned about, or to explore the National Mall, and the 17 renowned, and free, Smithsonian Museums, and monuments surrounding it.

Accommodation: Hostelling International DC

Day 5 – Virginia Beach VA**23 August 2019**

It's time to take a break from the hectic hustle and bustle of the Northeast, as we continue down the coast to the picturesque Virginia Beach. With a 300-foot-wide beach of warm sand, and fresh ocean breeze, Virginia Beach is sure to have you in a kick back beach state of mind. Walk or bike the 3-mile boardwalk, before hitting the ocean, and make sure to keep your eyes open for Dolphins!

Accommodation: Best Western Plus Virginia Beach

Day 6 – Virginia Beach VA**24 August 2019**

Enjoy a full, free day at the Beach! Kick back, and work on your tan, or explore the active side of beach life with numerous options such as bikes, snorkelling equipment, or even a surf board to hang 10. Today you will enjoy a picnic at the beach.

Accommodation: Best Western Plus Virginia Beach

Day 7 – Charleston**25 August 2019**

Charleston is a beautiful southern city, full of character, charm, and unique flavor. Explore the city's history and culture from its plantation roots to its vibrant modern art scene with a fun scavenger hunt organized by your leader. The lively nightlife and incredible cuisine of Charleston is sure to leave a delicious taste in your mouth and memory

Accommodation: NotSo Hostel

Day 8 – Savannah**26 August 2019**

Leaving Charleston behind us, we'll visit the pristine beaches of Hilton Head Island before continuing on towards the oldest city in Georgia for some real deal Southern Hospitality. Dripping in southern charm, tradition, and architecture, Savannah will provide a stark contrast to the Northern metropolises where you began. Treat yourself to a devilish meal, and if you have the nerve, prepare for a terrifying tour of the most haunted city in America!

Accommodation: Irish Garden Inn

Day 9 – Orlando**27 August 2019**

Today we cross the Florida-Georgia line in search of some of the best theme parks in the world! Strategize your plan of attack for tomorrow over dinner, and while exploring the Universal City walk, the self-proclaimed "Epicenter of Awesome."

Accommodation: Disney All Stars Movie Resort

Day 10 – Orlando**28 August 2019**

Enjoy a free day at your choice of Orlando's incredible collection of amusement parks! Whether you visit Hogwarts in Universal Studios, or see the Magic Kingdom in Disney, ride death defying roller coasters, or dance with Mickey, you'll be free to live out your own adventure in the happiest place on earth. Take the full day to explore every corner of the park, and find your happy place.

Accommodation: Disney All Stars Movie Resort

Day 11 – Miami**29 August 2019**

Bienvenidos a Miami! Celebrate your last stop by soaking up the sun, and exploring the unique culture of the city. Head to South Beach to stroll along its colourful and lively seafront, and soft sand beaches to show off your hard earned tan.

Accommodation: Freehand Miami

Day 12 – Miami**30 August 2019**

Enjoy a full free day before returning to the hostel to celebrate the incredible time you've spent together with a pizza pool party dinner

Accommodation: Freehand Hotel Miami

Day 13 – Miami departure**31 August 2019**

Your tour ends after check out. If you want to extend your stay please let us know as we can book additional nights for you on request.

What's Included

Leader/Guide

English speaking driver/guide.

Accommodation

Hotel x 12 nights

Included Activities

As per the itinerary, including entrance fees where applicable.

Transport

1 deluxe mini van

Assistance

24-hour support from our local office.

Exclusions:

- International arrival/departure flights
- International airport departure tax
- Tour guide for free time or days
- Optional activities
- Any visas required
- Services not mentioned in the itinerary
- Early check in or late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Gratuity for leader (Suggested \$7-10 per day per person)

Essential Information

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 contact our operations base on 1-800-786-8735 (toll free in the USA and Canada) or +1 707 523 1800 (office hours).

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. But we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

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. In case of doubt, call the operator on 0.

CRISES AND EMERGENCIES In the case of a genuine crisis or emergency please contact our local ground representative on the number below (remember to drop the +xx country code if you are calling from within the country):

+1 707 483 9460

Passport and visas

Visas are the responsibility of the individual traveller. Entry requirements can change at any time, so it's important that you check for the latest information. Please visit the relevant consular website of the country or countries you're visiting for detailed and up-to-date visa information specific to your nationality. Your consultant will also be happy to point you in the right direction with acquiring visas. Visas can take several weeks to process, so familiarise yourself with any requirements as soon as you have booked your trip to allow for processing time.

Entrance requirements to the USA have changed in recent years so please read the following instructions carefully, even if you have travelled to the USA before.

Many countries now operate under a visa waiver program (meaning a visa isn't required) however you still need to obtain an authorisation which confirms that you have been approved to travel. This authorisation must be obtained in advance of travel.

Many citizens from Visa Waiver Program countries can travel to the USA without a visa for a 90 day stay, if they meet certain requirements. Travellers from all Visa Waiver Program countries must present a machine-readable, biometric passport (which meets US requirements) at the port of entry to enter without a visa, otherwise a US visa is required. You can get further information from the US Department of State website: - <http://travel.state.gov/visa/tempvisitors.html>

Also please note, all travellers from Visa Waiver Program countries must obtain an electronic travel authorization prior to their flight from the Electronic System for Travel Authorization (ESTA) website: <https://esta.cbp.dhs.gov>

All ESTA registration applications or renewals require a US\$14.00 fee paid by credit or debit card. You should apply for your visa waiver authorisation at least 1 week prior to travel to avoid any last minute delays. You will require your passport details and your address in the US (you can use the starting point hotel/hostel address).

Please note that if there is any discrepancy between the name on your ESTA, your passport, your tickets and even your frequent flyer membership, you may be detained at Immigration and subject to a secondary inspection which could take a few hours. If you have recently changed your name, please check that your details have been updated everywhere.

If you are from a country eligible for the visa waiver program but are a dual citizen of Iran, Iraq, Syria or Sudan, or if you have travelled to Iran, Iraq, Syria or Sudan since 1 March 2011, you will not longer be eligible for the visa waiver program and will instead need to apply for a non-immigrant visa. Please see the Department of State website for more information: <http://travel.state.gov//content/travel/en.html>

Medical and health information

All Intrepid 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 cope with 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, Intrepid Travel reserves 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 and anti-malarial requirements before departure. We recommend that you carry a first aid kit as well as any personal medical requirements (including a spare pair of glasses) as they may not easily be obtained at the locations on this trip. For legal reasons our leaders and guides are prohibited from administering any type of drugs including headache tablets and antibiotics. Please ensure that you are adequately prepared.

PERSONAL MEDICATIONS: Medical prescriptions written outside of the US and Canada aren't accepted at pharmacies. Therefore, we recommend you bring along your personal medications in the necessary quantities for your trip.

DEHYDRATION & SUN PROTECTION: The most likely medical incidents to occur on our trips are dehydration, over exposure to the sun, and twisted ankles from walking on uneven ground. While hiking please ensure you drink enough water to remain hydrated as some hikes don't have refill stations for your water bottles. The sun (especially in desert areas in the West) can be harsh, particularly in the warmer months. Ensure you apply adequate sun protection cream and wear a hat. Travelling with sunburn can be uncomfortable.

USA HEAT WAVE 2016 So far in 2016 the USA has been experiencing a severe heat wave, and predictions are that this will continue and that 2016 will be a hotter than usual summer. As a result, from time to time it may be necessary to change the itinerary with little notice, or cancel hikes, if we deem the conditions to be unsafe. Please make sure you take a water bottle and hat with you, and pay attention to how you are feeling, and alert your tour leader if you feel unwell at any time, particularly with symptoms such as muscle cramps, headaches, nausea or dizziness.

ZIKA VIRUS Recently it has been confirmed that 4 people in Florida have been infected by the Zika virus by local mosquitoes. These are the first known infections of the virus being transmitted by mosquitoes locally. Up to this point all other cases have been contracted overseas.

This virus is mostly concerning to pregnant women as recently in Brazil local authorities have linked the virus to an increase in babies born with microcephaly (smaller than normal skull). In addition to this risk, the World Health Organisation have reported that Zika symptoms may include mild fever, skin rash and conjunctivitis. These symptoms normally last for 2-7 days.

At this stage, WHO is not recommending any travel or trade restrictions related to the Zika virus, however we recommend all women who are pregnant or trying to get pregnant to closely monitor the information provided by the World Health Organisation, and also the USA government's Center for Disease Control (<http://www.cdc.gov/zika/geo/>).

More information on the Zika virus can be found at the following links: World Health Organisation: <http://www.who.int/mediacentre/factsheets/zika/en/>

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. There's no obligation to do this though.

Average hotel breakfasts cost from US\$6-\$12, lunches from US\$8-\$15 and dinners from US\$13-\$30; this does not include alcoholic beverages. Wine costs approximately US\$5 per glass and beer US\$4 per bottle.

WI-FI Beginning 01 January 2013, all private vehicle trips through the United States, including Alaska, will feature mobile Wi-Fi hotspots. Please note that trips in Canada will NOT have Wi-Fi hotspots in your van/coach. Whilst travelling in the van/coach, use Wi-Fi to check-in back home and share your background and cultural interests with your fellow travellers. Some usage restrictions may apply depending on demand and use. Hotspot devices provide wireless connections for up to five devices (up to two for optimal service and speed). Many camp grounds and hotels supply Wi-Fi for additional use outside the van/coach.

DRIVING TIMES There may be some long driving days on this tour - we'll have some starts as early as 7am and late arrivals at our final destination, sometimes after dark). As always, your group leader will make stops for viewpoints, short walks and lunch/rest breaks to help break up the journey.

Some travellers prefer to bring pillows on board for added comfort, others prefer reading material or games and puzzles. The reality is that to get from one fabulous location to another, the distances are great and we like to think at least some of the adventure is in the journey - not just the destination. You'll be on board with up to 12 other passengers plus your group leader so patience and cooperation goes a long way in making this journey a comfortable one.

SEAT BELT POLICY Safety is our priority and therefore our travellers are asked to sign a document on Day 1 of the itinerary indicating your understanding of our seat belt policy.

Money matters

It can be difficult to exchange money while on the road so we suggest that you bring some cash in US dollars, or exchange/withdraw money at the airport when you arrive, or at least before you start the trip.

Your individual budget will depend on your personal plans. Think about how much you want to spend on souvenirs, shopping, entertainment, food, drinks, excursions and attractions that aren't included in your trip (eg. helicopter flights etc). Please bear in mind that North America has endless things to do and see. Not all possible optional activities are listed in our Trip Notes.

The cheapest and most convenient way to acquire money is via an Automated Teller Machine (ATM) which are plentiful throughout all cities and towns, and even at roadside stops. This allows you to draw funds from your personal account at a superior exchange rate. Bank fees for these withdrawals can be either a flat rate or a percentage of the amount withdrawn. Check with your bank for information on their international fees. Don't forget your PIN and make sure you know the telephone number for cancelling your card if it's stolen. Keep this in a safe place. When using your debit card, check your receipts and keep them to compare against your statement when you get home.

Occasionally banks will also allow cash advances on your credit card, but it's not recommended to rely on this method only. We recommend that you carry some cash for situations when ATMs can't be accessed.

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 a sensible amount for things like meals not included, drinks, shopping, optional activities and laundry. It's always better to bring a little more than you think you'll need. Also make sure you've read your trip details thoroughly so you know what's included in the trip price and what isn't. This should make budgeting a little easier. You'll find this info in the Inclusions section of your Essential Trip Information (that's this document).

TIPPING If you're happy with the service you receive, providing a tip - though not compulsory - is appropriate. While it may not be customary to you, it's of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many Intrepid destinations. Please note we recommend that any tips are given directly to the

intended recipient by a member of your group as our group leaders are prohibited from collecting cash for tips.

The following amounts are based on local considerations and feedback from our past travellers:

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

Bars: Recommended US\$1 for each drink ordered to ensure you are served again.

Local guides: Throughout your trip you may at times have a local guide in addition to your leader. We suggest US\$5-20 per day for local guides. Ask your leader for suggestions as to what is appropriate for a given activity.

Your Group Leader: You should also consider tipping your leader for outstanding service throughout your trip. Your leader works long and hard for you. He or she may well become your friend during the trip but they do need to pay their bills. If the leader's performance meets or exceeds your expectation they will gladly accept a tip from you. The amount is entirely a personal preference; however you should plan to tip your leader US\$7-10 per person per day.

Another charge not normally listed in North American costs is the state and federal taxes, keep this in mind when your bill comes out slightly higher than the original price listed.

DEPARTURE TAX All departure taxes should be included in your international flight ticket.

Please budget for additional meals and expenses while on your trip. Our suggestion is based on past traveller feedback but you may choose to spend more or less.

CONTINGENCY FUNDS: We try to plan for every eventuality, but there are still some things beyond our control. Please 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.

Packing

CLIMATE & CLOTHING

Keep in mind that our dress tends to be informal. Take a practical selection of clothes for both warm and cool climates to suit the season. You may encounter a wide variety of temperatures en route due to altitude and unforeseen weather conditions - so be prepared! Make sure to pack a warm fleece and a waterproof jacket as well as comfortable walking shoes.

WATER BOTTLE: Consider bringing your own water bottle to refill along the way. We recommend at least a 1.5litre capacity. 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

NATIONAL HOLIDAYS: The following national holidays are observed in the US, which can affect our itinerary as traffic can be extreme, and shops, restaurants and attractions can be closed: - New Year's Day - Birthday of Martin Luther King, Jr. - Washington's Birthday - Memorial Day - Independence Day - Labor Day - Columbus Day - Veterans Day - Thanksgiving Day - Christmas Day

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 overtired 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.

Safety

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 and ensure that your travel insurance covers you for all areas your itinerary covers. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trip.

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable 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, relax and take it easy or explore at your leisure. 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.

For more details on the type of conditions and safety standards you can expect on your trip, please refer to Intrepid's operational safety policy on our website. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how well it's being implemented in the field:

<http://www.intrepidtravel.com/contact-us/safety>

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.

DRINKING SAFETY: Please note that in the US the legal drinking age is 21 and in some parts of Canada it is 19. When out drinking in bars please be responsible and take the same precautions you would at home. Don't accept drinks from strangers, and don't let your drink out of your sight. It is always a good idea to go out with a group and stick together.

A couple of rules

Illegal drugs will not be tolerated on our 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 Intrepid travellers. Intrepid's philosophy of travel is one of respect towards everyone we encounter and in particular, the local people who make our destinations such special places. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Everyone has the right to feel safe and secure on their trip. We don't tolerate any form of violence (verbal or physical) or sexual harassment at Intrepid, either between passengers or involving our leaders, local operators or locals.

Travel Insurance

Travel insurance is compulsory for all our trips. We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.

When travelling on a trip, you won't be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen 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 credit card details. Please contact your bank for these details prior to arriving in-country.
<http://www.intrepidtravel.com/insurance.php>

Responsible Travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects. Please visit our website for further details and suggestions on how you can be a responsible traveller.

<http://www.intrepidtravel.com/ourtrips/rt/responsibletraveller>

The Intrepid Foundation

Since Intrepid Travel commenced operating in 1989 we've been committed to giving something back to the communities we visit. One way has been through our support for local humanitarian, development and conservation projects. Many of our travellers want to contribute something too. Whilst it is often tempting to give hand-outs to those less fortunate, this has the potential to promote a culture of begging and dependency. Handouts are not a sustainable way for individuals or communities to live. That's why we established The Intrepid Foundation – to make it easier for travellers wishing to give back to communities in an effective and meaningful way.

The Intrepid Foundation is a not-for-profit fund offering a selection of excellent grassroots organisations which you can contribute to. All donations to The Intrepid Foundation will be matched by Intrepid Travel dollar for dollar (up to AU\$1,000 per donor and a total of AU\$400,000 for all donors in each financial year, excluding emergency appeals). And every cent gets there as Intrepid Travel pays for all the administration costs. Donating is simple and secure. Please ask your leader for information on the projects we support through The Intrepid Foundation or go to our website:

<http://www.theintrepidfoundation.org/>

Organisations and projects currently supported by The Intrepid Foundation in the USA include:

* Bay Area Wilderness Training creates opportunities for urban youth to experience wilderness first hand and often for the first time. Operating out of the San Francisco Bay Area, BAWT supports teachers and youth workers with training, gear, funding and community support to help them get youth outdoors.