**Last Updated:** December 19, 2012

# Essence of Nicaragua - CNEN

12 days: Nicaragua

## What's Included

Orientation walk in Granada and León, rural farm visit with typical Nicaraguan meal, visit to the rooftop of León's cathedral.

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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 January 1st, 2013 - December 31st, 2013

## Trip Style

**Classic**: **The trips we've build our reputation on.**

Designed for maximum variety, these trips are geared towards travellers searching for a healthy mix of active exploration, uncommon landscapes, amazing wildlife and local cultures.

## Service Level

**Standard**:

- Great value, reasonable prices, quality experiences
- Comfortable and varied tourist-class accommodations chosen for location and character
- Mix of public and private transport for the best overall experience
- All the top highlights included, plus plenty of time to explore on your own

## Physical Grading

**2**: There'll be some light walking and hiking. Suitable for most fitness levels. Nothing too challenging.

## Itinerary

**Day 1 Granada**

Arrive in Granada at any time. Granada is approximately one hour from the Managua International Airport, and taxis are readily available to transfer you to the hotel. Check into our hotel and enjoy the 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.

**Day 2-3 Granada (1L)**

Granada is Nicaragua's oldest and 3rd largest Spanish city, named after it's Moorish counterpart in Spain. It retains its colonial character with traditional architecture and large cool patios inside of the older homes. In the evenings the rocking chairs come out and visiting time begins.

Walking is probably the easiest way to see all the sights of Granada. Your Chief Experience Officer (CEO) will give you an initial orientation walk around the city and then you will have plenty of time to explore in more depth. Stroll over to Casa de Los Leones for a glimpse of what's going on this week culturally. There's also a promenade, Centro Turistica, down by Lake Nicaragua, a 15 min walk from the central plaza. Travel down the city's historic avenues to visit the impressive cathedral, the colourful market or the Convento de San Francisco, which was built in 1529. Today, the convent is a museum complex housing festival masks and a collection of 2,000-year old statues. Optional activities include a scenic boat trip or guided kayak excursion among the 365 little islands (isletas) of Lake Nicaragua.

Get a taste of rural Nicaragua life when you tour a rural farm with a colonial atmosphere not far outside of Granada and offer a hand in the kitchen before chowing down on an authentic Nicaragua lunch.

**Day 4-5 León**

Off to politically progressive León. You will have an included orientation walk around the city's core to get your bearings. This town was the nation's capital from the colonial period until 1857 and is still the centre of much of the country's cultural and intellectual activity. Nicaragua's first University was founded here in 1912, for example. León is still the home to multiple universities, and when in session, you will see many students around town. Many well preserved Spanish colonial buildings and churches line the streets along with the cathedral, which is the largest in Central America. Construction began in 1747 and continued for one hundred years. Your orientation walk includes entrance to the rooftop of the cathedral where you'll see beautiful vistas of town and surroundings. The famous Nicaraguan poet Ruben Dario is buried here, and the house where he grew up is now a museum on calle Central, three blocks west of the plaza. Considered one of Latin America's greatest poets, he influenced Spanish literature in his time.

There is always something interesting to do in León, whether it be a city tour, volcano boarding down Nicaragua's youngest volcano Cerro Negro, or a trip to the nearby beaches of Poneloya and Las Peñitas. If you'd prefer to just wander through the streets you'll find several politically-charged murals depicting Nicaragua's turbulent history and several good museums in the area, including one dedicated to the heroes and martyrs of the Sandinista movement.

Estimated Travel Time: 3 hours
Approximate Distance: 140 km

**Day 6-7 Ometepe Island**

We travel south to the town of San Jorge where we board a ferry and cross Lake Nicaragua to arrive at Ometepe Island. This unspoiled island paradise formed out of the lava flowing in between two volcanoes, Maderas (1394m) and Concepción (1610m), is a nature-lover's dream with abundant wildlife and beauty. It is located in the middle of Lake Nicaragua, tenth largest freshwater lake in the world and home to the world's only freshwater sharks. Take a walk through its lush forest for a chance to see howler monkeys and green parrots. Small villages around the island farm a variety of crops in the fertile volcanic soil including plantains, coffee,

beans and tobacco. Fishing is another important industry on the island. While here, try hiking Maderas volcano (a tough but achievable hike), float in clear springs, relax and swim on the beach, or rent a bicycle to visit the small rural villages on this island. You can also view pre-Columbian petroglyphs or the small museum of indigenous artifacts in Altagracia.

Estimated Travel Time: 7 hours
Approximate Distance: 200 km

**Day 8-10 San Juan del Sur**

After taking the ferry back across Lake Nicaragua to the mainland, we catch a bus to low-key San Juan del Sur for some serious relaxation by the sea. Set on a stunning horseshoe shaped cove, this fishing village is the perfect place to combine two of Nicaragua's best features – its beautiful beaches and its award-winning Flor de Caña rum! Here you can do as little or as much as you want to do. Take surf lessons, try out your luck fishing, go zip-lining on the hills above San Juan del Sur, or just lounge on the beach! A short boat or taxi ride away, the deserted beaches of Playa Maderas and Majagual to the north and Playa Remanso to the south are calling out to be explored. In the evenings you can take advantage of the relaxed seaside nightlife with the friendly locals.

Estimated Travel Time: 2 hours
Approximate Distance: 45 km

**Day 11 Granada**

Travel back to the city of Granada for one final day. Opt to visit nearby Masaya volcano, one of the most accessible volcanoes in the country. This active volcano is located within the 52 square kilometre Masaya Volcano National Park, established in 1979 as Nicaragua's first national park. Volcano Masaya is just one of two volcanoes situated within the park boundaries, the second being the Nindiri Volcano. The park's landscape is rocky with volcanic ash throughout. Wildlife inhabiting the park include coyotes, deer, iguanas, monkeys and the unique crater-dwelling parakeets who live in the toxic inner walls of the Santiago crater. Hike up the black, gravel trail and get a close-up view at the impressive crater, which continues to emit smoke and sulfur gases. Feel the gentle rumbling of this living volcano beneath your feet - what a way to cap off two weeks of adventure in Nicaragua!

Estimated Travel Time: 3 hours
Approximate Distance: 80 km

**Day 12 Granada**

Depart Granada at any time.

## What's Included

Orientation walk in Granada and León, rural farm visit with typical Nicaraguan meal, visit to the rooftop of León's cathedral.

## Highlights

Exploring colonial Granada, seeking out the revolutionary murals in León, chilling out on the beach at San Juan del Sur, Savouring a typical meal at a rural farm.

## Dossier Disclaimer

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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.

## 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.

## Important Notes

Granada is approx. 45 min from Managua's airport.

## Group Leader Description

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

Max 15, Avg 10

## Your Fellow Travellers

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and are likely to be of a variety of ages too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part.

## Meals Included

1 Lunch.

## Meals

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 group leader will be able to suggest favourite restaurants during your trip. Please refer to the meals included and budget information for included meals and meal budgets.

## Meal Budget

Allow USD240-320 for meals not included.

## Transport

Public bus, van, boat, ferry, taxi.

## Single 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.

## Accommodation

Hotels (11 nts).

## 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 on tour.

## Joining Hotel

Hotel Cocibolca (aka Hotel Cocibolca 2)
Calle Caimito, de la Alcadia 2c. 1/2 Este
Granada, Nicaragua
Tel: +505 552 8519

## Joining Instructions

To get to Granada from Managua's international airport, take one of the official airport taxis located outside of baggage claim. If you arrive during daylight hours it is also safe to exit the airport, walk across the crosswalk to the other side of the road and take one of the taxis waiting there. Official airport taxis cost US$45, and the ones across the road cost $10-15 less. The taxi ride is approximately 45 minutes from Managua to Granada.

By public transport, you can take a taxi across town (airport taxis are approximately $17 and across the street they cost approximately $5 - always agree on the price beforehand) to the UCA. Mini-van shuttles leave for Granada every 10-15 minutes, 1 hour costs $1. The last shuttle leaves around 8pm. Shuttles will drop you off about 3 blocks from the hotel and taxis are available within Granada for approximately $0.60 if you choose not to walk.

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 during which no activities are planned.

Your Tour Leader 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. The Tour 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.

## Arrival Complications

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 trip leader (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 pre-booked an airport transfer and 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.

## Emergency Contact

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

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

## Checklist

- 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
- Concealable money/passport holder
- Camera & memory card(s)
- Chargers for camera/phone/music device
- Reading/writing material
- Cover or plastic bags for backpacks
- hand sanitizers/ antibacterial wipes
- Flashlight/headlamp with extra batteries
- Windproof/waterproof jacket
- Small towel and swim wear
- Sun hat
- 2 pair of shorts
- 1 pair of long trousers
- 1 pair hiking pants/track pants
- Hiking boots/ sturdy walking shoes
- Sport sandals
- Sunblock
- Insect repellant
- Sunglasses
- Toiletries (biodegradable)
- 4 shirts/t-shirts
- Watch or alarm clock
- Water bottle
- Pocketknife (optional)
- First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking).

## Laundry

Laundry facilities are offered by some of our hotels for a charge. If you plan on washing any articles by hand, we suggest you bring non-polluting/biodegradable soap.

## Visas

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.

## Destination Guide

For practical information on weather, typical costs, visa information, special events and much more, our Destination Travel Guide is the place to visit! This handy guide will tell you everything you need to know about everywhere we go! Head to http://www.gadventures.com/travel-guide for detailed information on the countries and cities we visit.

## Spending Money

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

The currency in Nicaragua is the Cordoba (NIO).

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 is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

We do not recommend you bring travellers cheques, as it is very difficult to exchange them in Nicaragua.

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 50USD (20USD notes are ideal).

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

## 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!

## Departure Tax

The departure tax in Nicaragua is 35USD. Most, if not all, airlines now include the departure tax in the price of the ticket, so please check your ticket. There is a 2USD departure tax if leaving the country overland.

## 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 tour leader for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures Tour Leader 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.

## Optional Activities

All prices are per person, in USD amounts and are subject to change as services are provided by third party operators.

Granada:
Las Isletas Boat tour $15
Las Isletas Kayak Tour $30
Laguna de Apoyo crater lake & Mirador Caterina $15
Taxi to/from Masaya market $15
Tour of Mombacho volcano $25
Canopy Tour on Mombacho $25

Horse carraige tour around the city $10
Volunteer at Proyecto Mosaico: $10 donation to EcoARTE Project
Learn how to make handicrafts from recycled materials and help local children put it into practice in Granada's neighborhoods.

Ometepe:
Climb Volcan Concepcion with a guide $25
Climb Volcan Madera with a guide $25
Hike to San Ramon waterfall $25
Bike Rentals $12
Scooter or ATV rental $40
Ojo de Agua spring $2
Island tour of petroglyphs & Chaco Verde $25
Horseback riding $20 (4 hours)

San Juan del Sur:
Surfboard rental $15 day
Surf lesson, board rental, transport to beach $35
Shuttle to Beaches $10
Bike rental $5 day
Sunset boat cruise $40
All-day sailboat trip $90
Snorkle rental $10 day
Diving (2 tank dives) $75
Fishing trips $30/hour
Night fishing $30
Turtle trip (seasonal) $30
Horseback riding $20
Canopy tour $30

León:
León Viejo Entrance $25 (10 Cordobas fee for video footage)
Ruben Dario museum Free – donations appreciated
“Topless Bus” night tour 10
Cordobas City tour $15
Lake and Volcano tour $30
Volcano boarding $25
Boat tour of Juan Venado Reserve $25

## 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 group leader they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## 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:

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www.gadventures.com/travel-resources/safety/

## Trip Specific Safety

Managua is famous for petty theft. Take care to always take official taxi cabs in Managua and be especially careful at night.

## 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.
Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

## 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.

## 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.

## Responsible Travel

Being a responsible tour operator is at the heart of what G Adventures is all about. From the start, G Adventures has been committed to offering low-impact tours that benefit traveler and host alike. While our sustainable tourism policies are constantly evolving, our commitment to socially conscious, grassroots style travel has never changed. We work with local communities, businesses and individuals to develop sustainable tourism opportunities that help local economies while minimizing negative environmental and cultural impacts.

We would like to give you a couple of tips to start you thinking about traveling sustainably.
-Please bring rechargeable batteries, a battery charger (and plug adapter if necessary). Batteries are incredibly toxic and many places that we travel do not have proper disposal facilities. Rechargeables are best but if this is not possible we recommend that you bring any used batteries back home with you for proper disposal.
-Please ask before taking pictures. Just as you would not like to have a stranger come up to you and take a picture of you while sitting on your front porch either do the locals of the places that we visit. As you can imagine pictures of their children are also not appreciated.

For more information about our commitment to responsible travel, please visit the Sustainable Tourism section of the G Adventures website: www.gadventures.com

## 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

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)

## Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and 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. Please visit http://www.gadventures.com/evaluations

## Newsletter

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/newsletter_signup

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

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.

## Keeping in Touch

If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on postal mail. Email cafes are becoming increasingly commonplace and cheap throughout the regions we visit, and have

quickly become the preferred way for our CEOs and travellers to stay in touch. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact your local booking agent, or refer to our Emergency Contact. We recommend that family and friends don't try to contact you through phoning hotels en route, as our hotels are subject to change, and our hotel receptions often don't have English speaking staff.

## Recommendation

Want to see what Nicaragua's neighbour to the south has to offer? Book our Costa Rica Adventure - see code CRA.