

KNOW BEFORE YOU GO

Adventures of the Soul Tahiti Cruise

July 23 – 30, 2016

Do I need a passport and/or visa?

It is necessary for all passengers to provide proof of citizenship and photo ID in the form of a passport that is valid for at least six months after your return date. Carefully verify the existing identification requirements for your particular travel situation. One online resource to quickly find out about visa requirements is http://www.visahq.com/?a_aid=vaff3381 or you may contact the individual embassy for more info.

Is there an air program available from LA to Papeete, Tahiti for this cruise?

Airline flights to Tahiti on Air Tahiti Nui depart the U.S. from Los Angeles (8 ½ hours) and are nonstop service. Airline flight information and bookings will not be available until late August 2015, but estimated roundtrip per person prices will be: \$1,700 (coach) and \$4,600 (business) based on current pricing. Current departure time from Los Angeles (LAX) for this year is at 4:30 PM, arriving in Tahiti at 9:50 PM. The airport is located about 15 minutes away from the port.

Pre and Post Cruise Airport Transfers

Both pre-cruise and post-cruise transfers will be offered. Further information will be available in the Fall of 2015.

Pre and Post Cruise Hotel Programs

Paul Gauguin Cruises does offer hotel packages for either pre or post cruise stays. Further information will be available in late August 2015.

When may I embark the ship?

The *ms Paul Gauguin* departs from the port of Papeete, Tahiti at Midnight, in order to accommodate the current arriving airline schedule. Embarkation begins at approximately 3:00 pm. Guests are requested to be on board no later than one hour prior to sailing time.

Making dining room reservations?

The Paul Gauguin has an open seating policy in regard to dining. You may dine with whomever and whenever you choose (during restaurant hours). There are three different restaurants onboard. More information concerning these venues will be provided with your final cruise documents.

Can the dining room accommodate special diets?

Watching your salt, fat or sugar intake? Going vegetarian? Advise us at the time of booking, and we'll be happy to accommodate any special diets. **Gluten-free or special medical diets must be pre-ordered a minimum of 60 days prior to sailing.** Contact Life Journeys for these special requests. General dietary needs such as low-salt or low-cholesterol foods can be satisfied on board the ship simply by speaking with the dining staff.

What's included in the Cruise Price?

- All meals including room service
- Complimentary beverages (all beverages including alcoholic drinks and select wines served at dinner)
- All onboard gratuities to cruise staff
- State-of-the-art retractable water sports marina
- Most entertainment and activities onboard
- Workshop program with James Van Praagh

What's not included in the cruise price?

- Air Transportation or transfers to the ship
- Shore excursions in the various ports
- On board: telephone calls or internet access service, spa treatments, laundry or dry cleaning, photographs, or casino gambling.

Can we bring the kids; and are there any special activities for them?

Children are allowed on board, but this ship has **NO** programs or supervision for kids. All parents who bring children will be responsible for them. No children under the age of 12 can participate in the workshops.

When can I reserve my Shore Excursions?

Shore excursions can be booked starting 60 days prior to sailing, and up to 7 days before the cruise. After final payment, in early May 2016, you will receive an email with your cruise booking number which is required to reserve excursions. Shore excursions can also be booked onboard based on availability.

Stateroom Amenities

All the staterooms feature temperature control, queen-size bed (some cabins do have the capability to convert to twin-bed configuration), spacious bath with full-size bathtub and shower, luxury European linens and feather down duvets, luxury European robes and cotton slippers, luxurious bath products, hair dryer, TV, CD/DVD player, personal safe, a refrigerator replenished daily with soft drinks, beer and bottled water, and more! The standard electrical voltage aboard is 220 volts. Both 220-volt and 110-volt outlets are available in bathrooms and staterooms.

Cruise Attire

Country Club Casual, or elegant resort wear, is appropriate dress for all evenings aboard The Gauguin. Country Club Casual consists of a dress, or skirt or slacks with a blouse or sweater for ladies, and slacks and collared shirts for gentleman. No ties are required at any time, although gentlemen may opt to wear a jacket to the Captain's Welcome Reception.

Internet Onboard

The Paul Gauguin is equipped with a state-of-the-art communication system. Currently, there are 8 computers in the internet café. WiFi is also available in all common areas and suites/staterooms. Internet access is available for a nominal fee for guests at the following rates:

Package	MBS	Price	Price/MB
Pay-as-you-go	1	\$0.40	\$0.40
Small package (individual light user)	100	\$29.00	\$0.29
Medium package (individual heavy user)	250	\$49.00	\$0.20
Large package (family share and power user)	750	\$99.00	\$0.13

The above rates are in megabytes and not in minutes. All charges are automatically billed to your onboard account. A one-time account activation fee of \$3.95 applies to all users on first login only.

Ship Contact Information

Your final documentation packet will contain detailed information including contact info for your ship.

Weather

Expected temperatures range from a low of 72° F (night) to a high of 85° F (day). It is advisable to check the internet for up-to-date weather conditions.



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