

## Yucatan Panorama - MYP

10 days: Mexico

### What's Included

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Guided tour of Chichén Itzá Ruins, Orientation walk in Mérida, Guided tour of Palenque Ruins.

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, 2012 - December 31st, 2012

### Trip Style

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**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

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**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

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

### Itinerary

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### Day 1 Arrive Cancún

Arrive in Cancún 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.

Long a destination among sun-worshipping tourists and spring breakers, we only stay here long enough to meet and get primed for our adventure. The famous resort of Cancún on the northeastern tip of the Yucatán Peninsula, is a thriving town with skyscraper hotels and crowded beaches. Prices are higher in Cancún than elsewhere in Mexico because everything must be transported into the city.

The heat and humidity of Cancún may affect you upon arrival, with a general sense of lethargy and/or loss of appetite. This is no cause for alarm, it's 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.

### Day 2-3 Chichén Itzá / Mérida

After departing Cancún at 9:00am under the usually scorching sun, we stop for a guided tour of the famous Mayan ruins of Chichén Itzá before arriving in the evening in the capital of the Yucatán, Mérida. The city of Chichén Itzá, estimated to be founded in 432, houses some of the finest examples of Mayan architecture ever excavated, including El Castillo, with a balustrade of 91 stairs up each of the four sides, a ball court with a grandstand and towering walls. The attention to detail, and fusion of architecture, science and religion within the structures and throughout the city planning, will no doubt impress you.

After seeing a part of ancient Mexico we will arrive in Mérida where you will have an included orientation walking tour and for the next couple of days you can explore colonial Mérida's museums, plazas, architectures, open markets and outdoor cafés. Known as la ciudad blanca, the white city, Merida offers the ideal opportunity to learn about Mexico's fascinating mix of cultural influences. Merida's also the gateway to the Mayan ruins of Uxmal, one of the Yucatán's many ancient treasures. Mérida, the capital of Yucatán State, 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 surrounded by the twin-towered 16th Century Cathedral, the City Hall, the State Government Palace, and the Casa Montejo. There are several 16th and 17th century churches scattered about the city, as well as some interesting museums. Mornings are the best time to visit the busy and colourful markets. You can buy traditional crafts, such as hammocks or Guyabera shirts, and a good selection of Maya replicas. You can also try out new and wonderful food items, such as the delicious cochinita pibil, a local specialty. Hot sauce fans will also want to try El Yucateco, a fiery liquid made from habanero peppers. Be sure and stroll down the Paseo de Montejo (or take a caleche carriage ride), together with many shops and restaurants, you will see stately mansions dating from the late 19th century. Nearby, is the main shopping street, Calle 65. You are sure to find Mérida a fascinating and beautiful city 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. Or, 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: 7 hours

Approximate Distance: 320 km

### Day 4-6 Palenque

After a long day of travel we arrive at the monumental Mayan ruins of Palenque. The large sarcophagus containing the mummified remains of the Lord Pakal were found in 1952 by Mexican archaeologist Alberto Ruz and is only one of Palenque's many treasures. The temples at this site, with fantastic comb-like decorations on their intact roofs, and the sculptured wall panels, are undoubtedly amongst the most exquisite achievements of the Maya. The ancient city holds over 200 buildings of varying size and complexity. Don't forget to bring your camera on our included guided tour of the ruins.

There are many optional activities to choose from in this area. If you are interested in seeing more ancient Mayan sites, take a day trip by van and then boat to the breathtaking Bonampak and Yaxchilan Ruins near the Guatemalan border. This is a full day tour but well worth the journey. If you are interested in doing something closer to Palenque, the famous Agua Azul and Misol-Ha waterfalls are approximately 45 minutes away and are both well worth a visit. The 35-metre high Misol-Ha waterfall is set in the middle of lush jungle, with smaller falls just inside a nearby cave. Take a break from the heat with a swim in the stunning naturally formed pools at the waterfalls of Agua Azul, located just 15 minutes from Misol-Ha.

Depart for Tulúm later in the evening on Day 6.

Estimated Travel Time: 8 hours

Approximate Distance: 620 km

### **Day 7-8 Sian Ka'an Biosphere Reserve**

A first-class, but often heavy-on-the-air-conditioning, overnight bus takes us to Tulúm, situated on the Caribbean coast. Upon arrival in Tulúm, we'll find a place for breakfast before travelling south to the Sian Ka'an Biosphere Reserve.

We spend a couple of nights at reserve, one of Mexico's most important protected areas due to its diversity in bird and animal species. Our jungle lodge allows us to see and appreciate the Sian Ka'an Biosphere Reserve through its 14-metre tower. The Reserve uses ecologically responsible technologies, including systems for wetland waste management, rainwater collection, and solar and wind energy generation to protect the environment. Optional activities include swimming in cenotes, lagoons or the ocean, bird or cayman spotting in a kayak or biking.

Estimated Travel Time: 15 hours

Approximate Distance: 870 km

### **Day 9 Isla Mujeres**

About 30 minutes off of Cancún is the beautiful Isla Mujeres, Spanish for 'Island of Women'. Long and narrow, this small island offers much to explore. Scooters or golf carts are easily available and a great way to explore the Island. A nice selection of restaurants, shops and modest nightlife gives the Island a great flavour. The beaches are also some of the best in the area. Opt to set sail before dusk to watch the sunset and stars emerge. Another popular option is to spend the day at Isla Contoy - a bird sanctuary with a few short trails and an abundance of wildlife.

\*\*Please note that you may need to return to Cancun in the evening of Day 9 if you have a very early flight the next day. The Cancun International airport is exactly one hour from Isla Mujeres (30 mins by ferry and taxi respectively) and the ferries run from 6am, through 1am daily. Therefore, if you have an international flight from 9:30am onwards (or a domestic flight from 8:30am onwards) on Day 10 you are fine to stay in Isla Mujeres for the last night.

Estimated Travel Time: 3 hours

Approximate Distance: 150 km

### **Day 10 Isla Mujeres**

Depart Isla Mujeres at anytime. It is only a 30-minute ferry transfer to Cancún from Isla Mujeres. Transferring to the Cancún International Airport is easily arranged. The total travel time between Isla Mujeres and the airport is approximately 1 hour.

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## **What's Included**

Guided tour of Chichén Itzá Ruins, Orientation walk in Mérida, Guided tour of Palenque Ruins.

## **Highlights**

Exploring the ruins of Chichén Itzá, soaking up culture, marveling at the beauty of Palenque, blissing out on world-class beaches.

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## **Dossier Disclaimer**

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## Itinerary Disclaimer

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While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## Important Notes

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1) Please note that Isla Mujeres is a short 30 minute ferry ride from Cancún and another 30 minutes bus/taxi ride will bring you to the Cancún airport, for a total travel time of about one hour. The ferry runs between approx 6:00am and 1:00am and costs 35 Mexican pesos at time of writing.

2) Please note that you may need to return to Cancun in the evening of Day 9 if you have a very early flight the next day. If you have an international flight from 9:30am onwards (or a domestic flight from 8:30am onwards) on Day 10 you are fine to stay in Isla Mujeres for the last night.

## Group Leader Description

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

## Group Size Notes

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Max 15, avg 8

## Your Fellow Travellers

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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

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No meals included.

## 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 group leader will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

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## Meal Budget

Allow USD240-315 for meals not included.

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## Transport

Public bus, ferry, taxi, van.

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## 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.

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## Accommodation

Hotels (6 nts), beach huts (2 nts), overnight bus (1 nt).

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## My Own Room

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

Night 6: Night bus and Nights 7,8: Sian Ka'an Biosphere Reserve

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## Joining Hotel

Radisson Hotel Hacienda Cancun  
Avenida Nader 1 S.M. 2  
Cancun, Mexico  
Telephone: + 52 (998) 881-6500

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## Joining Instructions

The fastest way to get to the arrival point hotel from the airport is via taxi; there are fixed rates at the airport counter. It is a 20 to 30 minute drive (depending on traffic) into town. Shuttle services are also available and are quite inexpensive, but generally take over 1 hour due to frequent stops. A better option is the ADO bus service which leaves every half hour, costs \$3.50 USD, and takes approximately 45 minutes. From the Cancun bus station, take a taxi to the hotel.

Please note that Day 1 is an arrival day and no activities have been planned, so you may arrive at any time. Similarly the last day is a departure day in which no activities are planned.

Your 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. Your 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.

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## 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

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Should you need to contact G Adventures during a situation of dire need, it is best to first call our local office in San José, Costa Rica. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so that we may return your call and assist you as soon as possible.

G Adventures San José, Costa Rica,  
Open Monday to Friday, 9am to 6pm local time (GMT -6).  
Tel: Int. Dialing Code +506 2224-5560.

Costa Rica Emergency Cell Phone: +506 8322 9140 (after office hours).

If you are unable for any reason to contact our local office in Costa Rica, we have a toll-free line within North America (or our regular direct line), which will connect you directly with our Toronto office.

Toll-free, North America only: 1 888 800 4100  
Calls from UK: 0844 272 0000  
Calls from Australia: 1 300 796 618  
Outside North America, Australia and the UK: +1 416 260 0999

## Finishing Point Hotel

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**\*\*PLEASE NOTE\*\***

For any post tour accommodation you have the option of booking at either Isla Mujeres or Cancun.

## 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 memory cards
- Charger for phone/camera/music device
- Reading/writing material
- Binoculars (optional)
- Cover for backpacks
- Concealable money belt
- Fleece top
- Windproof/waterproof jacket
- Small towel and swim wear
- 6 shirts/t-shirts - Sun hat
- 2 pair of shorts
- 1 pairs of long trousers
- 1 pair hiking pants/track pants
- Hiking boots/ sturdy walking shoes, and 3 pairs of socks.
- Sport sandals - Sunblock
- Sunglasses - Toiletries (biodegradable)
- Watch or alarm clock
- Water bottle
- Insect Repellent
- Flashlight/headlamp
- 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

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

## Visas

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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

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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

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Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## Money Exchange

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While US dollars may be accepted at the more popular locations such as Cancun and Isla Mujeres, Mexican pesos are more widely accepted and best to use throughout the duration of the tour. Withdrawing from an ATM will offer you the best exchange rate. A small emergency fund in US Dollars is a good idea to have in the event that you are having difficulty withdrawing money from a local ATM.

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.

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 (or equivalent).

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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262 Mexican pesos if you arrive to Mexico overland. If arriving via flight, pay no departure tax.

## 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 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

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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.

### Optional Activities

#### Mérida (Mexico):

City tour \$10

Celestún Bird Sanctuary \$45 (includes transport, guide, lunch and entrance) 9am to 5pm

Dzibilchaltun Ruins tour \$25 (includes transport, guide and entrance) 9am to 3pm

Cenotes Tour \$18 via public transport, \$30 via private transport (includes transport, entrance, guide and trolleys) 9am to 4pm

Uxmal and Kabah guided tour \$30 (includes transport, guide, lunch, entrance) 9am to 6pm

Uxmal light and sound tour \$30 (includes transport and dinner) Entrance of \$15 not included. 1pm to 9pm

#### Palenque:

Agua Azul/Misol-Ha \$15 (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) \$70 - 7am to 7pm – Motion sickness pills advised.

Palenque 2.5 hours jungle walk (includes guide) \$20

Riverside BBQ (includes transport, entrance to private property, BBQ lunch, BYOD) \$20

#### Isla Mujeres:

Garrafon water park \$25

Scooter rental \$25/day

Bike rental \$15/day

Golf cart rental \$50/day

Tortugranja Turtle research park \$5

Trip to Isla Contoy \$70

One hour dolphin discovery \$90

Ixchel Temple entrance \$5

2-tank SCUBA dive \$60-\$80

## 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 group leader 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. 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](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.

## **Responsible Travel**

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

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## Planeterra-The G Adventures Foundation

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

### Planeterra Dollar-A-Day Program

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

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

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## Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that 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>

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## 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](http://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.

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## 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](http://wateringhole.gadventures.com).

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## 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.