

## Central America Explorer - CGCA

14 days: Antigua to Antigua

### What's Included

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Arrival transfer. Guatemalan cooking class with lunch. Guided tour of the ruins of Copán. Guided visit of the ruins of Quirigua. Scenic boat ride from Rio Dulce to Livingston. Guided tour of the ruins of Tikal. Boat ride around Lake Atitlán, with visit to San Juan la Laguna community including a local Mayan lunch and a tree-planting ceremony. Visit small community co-ops for demonstrations of traditional arts and crafts. Guided cultural walking tour of Antigua. All transport between destinations and to/from included activities.

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**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 January 1st, 2014 - December 31st, 2014

### Itinerary

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### Day 1 Antigua

Arrive at the Guatemala City airport and transfer to your hotel in Antigua. There are no planned activities during the day, so check into the hotel and enjoy this charming city. Please try to arrive before 6pm for an important group meeting where you can meet the Chief Experience Officer (CEO) and the other group members.

Please note that Antigua's nearest airport is Guatemala City, Guatemala. Don't get caught flying into the Caribbean island nation of Antigua; it's nowhere near the start of this tour!

Guatemala is a small country, yet offers a wide variety of geography, climates and people. Its mountains and volcanoes are a magnet for climbers and hikers; the northern Petén region's dense jungle and glorious Mayan past draw archaeology and wildlife enthusiasts alike; and the colourful highland towns and villages with their smiling residents are sure to leave their mark on the memories of your travels.

It is a short 45 km from Guatemala City on a lovely winding road. The natural scenery is some of the most beautiful anywhere with high mountain peaks surrounding deep valleys, every inch of land covered with lush growth.

### Day 2 Antigua (1B)

Visit a chocolate museum and take a hands-on workshop learning about the ancient Mayan process from bean to bar with tastings. Free time to take salsa dancing lessons and explore this quaint city.

Enjoy a chocolate workshop "from the cacao bean to the chocolate bar". In this hour and a half hands-on workshop you learn all the steps from the harvest of the cacao beans in a plantation to the processing of a chocolate bar. Starting with cacao beans you will roast them, peel them, and grind them into a paste. This cacao paste is then used to prepare the first known cacao drink (invented by the Mayas), the traditional hot chocolate. In the end, from refined chocolate you will prepare your own chocolate that you can take back home.

Walk through quiet cobblestone streets past rebuilt stucco homes with heavy, beautifully carved wooden entrances. The point of reference for finding one's way around Antigua is the Central Park, which is directly in the centre of town and the place to be in the late afternoon or early evening. You can pick up a map from the tourist office located on the ground floor of the Palace of the Captains-General on the south side of the Central Park. Explore the museums, the colonial buildings and other sites in this delightful town.

### **Day 3-4 Copán, Honduras (2B)**

Set off on a full day of travel and journey towards Copan.

The colonial highland town of Copán Ruinas is a charming and relaxing place, with an almost-perfect climate. Besides the Mayan ruins this town is famous for, there are many other things to explore. Opt to go horseback riding through the nearby beautiful hills to see some lesser known ruins or travel to natural hot springs. If you'd prefer, stay in town and explore the cobblestone lanes of this small town.

While here enjoy a tour of the nearby Mayan ruins of Copán, which are fascinating, beautiful and unique among Mayan cities. Declared a World Heritage Site by UNESCO in 1980, Copán contains some of the most important Mayan ruins found to date, and many unusual artistic features. Visitors walk through grassy plazas filled with intricately carved and decorated monuments, statues and staircases. Huge carved faces stare at you from ancient walls and bring the place to life, causing renewed wonder at the mysterious disappearance of such a creative civilization.

Day 3 Estimated Travel Time: 8 hours

Approximate Distance: 200 km

### **Day 5-6 Rio Dulce, Guatemala (2B)**

Visit the Archaeological Park and Ruins of Quirigua - an ancient Mayan ruin and UNESCO World Heritage site. Quirigua is located near the Motagua River, the source of most Guatemalan Jade. It's location made it an important trading post between Copan and northern Mayan cities as well as the Caribbean coast. In Quirigua you can see the largest stelae in the mayan world, the largest of which measures more than 10 meters tall!

Cross into Guatemala and arrive at Río Dulce, a small town on Lake Izabal and a port stop for boaters around the globe, on their way to/from Livingston and the Caribbean coast.

There are plenty of opportunities for R & R. Aside from boating on Lake Izabal, you may opt to horseback ride through a rubber plantation, explore San Felipe fort, take the morning monkey kayak tour, relax at the hot waterfall or hike through the jungle-strewn trails in the Chocón-Machacas Natural Reserve area.

Day 5 Estimated Travel Time: 3 hours

Approximate Distance: 160 km

### **Day 7-8 Flores / Tikal (2B,1L)**

In the morning, board a motorboat and journey towards the coast on a beautiful ride past cliffs, hot springs and a few small communities. Enjoy an included lunch in the small town of Livingston before heading off to Flores. Livingston is famous for its seafood soup called Tapado. Make sure to try it for lunch! After lunch, journey overland to Flores in the Peten region of Guatemala.

This charming town, with its pastel-coloured buildings, enjoys a scenic setting on Lake Petén Itzá. There will be time to stroll through the streets, buy local handicrafts or take a swim in the lake. We also have a day to visit the famous ruins of Tikal and the curious wildlife of the National Park.

The city of Tayasal was transformed into the city of Flores, officially founded by the Spanish in 1700. It remained an isolated area, relying on the subsistence farming of corn and beans, and the gathering of chicle from nearby trees, used in the manufacture of gum. Despite the recent growth in Petén, Flores remains the same small island town, with narrow, cobblestoned streets, small, brightly painted houses and friendly people. The island is now attached to the mainland by a causeway, but many of the local inhabitants still get around by cayuco, or dug-out canoe. Flores remains one of the most scenic and charming towns in the Petén. It is particularly attractive to visitors because of Lake Petén Itzá, a large lake (12 km long and 3 km wide) offering all sorts of possibilities for fun, including swimming, boating, fishing and bird watching, a small zoo and a nature preserve.

The sheer scale of the ruins at Tikal may at first seem daunting. Even if you make it only to the main plaza or spend an hour relaxing in deep contemplation, you certainly won't be disappointed. The central area, with its five main temples, forms by far the most impressive section. If you start to explore beyond this you can wander endlessly into the maze of smaller structures and outlying

complexes hidden in the jungle growth. If your energy levels are high enough to make it to the top of Temple IV, your senses won't be disappointed! Spectacular views of the surrounding jungle canopy will greet you from the top of the highest structure within the complex. Occasionally, you may spot toucans, macaws and other bright birds from this artificial perch within the greenery. Otherwise, you may simply marvel at the engineering and organizational skills needed to construct this city within the jungle! A local bilingual guide will explain the natural and artificial wonders of this site during our foray into Tikal.

Day 7 Estimated Travel Time (including excursions): 7 hours

Approximate Distance: 300 km

### **Day 9-11 Jaibalito/Lake Atitlán (3B,1L)**

Head to the small Flores airport early in the morning before boarding a flight to Guatemala City. From there, transfer by private van to the beautiful Lake Atitlán. Your home at the lake will be in the tranquil town of Jaibalito. This tiny village sits on the north shores of breathtaking Lake Atitlán, surrounded by volcanoes. There are no paved roads leading into Jaibalito, but the paths weaving across the slopes offer rewarding views of the lake.

Lake Atitlán was formed when a magma basin emptied a few hundred thousand years ago in a huge volcanic blast. Later, the San Pedro, Santiago and San Antonio volcanoes sprouted up and there is still volcanic activity that occurs within the lake heating it to bearable swimming temperatures.

We have two full days here to explore the lake and the surrounding area. Visit the villages on the lake by boat, departing in the mornings and returning in the afternoon. Get ready for spectacular views of the surrounding volcanoes and everyday life in a highland village. The people of this area have received tourists for some time and are friendly and ready to smile at strangers as readily as they will at a life-long friend. Stop off in San Juan la Laguna, a Plaeterra supported Village for an included local Mayan lunch, and participate in a Mayan tree planting ceremony. This ceremony offers you insights into Mayan culture and beliefs and allows for a bit of interaction with the local Mayan community.

You can test your communication and bargaining skills in the local markets, of which there are many. There is also a number of community cooperatives that you may wish to visit. The proceeds from the sales return directly to the community and are a significant contribution to the local economy.

The area is also ideal for outdoor pursuits like swimming, fishing, wind surfing, hiking, bird watching, kayaking, horseback riding, and for the really adventurous, parapenting!

Day 9 Estimated Travel Time: 6 hours

Approximate Distance: 440 km

### **Day 12-13 Antigua (1B,1L)**

Return to Antigua where we take a guided cultural walking tour with a local expert, including the museums at Paseo de los Museos. Option to take salsa dancing lessons, take a volcano trek, scour the cobblestone streets for handicrafts or relax with a massage.

Once the third largest city in all of Spanish America, Antigua served as Guatemala's capital city for more than 200 years until it was destroyed by an earthquake in 1773. Antigua today is a peaceful, partially restored colonial city that is a pleasure to explore.

Enjoy a guided Antigua cultural walking tour, including entrance fee to the museums at Paseo de los Museos.

Walk through quiet cobblestone streets past rebuilt stucco homes with heavy, beautifully carved wooden entrances. It is a short 45 km from Guatemala City on a lovely winding road. The natural scenery is some of the most beautiful anywhere with high mountain peaks surrounding deep valleys, every inch of land covered with lush growth. The point of reference for finding one's way around Antigua is the Central Park, which is directly in the centre of town and the place to be in the late afternoon or early evening. You can pick up a map from the tourist office located on the ground floor of the Palace of the Captains-General on the south side of the Central Park. Explore the museums, the colonial buildings and other sites in this delightful town.

Antigua offers three specialties that make shopping here very worthwhile. Textiles sold here and in the nearby towns are of the highest quality, beautifully designed and woven on foot looms or the rarer back strap loom. Jade, in carved statues and jewelry, is sold in several factories and shops in town and silver jewelry is sold in the better shops and also in a silver factory in nearby San Felipe de Jesus. The city offers good buys in ceramics and antiques as well.

Day 12 Estimated Travel Time: 3 hours

Approximate Distance: 80 km

### **Day 14 Antigua (1B)**

Depart at any time.

## What's Included

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## Highlights

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Explore ancient Mayan ruins and UNESCO World Heritage sites, visit modern day Mayan communities and participate in a Mayan tree-planting ceremony, visit local artisan co-ops for hands-on demonstrations, take a cooking class and enjoy the results for lunch

## Dossier Disclaimer

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## Itinerary Disclaimer

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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.

## Important Notes

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1) Antigua's nearest airport is approx. 1 hr away in Guatemala City.

## Group Leader Description

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All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. 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 introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

## Group Size Notes

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Max 15, Avg 10.

## Meals Included

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13 breakfasts, 3 lunches.

## Meals

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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. Please refer to the meals included and budget information for included meals and meal budgets.

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## Meal Budget

Allow USD300-400 for meals not included.

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## Transport

Private van, boat, flight, walking.

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## Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure. Please note that there is a 25 pound limit on the Flores to Guatemala City flight. You may be charged by the airline for any weight over this limit.

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## Solo Travellers

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

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## Accommodation

Comfort hotels (13 nts).

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## My Own Room

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

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## Joining Hotel

Hotel Las Farolas  
9ª Calle Poniente y 5ª. Avenida Sur La Antigua  
Antigua  
Guatemala  
+(502) 7832-1913

For your departure on March 8th the tour will start at the following hotel:

La Posadita  
7ma. Avenida Norte #45  
Antigua  
Guatemala  
TEL: +502-7832-9858

For your departure on April 5th, 2014 the tour will start at the following hotel:

Hotel Real Plaza  
Calle Poniente #40  
Antigua  
Guatemala  
(502) 7832 2239

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## Joining Instructions

Please note that Day 1 is an arrival day and no activities have been planned, so you may arrive at any time. Similarly the last day is a departure day in which no activities are planned. Your Chief Experience Officer will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. Your Leader will contact you at the hotel on Day 1 and make sure you are settled comfortably. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

\*\*Please note, the arrival transfer included occurs on Day 1 of the tour. If you plan to arrive prior to Day 1, you will be required to arrange pre-tour accommodation through G Adventures to be eligible for the transport from the airport. Due to customer experience and quality considerations, all services related to the tour must be continuous.

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## Arrival Complications

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have not made contact with our representative within 30 minutes of clearing customs and immigration for your airport transfer, 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.

## Emergency Contact

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

### AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

### EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

During Office hours (Weekdays 9am-5pm Local Time): +506 2224 5560

After hours emergency number: +506 8322 9140

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 24 hour Sales team, who will happily assist you.

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

Calls from UK: 0844 272 0000

Calls from Germany: 01805 70 90 30 00

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

## What to Take

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We recommend the use of a duffel bag or backpack (whichever you find easiest to carry). A good size daypack is also essential.

## Checklist

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- USD cash
- Credit and/or debit card (see spending money)

- G Adventures vouchers, pre-departure information and trip details
- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- Any entry visas or vaccination certificates required
- Camera and film
- Reading/writing material
- Binoculars
- Cover for backpacks
- Pocketknife
- Moneybelt
- hand sanitizers/ antibacterial wipes
- Fleece top
- Windproof/waterproof jacket
- Small towel and swim wear
- 4 shirts/t-shirts
- Sun hat
- 1 pair of shorts
- 2 pairs of long trousers
- 1 pair hiking pants/track pants
- Hiking boots/ sturdy walking shoes
- Sport sandals - very useful!
- Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Watch or alarm clock
- Water bottle
- Flashlight
- First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, motion sickness tablets if need, DEET bug repellent, extra prescription drugs you may be taking).
- You may also wish to bring a Spanish – English phrase book or dictionary

## Laundry

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Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## Visas

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There is a mandatory \$10USD tourist card for most foreigners arriving into the San Salvador airport, payable upon arrival.

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'S YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.

## Spending Money

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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.

## Money Exchange

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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 Latin America. 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 US dollars cash and cards with travellers cheques as backup is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be

difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

GUATEMALA ATMs: Please note that daily withdrawal limits in this country are extremely low, currently set at 1000 quetzales - less than 140 USD. It is advisable to arrive with enough cash, if your daily needs exceed this amount.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

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## Emergency Fund

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!

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## Tipping

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on 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 or drivers we use. Recommendations for tipping drivers and local guides would range from \$5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

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## Health

Please note 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.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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## Safety and Security

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 CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your 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 or 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 judgment 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.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

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.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

- [www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

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## Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

The medical questionnaire can be found online at:

[www.gadventures.com/medical-form](http://www.gadventures.com/medical-form).

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## A Couple of Rules

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 prostitutes 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 use prostitutes.

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## Travel Insurance

Travel Insurance: 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 CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. 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.

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## Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit [www.planeterra.org](http://www.planeterra.org)

### Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

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## Feedback

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 [customerservice@gadventures.com](mailto:customerservice@gadventures.com) and we will send it on to you.

## Newsletter

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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/](http://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.

## Travel Forum - The Watering Hole

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Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at [wateringhole.gadventures.com](http://wateringhole.gadventures.com).