

## Mexico: Cities, Cuisine & Ruins - MMC

15 days: Mexico City to Playa del Carmen

### What's Included

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Orientation walks in Oaxaca, San Cristóbal De Las Casas, Puebla and Mérida. Guided tour of Chichén Itzá. 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 10th, 2016

### Itinerary

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### Day 1 Mexico City

Arrive in at any time. 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 Mexico City

Explore one of the world's largest metropolitan areas or take an optional day trip to the famous archaeological site of Teotihuacán. Today, Mexico City is the world's fastest-growing urban centre, offering a great variety of impressive museums and galleries as well as a wealth of architectural styles likely unequalled anywhere else in the Americas. Mexico City--or D.F., as the locals refer to it--also hosts a variety of food to complement its impressive visual style. If you prefer to get outside the city, the pyramids of Teotihuacán and the canals and gardens of Xochimilco are two good places to start. A former Aztec capital, Teotihuacán was destroyed in the struggle against Cortez and the Spanish conquistadors who followed him. You can still see some of the ruins of the great Tenochtitlán in the city centre, and a subway takes you through one of the temples. At night, you'll have the option to witness the high-flying practitioners of "lucha libre," Mexico's world-famous brand of wrestling. Combatants don colourful masks and catapult themselves towards their opponents off of the ring's ropes, employing a variety of different moves and holds to pin them to the mat for a three-count. The largely Mexican crowds are usually rowdy, making "lucha libre" an entertaining way to throw yourself head-first into the local culture.

A word of caution: Mexico City may be slightly overwhelming at first. The world's most populous centre is a crowded, smoggy, urban place where the altitude combined with atmospheric conditions may cause irritation of eyes, nose and throat. Also be aware that the heat may affect you upon arrival, with a general sense of lethargy and/or loss of appetite. This is no cause for alarm; it is simply a reaction to the heat. Be sure to drink plenty of water (cold bottled water is available everywhere) and do not attempt too much in any given day. We prefer fan-cooled rather than air conditioned rooms to avoid having to acclimatize to the heat and humidity every time you go outside. This is also a more eco-friendly method compared to air conditioning.

### Day 3 Puebla

After a short drive on one of Mexico's comfortable and often colourful buses, we arrive in Puebla, famous for its hand-painted tiles, unique handicrafts, mouth-watering Mole Poblano and rich colonial history. Orientation walk around town upon arrival to help you get your bearings.

Puebla has managed to incorporate its colonial past with a growing and progressive modern city centre. There are enough churches and well-maintained, colonial buildings to satisfy the most ardent lover of architecture. The markets, of course, are also present for buying, browsing or photographing. If you want to get out of town, you can head to nearby Cholula, home to a massive pyramid that hosts a church at the top and is now covered by the town, to catch an impressive sunset.

Estimated Travel Time: 2 hours

Approximate Distance: 130 km

#### **Day 4-6 Oaxaca**

Arriving in Oaxaca your CEO will take you an orientation walk around town to introduce you to this fascinating city. The colourful and lively markets and the impressive Zapotec ruins of Monte Albán are just two of many reasons to visit wonderful Oaxaca. The conqueror of Mexico, Hernán Cortez, chose the Valley of Oaxaca as his personal domain in the Americas and many visitors have followed in his footsteps. Surrounded by the Sierra Madre del Sur and Sierra Madre de Oaxaca mountain ranges, Oaxaca is a lovely colonial city, which has maintained not only the physical structures, but also the serenity of an era gone by.

Monte Albán, a spectacular grouping of pre-hispanic (Zapotec) mountain top temples, is just a short bus ride away, as is the Valley of Mitla with its colourful ruins and hand-loomed carpets. Stepping from the cultural to the culinary, Oaxaca is also a great area for trying out new tastes and textures. From the sublime to the exotic, the restaurants and markets around town will challenge you to one adventure after another. After all, this is the home of Mezcal (look for the unfortunate worm at the bottom), Oaxaca chocolate, cheese, and yes, even dried grasshoppers covered with chili and lime, if you are so inclined.

Estimated Travel Time: 6 hours

Approximate Distance: 320 km

On the evening of day 6 we take a night bus to Cristóbal de las Casas.

#### **Day 7-8 San Cristóbal de las Casas**

Crossing into the highlands we make our way to the colonial city of San Cristóbal de las Casas. An included orientation tour will introduce you to the city and help give you your bearings. Known for its ties to the Zapatista revolution, San Cristóbal is also an architectural and cultural wonder. We have the option to take a trip to some of the outlying villages and learn how locals combine traditional beliefs and modern religion with intriguing results. Tours go into local homes to learn about day-to-day village life—an experience which should not be missed. You can also take a horse ride in the mountains, a day trip to Sumidero Canyon or mountain biking in the local hills.

The Highlands of southwestern Mexico retain a more traditional feel. Only about 210 km (130 miles) separate the Atlantic and the Pacific, at the hot heavily jungled Isthmus of Tehuantepec. Entering the state of Chiapas, you will see and feel its uniqueness. This is the richest area of Mexico in natural resources, yet it is also home to the poorest citizens of the country. The mountains of Chiapas are the birthplace of the revolutionary Commandante Marcos and the Zapatista movement. It is also home to some of Mexico's poorest people, the majority of whom are of pure or mixed indigenous descent.

San Cristóbal De Las Casas, the old State Capital, stands in a high mountain valley at 2110m (6921 ft). You will find fine examples of 16th century architecture, including a church whose engraved altar is solid silver, and a crown shaped fountain. The city enjoys a temperate climate and most visitors find that walking the old cobble-stoned streets is the best way to discover the city's past and present. The city's mountain valley setting and proximity to the jungle of the Chiapas lowlands, also allows various opportunities for outdoor activities like hiking, mountain biking and horseback riding, where you will appreciate the natural scenery of the area.

Most indigenous groups in this area are members of the Tzotzil and Tzeltal groupings. Within these groups are the Tenejapans who wear black knee-length tunics, the Chamulans who wear white wool tunics and the Zinacantecos who wear multi-coloured outfits, with the ribbons on their hats signifying how many children they have. The people here are as curious about foreigners as foreigners are about them. Please respect their traditions. Dress conservatively when visiting the villages and refrain from photographing religious ceremonies, or individuals who do not wish to be photographed. Put yourself in their place before you act.

Estimated Travel Time: 11 hours

Approximate Distance: 625 km

#### **Day 9-10 Palenque**

A travel day by bus through the mountains takes us to the outskirts of Palenque. We travel through the Chiapas highlands, passing spectacular Misol-Ha and Agua Azul waterfalls, considered sacred by the Maya. One of the most significant ruins in the whole Mundo Maya, Palenque is set within the lushness of the Chiapas jungle, and the colourful, riotous wildlife and profuse flora will impress you as much as the ancient structures will.

The ruins of Palenque are impressive indeed, particularly the central Temple of the Inscriptions. It was here in 1952 that a large sarcophagus was found by Mexican archaeologist Alberto Ruz; it contained the mummified remains of Lord Pakal, the last of the city's great rulers.

In Palenque temples abound, with over 200 buildings of varying size and complexity. The sculptured wall panels and fantastic comb-like decorations on their still-intact roofs are undoubtedly amongst the most exquisite achievements of the Maya. The surrounding jungle growth and its bird life are as fascinating as the ruins, with toucans, macaws and the unmistakable Howler Monkeys making the park their home.

Estimated Travel Time: 6 hours

Approximate Distance: 190 km

### **Day 11-12 Mérida**

Hit the highway with the locals crossing the States of Chiapas, Tabasco, and Campeche to Yucatan state and its capital, Mérida where you will be given an orientation walking tour. Mérida was founded in 1542 on the site of the Mayan city of Tihoo. Its centre, the Plaza Mayor (or zocalo), is green and shady and is surrounded by the twin-towered 16th Century Cathedral, City Hall, State Government Palace, and the Casa de Montejo. There are several 16th and 17th century churches scattered throughout the city, as well as some interesting museums. Mornings are the best time to visit the busy and colourful markets where you can buy traditional crafts, a good selection of Mayan replicas, or try out new and wonderful food items; nearby Calle 65 is the main shopping street.

Be sure to stroll down the Paseo de Montejo (or take a horse drawn calesa ride), lined with shops, restaurants and stately mansions dating from the late 19th century. Go see the murals at the Municipal Palace or visit the newly renovated Anthropological Museum to learn more about Mayan history. Mérida is a fascinating and beautiful city, and easy to explore on foot.

If cities aren't your thing, escape to the beach town of Progreso and see the Dzibilchaltun ruins on the way. Mérida is also the gateway to the Mayan ruins of the Puuc Route, the most famous of which is Uxmal, which rivals Chichén Itzá in its scale and extent of excavation. Visit 3 nearby cenotes or water sink holes in the town of Cuzama, not far outside Mérida. Transportation to the cenotes is an adventure as it involves taking small wooden horse-drawn carts that runs for 9 km along old rail tracks. Enjoy a refreshing swim in the crystal clear waters of the cenotes!

Estimated Travel Time: 9 hours

Approximate Distance: 550 km

### **Day 13-14 Chichén Itzá/Playa del Carmen**

Begin the day with an included guided tour of the beautifully restored ruins of Chichén Itzá. The city of Chichén Itzá was founded in 432 and taken over by the Toltecs in the 10th century. Today it is probably the most visited and best-restored site in the Mayan world; it was declared a UNESCO World Heritage site in 1988. Some of the finest examples of Mayan architecture ever excavated can be found here, including El Castillo with a balustrade of 91 steps up each of the four sides, a ball court with a grandstand and towering walls and the famous observatory. The attention to detail and fusion of architecture, science and religion within the structures and city itself will no doubt impress you.

Chichén Itzá is best known for an amazing phenomenon: during the spring and fall equinoxes, the light of the rising and setting sun projects the sun's rays into a diamond-back rattlesnake of light and shadow. The shadow forms the illusion of a snake ascending or descending the giant staircase of El Castillo, a reference to Kukulcan, the serpent-like god of the Maya.

An impressive cenote, or sinkhole, can be seen only five minutes walk from the main plaza. It's said that ancient ceremonies of offering and sacrifice were performed here for the Mayan rain god, Chac.

Our final stop is Playa del Carmen, located on the beach just a 45-minute drive south of Cancún. The town is your last chance to enjoy some nightlife, buy last minute souvenirs and to relax and swim in the Caribbean Sea. There is also snorkelling and diving available, and long stretches of sandy beaches which are perfect for walking and relaxing after a hectic day. Just off the coast is the island of Cozumel, renowned for its world-class diving. Take the ferry from Playa del Carmen (30 to 75 minutes depending on the boat) across the turquoise waters and explore the towns and the reefs of the island. For a final dose of ruins, Tulum is just a 45-minute drive south of Playa. Aside from its unusual late Mayan architecture, it offers possibly the most appealing setting for any

ruins, as it is located on a palm-fringed, white-sand beach, where you can even go for a swim within the ancient walls.

Estimated Travel Time: 7 hours

Approximate Distance: 390 km

### **Day 15 Playa del Carmen**

Depart at any time. Playa del Carmen is located just south of Cancún airport (45 minute drive) so you can easily head directly there without returning to Cancún.

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## **What's Included**

Orientation walks in Oaxaca, San Cristóbal De Las Casas, Puebla and Mérida. Guided tour of Chichén Itzá. All transport between destinations and to/from included activities.

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## **Highlights**

Visit Mayan ruins, dance the night away in Mexican clubs, bargain for beautiful textiles and handmade goods at colourful markets, savour the tasty Mexican food and drink, chill on the white-sand beaches of the Mayan Riviera.

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## **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.

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## **Important Notes**

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

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## **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.

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## **Group Size Notes**

Max 16, avg 10.

## 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.

## Meal Budget

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Allow USD340-470 for meals not included.

## Transport

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Public air-conditioned bus, taxi.

## Solo Travellers

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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

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Simple hotels (13 nts), overnight bus (1 nt).

## My Own Room Exceptions

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Night 6 and 10: Night bus.

## About Accommodation

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Please note if you are a single traveller, you can expect to share accommodation with one or two other travelers of the same sex for the duration of your trip. Using multi-share accommodation when available helps us to keep our operating cost down, and these savings are passed onto you. If you are traveling with a friend or companion, we will attempt to keep your accommodation on a twin or double basis, however, ask you to be open to the idea of occasional multi-share rooms.

## Joining Hotel

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Hotel Metropol  
Luis Moya 39  
Col. Centro  
Mexico City, Mexico  
Tel: (+52) 55 1085 0830

Please note for the September 20 and October 4, 2014 departures the hotel will be:

Hotel Casa de la Condesa  
Plaza Luis Cabrera 16 (Entre Zacatecas y Guanajuato)  
Colonia Roma, Mexico,. D.F  
01 55 5584 3089

## Joining Instructions

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The easiest and safest way to get from Benito Juarez airport in Mexico City to your joining hotel is by authorized yellow cabs.

Upon arrival, the ticket for the cab has to be purchase inside the airport at the ticket booth. The ticket booth can be found right after you have cleared customs (For domestic arrivals it is located in the arrival hall). You will be asked for the address of your hotel, which can be found in your trips dossier under "Joining Hotel". You will receive a ticket for your taxi ride to the hotel, take this ticket outside and hand to the cab driver of the next taxi available who will take you to the hotel.

The ride should cost you between \$15 - \$20USD.

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 CEO 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 CEO 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

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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 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

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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
- Flashlight
- 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
- Sturdy walking shoes
- Sport sandals - Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Watch or alarm clock
- Water bottle
- First-aid kit(should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, DEET bug repellent, extra prescription drugs you may be taking).

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## 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.

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## 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.

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## 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.

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## Money Exchange

The currency in Mexico is the Peso (MXN).

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 Mexico.

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](http://www.xe.com)

## Emergency Fund

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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

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Depending on the exchange rate departure tax is approximately \$48 USD per person. This tax is sometimes included in the price of your ticket, contact your airline to confirm.

## Tipping

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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.

## Optional Activities

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

### Mexico City (Mexico):

Teotihuacan Ruins, church of Guadalupe tour USD35 (includes transport, entrances and guide) 8.30am to 5pm  
Bosque de Chapultepec tour with Museum of Anthropology \$45 (includes transport, entrances, and guide) 9am to 4pm  
Templo Mayor ruins USD7  
Xochimilco Tour USD25  
Museum of Anthropology USD10  
Palacio national and the paintings of Diego Rivera entrance free, guide USD10  
MuseUm of Frida Kahlo (Casa Azul) USD10  
UNESCO University UNAM entrance free  
City tour hop on hop off Turibus USD10 for whole day pass

### Puebla:

Cholula Ruins Tour USD25 (includes transport, guide and entrance)  
Cholula Ruins Public USD10  
City tour USD4 to USD15

### Oaxaca:

Monte Alban Ruins tour USD25  
Monte Alban Ruins Public USD15  
The best of Oaxaca tour USD40  
Tule Tree, Hierve el Agua, Mitla Ruins, Mezcal Factory, Webbing community  
Parades, Orchestras, Museums Free (Check Schedule upon arrival)

### San Cristobal de Las Casas:

Lagunas de Montebello USD30 (includes transport and guide) 8.30am to 5pm  
Sumidero Canyon USD25 (includes transport, boat, and entrances) 8.30am to 5pm  
Bicycle rental USD3/hour  
Horseback riding USD15  
Chomula & Zinacantan Mayan village and market tour USD20 (includes transport, guide and entrances) 9am to 5pm

### Palenque:

Agua Azul/Misol-Ha USD20 (includes transport only. 30 to 45 minutes stop in Mizol Ha and about 2 hours stop in Agua Azul) 9am to 5pm – Motion sickness pills advised.  
Yaxchilan/Bonampak tour (includes entrance, transport guide and lunch) USD70 - 7am to 7pm – Motion sickness pills advised.

Palenque 2.5 hours jungle walk (includes guide) USD20

Massages USD 30-50

Riverside BBQ (includes transport, entrance to private property, BBQ lunch, BYOD) USD30

Mérida:

City tour USD20

Celestún Bird Sanctuary USD60 (includes transport, guide, lunch and entrance) 9am to 5pm

Cenotes Tour \$18 via public transport, USD45 via private transport (includes transport, entrance, guide and trolleys) 9am to 4pm

Uxmal and Kabah guided tour USD60 (includes transport, guide, lunch, entrance) 9am to 6pm

Playa del Carmen:

Snorkel rental USD15

Ferry to Cozumel USD25 roundtrip

Tulum transport and ruins entrance

USD10 Public

USD40Tour

Bicycle rental USD10 day

Tulum- Cenote Snorkeling- Turtle snorkeling Tour USD50

## Health

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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.

## Safety and Security

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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/)

## Medical Form

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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).

## A Couple of Rules

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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

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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

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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)

## Feedback

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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).