Last Updated: February 21, 2014

Guyana Wildlife Adventure - SGWA

12 days: Georgetown to Georgetown

What's Included

Evening wildlife-spotting excursion and nature walks (Iwokrama River Lodge). Boat trip on the Essequibo River. Turtle Mountain hike. Amerindian village and butterfly farm visit. Iwokrama Canopy walkway guided visit. Surama village tour. Surama Moutain guided hike. Guided nature walk. Burro Burro River boat trip. Karanambu Ranch and Giant Otter Rehabilitation Centre visit. Internal flight.

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 - October 18th, 2015

Itinerary

Day 1 Georgetown

Arrive in Georgetown at any time. Your local guide will hold a general briefing in the evening, normally between 7pm and 8pm (a note will be posted in the arrival hotel with details).

Georgetown the chief port, capital and largest city of Guyana is situated on the right Bank of the Demerara River Estuary. It was chosen as a site for a fort to guard the early Dutch settlements of the Demerara River. The city of Georgetown was designed largely by the Dutch and is laid out in a rectangular pattern with wide tree lined avenues and irrigation canals that criss cross the city.

Most of the buildings in the city are wooden with unique architecture dating back to the 18th and 19th centuries. For the most part the buildings have Demerara shutters and designed fretwork which trim eaves and windows. Main Street Georgetown provides several excellent examples of old colonial homes, a prime example of which is the State House, built in 1852. The State House is set in large gardens and is painted green and white and has hosted many visiting dignitaries.

Day 2 Georgetown (1B)

Enjoy a free day in Georgetown to explore the city or take an optional city tour. Other fantastic day tours from Georgetown include an optional full-day excursion to Kaieteur and Orinkuik Falls.

The Kaieteur Falls which was first seen by a European on April 29, 1870 is situated in the heart of Guyana on the Potaro River, a tributary of the Essequibo. The water of Kaieteur, one of the world’s natural wonders, flows over a sandstone conglomerate tableland into a deep gorge - a drop of 741 feet or 5 times the height of Niagara Falls.

The Orinduik Falls is where the Ireng River thunders over steps and terraces of solid jasper, a semi precious stone. With a backdrop of the rolling grass covered hills of the Pakaraima Mountains, this is truly one of the most beautiful locations in Guyana’s hinterland.

Guyana’s most popular day trip takes in both of these spectacular falls. The trip departs from Ogle Airstrip and lasts 7 to 8 hours with

two hours spent on the ground at each water fall.

Day 3-4 Iwokrama River Lodge (2B,2L,2D)

This morning take a priavte bus through the rainforest to the Iwokrama River Lodge. Arrive at the Kurupukari crossing and continue transfer to the Iwokrama River Lodge. Arrive in the early to mid afternoon. Free time to explore the trails around the River Lodge with an Iwokrama Ranger. You could explore the Screaming Piha Trail near the River Lodge, home to Bronzy Jacamar, Chestnut & Waved Woodpecker, Amazonian Antshrike, Gray Antbird, and Strong-billed Woodcreeper. We may also see Gray-winged Trumpeter, Black-tailed, White-tailed, Violaceous and Collared Trogons, Plain-brown, Wedge-billed, White-chinned, Buff-throated, Chestnut-rumped and Barred Woodcreepers. As the day ends we will look for Ladder-tailed Nightjar; Great and Common Potoo and the rarer Rufous Potoo and White-winged Potoo. After dinner, we will take you out on to the river to spot caiman and other nocturnal wildlife.

At dawn on day 4 take a boat trip on the Essequibo River past Indian House Island to look for wildlife. Dawn song on the river may include five species of Tinamou, Marbled Wood-Quail, Band-rumped Swift, White-banded and Black-collared Swallows, and Guianan Streaked-Antwren. After breakfast, you will leave the field station for the journey to Turtle Mountain. Along the way Harpy Eagle have been seen and we may also see Greater Yellow-headed Vulture, King Vulture, Gray-headed, Double-toothed and Plumbeous Kites and Black-faced Hawk. Then make the exhilarating climb up the mountain to its summit at 935ft (approx. 360m). It takes 1 ¾ hours to walk up the mountain, but the effort is more than worth it for the breathtaking views over the forest canopy when you get there. On the walk Black Spider and Red Howler Monkeys are often seen. Enjoy a picnic lunch in the forest. On the return trip visit the small Amerindian village of Fair View where you may experience the process and use of cassava (once there are materials available), the staple of the Amerindian diet. We will visit the Butterfly Farm where butterflies are bred for export. This afternoon back at the Field Station we will spend time exploring the trails in the forest where we might see Swallow-winged Puffbird, Black-spotted Barbet, Golden-collared, Yellow-throated, Crimson-crested and Red-necked Woodpeckers, Guianan Toucanet, Black-headed, White-browed, Ferruginous-backed, Warbling, Scale-backed, White-plumed, and Rufous-throated Antbirds, Ringed Antpipit, Black-tailed Tityra and Thrush-like Schiffornis.

Day 5-6 Atta Rainforest Lodge (2B,2L,2D)

After a pre-dawn breakfast we depart by Bedford truck to the Iwokrama Canopy Walkway. This transfer is through the heart of the Iwokrama Forest, where there is a good chance to see the elusive Jaguar. The Iwokrama forest is rapidly gaining an international reputation for its healthy jaguar populations that seem not to be troubled by the appearance of curious humans. No promises, but many have been lucky! The Canopy Walkway is a series of suspension bridges and observation decks of up to 30 meters (98 ft) in height and 154 meters (505 ft) in length. The state-of-the-art construction allows trees to grow normally by using adjustable cables and braces throughout the support structure. The four observation decks enable visitors to view the mid and upper-level forest canopy and allow wildlife to remain relatively free from human intrusion. Caica Parrots, Painted Parakeets, Guianan Toucanet, Pompadour Cotinga, Plumbeous Pigeon, Red-and-green Macaw, Screaming Piha and a host of crown specialists come within our view. This evening remain on the walkway after dark and return to the camp for dinner.

Although the forest around Atta Lodge is excellent for birds, the major attraction here is a 154 metre long canopy walkway which is only 750m from the lodge. The walkway has four platforms, the highest of which is over 30 metres above the ground, and these will allow us to get great looks at a range of canopy species, many of which we would struggle to see well from the forest floor. Amongst the likely highlights are Painted, Brown-throated and Golden-winged Parakeets, Caica Parrot, Guianan Puffbird, Waved and Golden-collared Woodpeckers and Spot-tailed, Todd’s and Ash-winged Antwrens. The walkway is also an excellent place to look for various species of cotinga including the poorly known and range-restricted Dusky Purpletuft and if there are any suitable fruiting trees nearby, we stand a good chance of seeing this bird, as well as the more widespread Purple-breasted Cotinga. Another area where we will want to spend some time is the clearing around the lodge, as this is one of the best places to see another of Guyana’s “must see” birds, the Crimson Fruitcrow. This species is seen here on a reasonably regular basis, as it often comes to feed in some of the nearby trees. The clearing is also a reliable site for Black Curassow as there is a family party which has become habituated to people and regularly passes through the clearing. With reasonable luck, we should be able to add this bird to the impressive list of species we hope to see around the lodge and walkway. Other species we hope to encounter during our stay include Spix’s and Marail Guans, Grey-winged Trumpeter, Red-fan Parrot, Eastern Long-tailed Hermit, Crimson Topaz, Great and Paradise Jacamars, Guianan and Pied Puffbirds, Guianan Toucanet, Red-billed Woodcreeper, Black-throated Antshrike, Guianan Streaked Antwren, Guianan Warbling Antbird, Pompadour Cotinga, Purple-throated Fruitcrow, Tiny Tyrant-Manakin, Helmeted Pygmy-Tyrant, Golden-sided Euphonia and both Red-and-Black and Yellow-green Grosbeaks. During our two nights stay, another of our major targets will be the poorly known White-winged Potoo which, after dark, can be found both around the lodge and at the walkway. Locating this bird will be one of our major priorities but we will need a bright moon-lit night to stand a reasonable chance of seeing it.

Day 7-8 Surama Eco Lodge (2B,2L,2D)

This morning we will welcome the dawn chorus from the tree-tops on the canopy walkway. After breakfast we will travel by Bedford Truck to a rainforest trail to a special locality where Guianian Cock-of-the-rock are known to display and nest. If it is active, we may be able to visit a nearby Harpy Eagle nest. The nest itself is located in a huge emergent tree and if we are extremely fortunate, we

may see one of the adult birds bringing a sloth or monkey to the nest to feed their chick. The trek into the nest site is about an hour each way on a reasonable trail. We will then continue on to the Amerindian community at Surama. The village of Surama is situated in a small savannah, deep in the rainforest and surrounded by forest clad hills. It was here that Charles Waterton passed through in 1812 in search of the secrets of the useful Wourali poison known as Curare. Waterton was so stunned by this spot that he wrote in his memoirs “The finest park that England boasts falls short of this delightful scene”. On arrival in Surama receive a welcome from a village counsellor and settle into your accommodation. This afternoon escorted tour of the village, visiting the local school, medical centre and church along with some of the village houses. Tonight enjoy an educational walk to observe wildlife and experience the mystique of the forest after dark.

Rise before dawn on day 8 for a walk across the savannah and then the exhilarating climb up Surama Mountain in the cool morning air. This is the best time to observe bird life along the trail. Breakfast will be served at a lookout point which affords incredible views across the village and savannah to the Pakaraima Mountains. After walking back to the village, many might opt to rest and relax around the cabins. This afternoon a local guide will escort you for a short walk on trails to observe the forest and bird life and talk about medicinal plants. Whilst Neomorphus ground-cuckoos are undoubtedly amongst the toughest family of birds to locate anywhere in the Neotropics, Surama offers one of the best-known chances for seeing Rufous-winged Ground-cuckoo and to maximise the odds of us finding one, we will use expert local guides to assist us. We will, however, still count ourselves as extremely fortunate if we succeed in getting good looks at this extremely elusive species.

Day 9-10 Karanambu Ranch (2B,2L,2D)

After breakfast take a three mile walk across the savannah and through the rainforest to the Burro Burro. Your guides will paddle you on the Burro Burro River for opportunities to observe Giant River Otters, Tapir, Tira, Spider Monkeys and many more species. Return to village before departing Surama by Bedford Truck to Ginep Landing for a boat trip on the Rupununi River to Karanambu Ranch. This is the home of Diane McTurk, widely known for her work in rehabilitating orphaned, giant river otters to the wild. Diane and her otters have appeared on National Geographic, Jeff Corwin Experience, Really Wild Show (BBC) and the Calgary’s “Zoo World”. Karanambu has a long history of visiting naturalists and Diane’s father, Tiny McTurk, has welcomed David Attenborough and Gerald Durrell (Three Singles to Adventure). Late in the afternoon we will travel by boat to look for wild Giant River Otters and as dusk falls to the ponds to see the giant Victoria Amazonica waterlily, bloom at dusk. On the return trip we will spotlight for Black Caiman and birds and creatures of the night. Dinner with Diane, will include stories on the history of the family and the Rupununi Savannahs.

Diane sometimes has resident orphaned otters and you can help her as she tends to them. You can visit Simoni Pond for some of the best inland fishing (add US$15.00) in Guyana including Peacock Bass or explore the flooded forest or savannah. Explore the Rupununi River in search of wild Giant River Otters, Black Caiman and Arapaima. An evening visit to Crane Pond to see hundreds of Ibis, Anhinga, Heron and Egret roosting is a highlight. If you are interested in birdwatching you can explore woodland patches or gallery forest along the river where we’ll hope to find such species as Spotted Puffbird, Striped Woodcreeper, Pale-bellied Tyrant-Manakin, Golden-spangled Piculet, Bearded Tachuri and Capuchinbird. When water levels are appropriate a wooded swamp near the ranch is the site of a surprisingly large colony of Boat-billed Herons, as well as several species of Egrets, Anhingas and Wattled Jacarnas. A feature bird for the area is Agami Heron.

Day 11 Georgetown (1B,1L)

This morning travel out onto the savannah to search for a Giant Anteater. After an early lunch take a flight back to Georgetown.

Day 12 Georgetown (1B)

Depart Georgetown at any time.

What's Included

Evening wildlife-spotting excursion and nature walks (Iwokrama River Lodge). Boat trip on the Essequibo River. Turtle Mountain hike. Amerindian village and butterfly farm visit. Iwokrama Canopy walkway guided visit. Surama village tour. Surama Moutain guided hike. Guided nature walk. Burro Burro River boat trip. Karanambu Ranch and Giant Otter Rehabilitation Centre visit. Internal flight.

Highlights

Experience the forest from above on a canopy walkway, learn about traditional Amerindian life from the locals, trek jungle trails to observe birds and monkeys, explore the river at night in search of caimans, tend to giant river otters at the rehabilitation centre

Dossier Disclaimer

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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.

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 12, avg 10

Meals Included

11 breakfasts, 9 lunches, 8 dinners.

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 CEO will be able to suggest favourite restaurants during your trip. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Meal Budget

Allow USD60-85 for meals not included.

Transport

Private van, boat, plane, 4x4 Bedford truck (converted with forward facing seats and canopy), canoe, hiking.

Local Flights

All local flights are included in the cost of your tours 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.

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.

Accommodation

Hotels (2 nts), rainforest/eco lodges (7 nts), ranch house (2 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

Joining Hotel

Sleepin International Hotel
24 Brickdam
Stabroek, Georgetown
Guyana
Te: (592) 227-3446, (592) 227-3467

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 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 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 Representative (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 Local Representative (Guyana)
During office hours (Weekdays 9am-5pm Local Time): +592 227 698 (Delice)
After office hours emergency number: +592 624 2460

G Adventures Office Quito, Ecuador
During office hours (Weekdays 9am-6pm Local Time)
From outside Ecuador: +593 2250 6610
From within Ecuador: 022 506 610

After hours Emergency number
From outside Ecuador: +593 999 506 000
From within Ecuador: 0999 506 000

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 is easiest for you to carry. A good size daypack is also essential.

Checklist

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- USD cash
- Credit or debit card (see personal spending money)
- G Adventures vouchers and trip details
- Any entry visas or vaccination certificates required
- Camera and film
- Reading/writing material
- Binoculars
- Cover for backpacks
- Pocket knife
- Concealable money belt
- 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
- 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, extra prescription drugs you may be taking).

Laundry

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. Aboard the expedition ship Explorer laundry facilities are provided at a charge. Aboard the Amazon Explorer laundry facilities are provided free of charge for each passenger once a week.

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.

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

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are available in Georgetown, 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 dollar cash and cards is best. Travellers Cheques are hard to exchange in Guyana.

Please note that ATMs are less common once you leave Georgetown so we encourage you to prepare the cash you'll need prior to travel or in Georgetown upon arrival.

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!

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 local guide 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

Georgetown:
City tour - $70 USD (min 2)
Full-day tour to Kaieteur and Orinduik Falls - $290 USD per person

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 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.

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/

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.

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.

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 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 and we will send it on to you.

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/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

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.