



A Month in Central America: Beyond Tulum & Tikal

29 days, Mexico City to Antigua Guatemala

Trip code CMMG

What's included

- Your G for Good Moment: Alebrijes Artisan Community Workshop, Oaxaca
- Your G for Good Moment: San Antonio Women's Pottery Cooperative and Local Lunch, San Ignacio
- Your G for Good Moment: Caribbean Gastronomic Experience "El Manglar", Livingston
- Your G for Good Moment: Posadas Mayas Homestay, San Juan La Laguna
- Your First Night Out Moment: Connect With New Friends
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Oaxaca Market Visit With CEO, Oaxaca
- Your Discover Moment: Oaxaca
- Your Discover Moment: San Cristobal de Las Casas - Free Time, San Cristóbal de Las Casas
- Your Big Night Out Moment: Tulum
- Your Discover Moment: Playa del Carmen
- Your Discover Moment: Caye Caulker
- Your Discover Moment: Antigua Guatemala
- Your Big Night Out Moment: Antigua Guatemala
- Mexico City street food crawl
- Alebrijes Artisan Community visit
- Boat trip to Sumidero Canyon
- Stop at Roberto Barrios Waterfall for a swim
- Tour the Mayan ruins in Palenque
- A boat adventure into a gorgeous lagoon in Bacalar
- Chichen Itzá ruins guided tour
- Guided tour of Tikal
- Orientation walk in Antigua
- Beach time in Playa del Carmen and Caye Caulker
- Free time in Mexico City, Oaxaca, Palenque, San Cristóbal de las Casas, Playa del Carmen, Caye Caulker, and Antigua
- All transport between destinations and to/from included activities

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

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing September 8th, 2022 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Mexico City

Arrive at any time.



Accommodation

Hotel Benedicta (or similar)

Hotel



Today's Activities

ACTIVITY

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2

Mexico City

Start the adventure off with a CEO-led walking tour through La Condesa and Roma neighborhoods. Stroll past bohemian cafes, bars, and restaurants. Your CEO will grab some street food snacks for the group ranging from street tacos to chilaquiles. Savour whatever you sample as you continue to get to know the area. Finish up the tour near the giant Bosque de Chapultepec. Then, spend the afternoon trying out the optional activities in the area like a visit to the ruins of Teotihuacán.



Accommodation

Hotel Benedicta (or similar)

Hotel



Today's Activities

Mexico City Walking Tour

Mexico City

Get the lay of the land during a walking tour of Mexico City with your CEO. Start by visiting the La Condesa and Roma neighborhoods. Wander past the bars, restaurants, and cafes. Sample some street food snacks purchased by your CEO. The tour ends at Bosque de Chapultepec.

Free Time

Mexico City

Take advantage of free time to get to know Mexico City on your own. Choose from a variety of optional activities in the area, seek out some great food spots, or search for some unique gifts to bring back to your friends and family.



Optional Activities - Day 2

All You Can Eat Taco Tour

Mexico City

Set out on a famous all-you-can-eat taco tour through Roma and Condesa, sampling your way across seven authentic taquerías while discovering the history, regional styles, and secrets behind Mexico's most iconic dish. Along the way, visit a local market to craft your own salsa, watch the tortilla-making process up close, and even try your hand at making tacos yourself.

Teotihuacán Pyramids Visit

Teotihuacán

Visit the ruins of Teotihuacán northeast of Mexico City. This ruin site dates back to 100BC and has the impressive Avenue of the Dead, Pyramid of the Sun and Pyramid of the Moon. Bring water, wear a hat and solid walking shoes to learn all about this pre-Columbian Mesoamerican city that at its peak was once the largest city in all of the Americas.

Day 3

Mexico City/Oaxaca

Hit the road and travel south to Oaxaca from Mexico City. Once the group arrives, soak in your first experience of the vibrant culture in Oaxaca. Head out for an orientation walk to the main square and your CEO will accompany the group to the market where you can try a tlayuda, a toasted tortilla with tons of different toppings like refried beans, shredded cabbage, salsa, meat, and cheese. Cap off the day with a visit to a local chocolate-making shop and a free evening to keep the adventure going.



Accommodation

Hostal Don Nino (or similar)

Hotel



Today's Activities

Local Bus

Mexico City – Oaxaca

6h-7h

470km

Climb aboard, grab a seat, and enjoy the ride.

Orientation Walk

Oaxaca

All walks will be slightly different, allowing your CEO to show off their favourite spots. You can expect to see the Santo Domingo Cultural Centre, walk through the zocalo and the famous 20th of November market. Opt to sample some delicious Oaxacan foods along the way such as mole, tlayudas or chapulines.

ACTIVITY

Your CEO will accompany the group to the market where you can try a tlayuda, a toasted tortilla with tons of different toppings like refried beans, shredded cabbage, salsa, meat, and cheese before capping off the day with a visit to a local chocolate-making shop.

Day 4

Oaxaca

You can pre-book the Hierve el Agua Day Trip during check-out and pay a visit to a petrified waterfall outside of Oaxaca.



Accommodation

Hostal Don Nino (or similar)

Hotel



Optional Activities - Day 4

Monte Albán Tour

Monte Albán – Oaxaca

950MXN

1h-3h

1-2km

The Zapotec site of Monte Albán dates back to 500 BC and features platforms, pyramids, plazas, and a ball court sitting on a leveled mountaintop some 10km (5 mi) from Oaxaca. Enjoy the 360-degree views, see Olmec carvings, and be sure to visit the museum to see artifacts and stele excavated in the early 20th century.

Valley of Mitla Ruins Visit

San Pablo Villa de Mitla

210MXN

The UNESCO World Heritage site of Mitla is 38km (24 mi) from Oaxaca. Its name derives from the Nahuatl language, meaning “Place of the Dead”. Occupied from 900 BC by the Zapotecs and then the Mixtecs, the ruin features five groups of structures on either side of the Mitla River. Look for ancient cut-stone mosaics and intricate stone carvings throughout.

The region is also famous for its hand-dyed, foot-loomed woven rugs.

Hierve el Agua Day Trip

Oaxaca

Begin this activity in the morning with included transport to Hierve el Agua. This stunning natural formation consists of a series of mineral pools near the edge of a cliff. Over thousands of years, the heavily calcified water has flowed over the cliff, leaving mineral deposits as it goes. The result is known as a "petrified waterfall" – nearly white rock formations that resemble a cascading fall. Upon arrival, enjoy a few hours of free time to explore the area and perhaps go for a swim in one of the mineral pools. Then, travel to a Mezcalería for a tour of the distillery which includes an explanation of the production process of mezcal and a tasting. The group will return to Oaxaca in the late afternoon.

Please note these approximate travel times below:

Oaxaca to Hierve el Agua - Between 1 hour and 45 minutes to 2 hours

Hierve el Agua to Mezcalería- 1 hour

Mezcalería to Oaxaca - 45 minutes.

Cooking Class

Oaxaca

65USD

Test out your culinary skills and learn to make traditional Oaxacan cuisine. The teacher will teach the class to create authentic dishes that can be replicated at home, when you're finished dig in and enjoy your dish!

Day 5

Oaxaca/San Cristóbal

The group will have additional free time today in Oaxaca for other optional activities. Afterwards, visit the Alebrijes Artisan Community for your G for Good moment. Meet a local artisan, speak with them, ask any questions the group may have, and learn more about how these handicrafts are made. In the evening board and overnight bus to San Cristobal.



Today's Activities

Free Time

Oaxaca

Enjoy more free time in Oaxaca. Taste more delicious food from the markets, book an optional cooking class and learn how to make mole, or shop for keepsakes at the many local stores and craft markets with featuring work by the artists who call Oaxaca home.

Overnight Bus

Oaxaca - Tuxtla Gutiérrez

8h-9h

570km

Curl up and catch a snooze en route to the next stop.

ACTIVITY

Alebrijes were created by a Mexican artisan named Pedro Linares who was known for making piñatas and carnival masks. After falling ill and hallucinating crazy figures and creatures inside his mind, the artist decided to bring what he saw to life by creating the small figurines we know as Alebrijes. Often made of a mash-up between animals, these figurines are now made by Oaxacan artisans out of wood and then painted with vibrant pigments and lots of patterns. Learn more about how these figurines integrated themselves into Oaxacan/Mexican folklore and how the craft expanded from originally being made from cardboard to now being carved from Copal wood. Meet a local artisan and speak

with them, ask any questions the group may have and to learn more about how the Alebrijes are crafted.

Day 6

San Cristóbal

Arrive early to Tuxtla Gutierrez, which is a city in southern Mexico and the capital of Chiapas. The group will travel by private bus to Sumidero Canyon for an included boat ride down the river. The trip is a few hours long and will take you through the canyon with some of the walls towering 2,500 feet above you. It's sure to make you feel small. Keep a lookout for the wildlife in the area and try to spot caves as you journey on. Afterwards, continue on to San Cristobal de las Casas where you will stop for the evening.



Meals included

Breakfast



Accommodation

Hotel San Martin (or similar)

Hotel



Today's Activities

Private Vehicle

Tuxtla Gutiérrez – Parque Nacional Cañón del Sumidero

30m

20km

Settle in and scan the scenery from the convenience of a private vehicle.

Sumidero Canyon

San Cristóbal de Las Casas

3h

Drive an hour before boarding a boat for a 2-hr journey through the deep Sumidero Canyon. Keep your eyes peeled for local wildlife, birds, monkeys and maybe even a river crocodile. Marvel at the tall waterfalls, hidden caves, and unusual rock formations along the Grijalva River. After, stop in a village to visit markets and enjoy lunch.

Private Vehicle

Parque Nacional Cañón del Sumidero – San Cristóbal de Las Casas

2h-2h30m

90km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 7

San Cristóbal

San Cristóbal de Las Casas is located in a high mountain valley at 2110m (6921 ft). Enjoy a free day to experience this city known for its 16th-century architecture. Opt to visit nearby indigenous Mayan villages to see their unique day-to-day, or visit Lagunas de Montebello National Park and the group of beautiful lakes near the Guatemalan border. You have a full day to do as you please and there are plenty of activities to try out.



Accommodation

Hotel San Martin (or similar)

Hotel



Today's Activities

ACTIVITY

Enjoy a free day to experience this city known for its 16th-century architecture. Opt to visit nearby indigenous Mayan villages to see their unique day-to-day, or visit Lagunas de Montebello National Park and the group of beautiful lakes near the Guatemalan border.



Optional Activities - Day 7

Lagunas de Montebello Visit

San Cristóbal de Las Casas

30USD

9h-12h

150km

Visit Lagunas de Montebello National Park and the group of beautiful lakes near the Guatemalan border. Each is a different colour of green and blue.

Indigenous Villages Tour

San Cristóbal de Las Casas

30USD

4h-5h

2km

Visit the communities of San Juan Chamula and Zinacantan with a local guide and learn about this unique way of life. Visit the main plaza and places of worship to better understand the life of the local Tzotzil people. Buy carpets, textiles and hand-made "Zapatista" dolls made to honour former rebel leader, Subcomandante Marcos. Please be respectful when taking photographs here, it's not always welcomed by the residents.

Day 8

San Cristóbal/Palenque

Get ready for a full day of travel from San Cristóbal de Las Casas to Palenque. Along the way the group will stop to swim in the pristine turquoise waters of Roberto Barrios waterfall. Arrive to Palenque in the evening.



Accommodation

Hotel Maya Tulipanes (or similar)

Hotel



Today's Activities

Roberto Barrios Waterfalls

Palenque

Visit the Zapatista community of Roberto Barrios and swim in stunning turquoise cascade waterfalls. Then, join an agroecological experience at the Pej'Pem Center you will support local entrepreneurship and the sustainable transformation of communities in Chiapas.

Private Vehicle

San Cristóbal de Las Casas – Palenque

6h30m-7h

215km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 9

Palenque

Enjoy a guided tour of the impressive Mayan ruins of Palenque followed by free time for an optional jungle trail hike, or just relax at the hotel keeping an eye out for nearby birds and wildlife.



Accommodation

Hotel Maya Tulipanes (or similar)

Hotel



Today's Activities

Palenque Ruins Guided Tour

Palenque

2h-3h

Experience the elegant jungle site of Palenque on a guided tour. See the highlights -- the Temple of the Cross Group, Temple of Inscriptions and the Grand Palace. Howler monkeys sound in the distance as the fog rolls in and out of this mystical site, one of the most important centres for trade and culture during the end of the Classic Maya period.

Free Time

Palenque

Enjoy a free afternoon for an optional jungle hike or otherwise just kick back at the hotel and listen to the sounds of the jungle. Ask your CEO for more recommendations should you need them.



Optional Activities - Day 9

Jungle Trail Hike

Palenque

25USD

2h-2h30m

4km

Only two percent of the ruins in the Mayan capital of Palenque are out in the open. Follow a local guide into the jungle along a trail, visit ruins that are now overgrown with moss and vines. Learn about the wildlife and different medicinal trees and plants that grow in and around the Usumancinta River of this mountainous forest area of Chiapas.

Day 10

Palenque/Bacalar

Spend the day travelling to Bacalar in the eastern part of Mexico from Palenque. Sit back as the scenery changes outside your window and rest up for the next part of the trip.



Accommodation

Bacalar Magico Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Palenque - Bacalar

7h-8h

487km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 11

Bacalar

Spend a full free day enjoying optional activities in the area, or just relax and keep the good vibes going.



Accommodation

Bacalar Magico Hotel (or similar)

Hotel



Today's Activities

Free Time

Bacalar

Take advantage of free time for optionals in the area. Explore the San Felipe Bacalar Fort or visit the lagoon again for some kayaking.



Optional Activities - Day 11

Kayaking

Bacalar

10-12USD

Throw on a lifejacket and paddle the pale blue waters of Laguna Bacalar. Bring a camera to capture the surreal beauty of the mineral-infused lake.

Fortress Exploration

Bacalar

10MXN

Built in 1729, the San Felipe Bacalar fort was built by the Spanish hoping to fend off further pirate attacks. See the original stone walls, with canons facing out to the sea. The fort is built in the form of a four-pointed star and is surrounded by a moat.

Day 12

Bacalar/Valladolid

The group is in for a treat this morning with an included boating adventure in the lagoon. In the afternoon it's onward to Valladolid. Travel north and inland from Bacalar to a city on Mexico's Yucatán Peninsula. Upon arrival your CEO will lead you on an orientation walk of the small Mayan town filled

with quaint taverns, vibrant indigenous culture, and loads of street food vendors. Smell the delicious aromas as you walk and sample a few snacks along the way.



Accommodation

Hotel Santa Ana (or similar)

Hotel



Today's Activities

Boat Trip Laguna Bacalar

Bacalar

Head out into the Bacalar lagoon by boat this morning for a fun adventure. Start by visiting the Canal de los Piratas for a swim in the clear waters. Then, visit Cenote Negro, an open-air cenote and also the deepest point in the entire lagoon. From there the boat will stop at Cenote Esmeralda to admire the different shades of blue. Finally stop at Cenote Cocalitos, home to stromatolites, which are living stones that are thought to be the oldest form of life on Earth. Here you'll enjoy a prepared picnic featuring fresh fruit.

Private Vehicle

Bacalar - Valladolid

4h

270km

Settle in and scan the scenery from the convenience of a private vehicle.

CEO-led Orientation Walk

Valladolid

Marvel at Valladolid's colonial buildings, which includes a 16th-century convent of San Bernardino of Siena, and the San Gervasio Cathedral. Walk through the streets of town smelling the delicious aromas from the street food vendors. Sample some delicious treats and get to know this vibrant Mayan town.

Day 13

Valladolid/Tulum

After a short, but sweet visit in Valladolid the group will travel to the Chichen Itzá ruins for a guided tour. These ruins hold the history, beliefs, and rituals that defined ancient Mayan civilization. See the Pyramid of Kukulcan, the famous Castillo, the cenote, and the Nunnery. Afterwards, travel to Tulum for a free evening. Tulum is filled with trendy beach clubs where you can dance the night away, or stretch out on white sand beaches to admire the colors at sunset.



Accommodation

Hotel Casa Colonial (or similar)

Hotel



Today's Activities

Private Vehicle

Valladolid - Chichén-Itzá

45m-1h

43km

Settle in and scan the scenery from the convenience of a private vehicle.

Chichen Itzá Guided Tour

Chichén-Itzá - Chichen Itza

2h

Join up with a local expert and learn about the history of Chichén Itzá and the beliefs and rituals that defined this ancient Mayan civilization. This dramatic site includes a 30m (98 ft) high temple, known as the Pyramid of Kukulcan, famous for its balustrade of 91 stairs up each of the four sides, a ball court with a grandstand, and towering walls. Visit the highlights of the site including the famous Castillo, the ball court, the cenote, and the Nunnery.

Private Vehicle

Chichén-Itzá - Tulum

1h30m

105km

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Tulum

Take this time to soak in the spectacular coastline of Tulum. Swim in the cobalt waters off of the white sand beaches. Hunt down some delicious street food and have a picnic in the sand. Or if you're still feeling adventurous, head out for some cave and cavern exploring in the nearby cenotes.

ACTIVITY

Enjoy a night out on the town with your travel friends and truly let your hair down in the fun and lively atmosphere of Tulum.



Optional Activities - Day 13

Tulum Ruins Visit

Tulum

1h-4h

The Maya built the ancient seaport of Tulum in the late 13th century. Located some 130 km (80 mi) south of Cancun, this picturesque site features a number of limestone structures protected on three sides by a 7m (23 ft) thick wall. Visit “El Castillo” (the castle), overlooking the Caribbean coast, and the Temple of Frescoes, then head down to the beach. Dive into the warm aquamarine waters and imagine spotting ancient vessels laden with turquoise and jade.

Day 14

Tulum/Playa del Carmen

Travel from Tulum to Playa del Carmen where you can enjoy time to explore on your own. Tonight, head out with your fellow travellers to 12th Street, where there’s tons of bars and clubs to choose from.



Accommodation

Hotel Colonial (or similar)

Hotel

Day 15

Playa del Carmen

Enjoy free time to explore the Mayan ruins of Tulum or take a ferry to nearby Cozumel. Or just play in the waves and enjoy the beach.

Start your holiday off with some hardcore relaxation. Enjoy a full day of free time to fill as you wish. Get your ruin on with a visit to Tulum perched atop the sea, explore the fish- and coral-filled seas around Cozumel on a scuba dive, go swimming in a cenote or at the beach, and save some energy for a night out on the town.



Accommodation

Hotel Colonial (or similar)

Hotel



Optional Activities - Day 15

Cenote Visit

Playa del Carmen

40-60USD

1h-4h

30-60km

Pack your swimsuit, hail a shared van (colectivo) and ask for directions to one of Yucatan's many cenotes. These natural swimming holes were formed thousands of years ago, when the peninsula's porous limestone collapsed to reveal fresh water pools fed by underground systems of canals and rivers. Dive into the turquoise waters surrounded by cave walls or tropical foliage, watch fish dart in and out of the shafts of sunlight and realize why the Maya called cenotes "sacred wells".

Tulum Ruins Visit

Tulum

1h-4h

The Maya built the ancient seaport of Tulum in the late 13th century. Located some 130 km (80 mi) south of Cancun, this picturesque site features a number of limestone structures protected on three sides by a 7m (23 ft) thick wall. Visit "El Castillo" (the castle), overlooking the Caribbean coast, and the Temple of Frescoes, then head down to the beach. Dive into the warm aquamarine waters and imagine spotting ancient vessels laden with turquoise and jade.

Tequila Tasting

Playa del Carmen

850-1100MXN

Mexico is the birthplace of tequila, and there is nowhere better to learn about the iconic drink. Join a certified sommelier to learn about the history of tequila and the production process, before the main highlight - a tasting session. Sip, don't shoot!

Coco Bongo Disco and Show

Playa del Carmen

90USD

Coco Bongo lives up to its name. Visitors describe it as "insane", "exciting" and "amazing". This Vegas-style disco and show features a range of high energy acts including Elvis, Lady Gaga, Moulin Rouge and more. The price includes all your drinks and the show is cheaper on weekdays. Go wild!

Akumal Beach Visit

Akumal

20USD

1h-4h

55km

Akumal is the place to visit if you're looking to escape from the crowds. Take a shared van (colectivo) and head for this small town and beach between Playa del Carmen and Tulum. Known as the "land of turtles", float in the clear waters of this protected bay and spot green turtles feeding on the sea grass.

Opt to snorkel with stingrays and nurse sharks at Hol Chan Marine Reserve, go diving or just chill out, Belizean style.

Mention Belize and you may conjure up visions of unbelievably clear blue waters, diving and snorkelling along the barrier reef and remarkable marine life. Belize also boasts huge swaths of jungle, ancient Mayan ruins, and above all, friendly, easygoing people. Belize is all this and much more!



Accommodation

Tropical Paradise Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Playa del Carmen - Chetumal

4h

315km

Settle in and scan the scenery from the convenience of a private vehicle.

The drive time to Chetumal depends on traffic conditions.

Border Crossing (Mexico - Belize)

Chetumal - Santa Elena

30m-1h30m

Arrive at the Mexican border then go to immigration to get passports stamped and pay the exit fee. After a quick trip on the bus, grab your luggage and pass through Belizean immigration and customs. Get back on the bus with your stuff and get ready to start exploring Belize.

Local Bus

Santa Elena - Belize City

3h-4h

158km

Climb aboard, grab a seat, and enjoy the ride.

Public buses in Belize are old retired American school buses. Luggage is piled in the back of the bus and people will often stand in the aisle as the bus fills up. Your CEO will pay your fare so if the conductor asks you for money, just point to your CEO.

Taxi

Belize City - Caye Caulker

45m-1h

Jump in the back and tell the driver to step on it, just like they do in the movies.

Days 17–18

Caye Caulker

Opt to snorkel with stingrays and nurse sharks at Hol Chan Marine Reserve, go diving or just chill out, Belizean style.



Accommodation

Tropical Paradise Hotel (or similar)

Hotel



Optional Activities - Days 17–18

Hol Chan Marine Reserve Day Tour

Caye Caulker

6h-7h

Explore the oldest marine reserve in Belize with a full-day tour filled with snorkelling and sightseeing. The tour includes stops at three popular snorkelling destinations – the Hol Chan Channel, Shark and Ray Alley, and Coral Gardens. Stop at two additional viewing spots to marvel at tarpon and manatees. Expect to see an abundance of angelfish, blue-striped grunts, schoolmaster snappers, and hundreds of other varieties of species in their natural surroundings. Keep your eyes peeled to see green moray eels poking out from their tiny caves.

Tour Includes: snorkeling mask, fins/flippers, lunch, assortment of tropical fruit, water, and other snacks.

Bike with Purpose Rental

Caye Caulker

1-30USD

1h-72h

Rent a bike from the G Adventures-supported Bike with Purpose project on Caye Caulker and cycle around the island out to the split and back. It's a great way to get some exercise and see the sights on this laid-back island. Don't forget to bring water and wear lots of sunscreen.

Fishing

Caye Caulker

250-450USD

4h-8h

Cast a line and see what you can reel in. Fish for snapper, barracuda, horse-eye jack and more. Bring your catch to any local restaurant and have them gut and grill it just for you. Buy the rest of dinner and some drinks and enjoy! It doesn't get any fresher than this.

Sunset Sailing Boat Tour

Caye Caulker

60USD

Set sail just before sunset. Relax with reggae music and rum punch, snack on shrimp ceviche and snap a few photos as you sail around the island as the sun sets to the west of Caye Caulker.

Day 19

Caye Caulker/San Ignacio

Travel by boat and bus from Caye Caulker to San Ignacio. Enjoy an included pottery demonstration and local lunch at a G Adventures-supported women's pottery cooperative.

From the town of San Ignacio, opportunities abound for exploring Belize's little known inland scenic beauty. With free time here, choose to explore the area by foot, canoe or horse, take a caving trip, or visit the Mountain Pine Ridge Area and swim in its inviting pools and rivers.



Meals included

Lunch



Accommodation

Kawoq Hostel (or similar)

Hostel



Today's Activities

Water Taxi

Caye Caulker - Belize City

45m-1h

39km

Jump in and cross the water to the next stop.

Local Bus

Belize City - San Ignacio

3h

123km

Climb aboard, grab a seat, and enjoy the ride.

ACTIVITY

Like in many places around the world, education for women in the village of San Antonio isn't prioritized. Girls don't typically attend school beyond primary levels. So a women's cooperative was founded here, as a way for underprivileged women to earn income, learn new skills, and share

centuries-old Mayan techniques and knowledge. Visit the pottery workshop, which is newly expanded with an investment from G Adventures. Meet some of the women who've found community within its walls and gain insight into the tradition of throwing pots. Afterward, enjoy lunch together with these inspiring and unforgettable women, sampling traditional foods of the Cayo region.



Optional Activities - Day 19

Xunantunich Visit

Xunantunich

65USD

2h-4h

11km

Hike to the top of this impressive 9th-century Maya centre, set high on a natural limestone ridge, and admire the view of the Mopan River, Cayo District and neighbouring Guatemalan countryside. The tallest temple, El Castillo, is partially excavated and explored and there's a unique stucco frieze on the east side of the structure. Discover why Xunantunich is Belize's most visited site with intricately carved stela, 25 temples, and well-preserved palaces.

Day 20

San Ignacio

Opt to visit the sacred Mayan cave Actun Tunichil Muknal or check out the seldom-visited Mayan ruins of Xunantunich.



Accommodation

Kawoq Hostel (or similar)

Hostel



Optional Activities - Day 20

Barton Creek Cave Canoeing

Barton Creek

120USD

6h-8h

30km

Strap on a headlamp, step in the canoe and paddle along an ancient Mayan waterway inside the Barton Creek Cave. Bring your camera to take memorable photos of cathedral rock chambers, stalactites and stalagmites. Upon return, opt to swim at Big Rock Falls.

Cave Tubing

Caves Branch

95USD

7h-8h

45km

Strap on a headlamp, sit on an inner tube and get set to enter the underworld. Float on an underground river past stalactites hanging above and through shafts of filtered light. Discover firsthand why the Maya selected these sites to make offerings to their gods.

Horseback Riding

San Ignacio

80USD

2h-5h

5km

Choose from one of the 45 horses at Hannah's Stables and ride over farm trails and forested paths, all the way along the river to the Mayan site of Xunantunich. Enjoy a short guided tour of the site before taking a different trail back to the stables. Watch for native birds, including toucans and parrots, listen for howler monkeys, admire orchids and fruit trees and breathe in the fresh air of the Belize countryside.

Caracol Ruins Tour

Caracol

125USD

9h-11h

85km

Set within the Chiquibul Forest Reserve, prepare to be wowed by Caracol. It's the largest known Maya site in Belize and was once home to an estimated 180,000 people. The site was discovered in the 1920's by a logger looking for mahogany. One of its pyramids, Canaa or "Sky Place", built in 800 AD and standing 43m (143 ft), continues to be the tallest man-made structure in the country. Bring your walking shoes, water and a sunhat because there's lots to see here. Tombs, temples, altars, carved stelae and other stone monuments – it's well worth the effort and easy to be impressed.

Xunantunich Visit

Xunantunich

65USD

2h-4h

11km

Hike to the top of this impressive 9th-century Maya centre, set high on a natural limestone ridge, and admire the view of the Mopan River, Cayo District and neighbouring Guatemalan countryside. The tallest temple, El Castillo, is partially excavated and explored and there's a unique stucco frieze on the east side of the structure. Discover why Xunantunich is Belize's most visited site with intricately carved stelae, 25 temples, and well-preserved palaces.

Actun Tunichil Muknal Cave Visit

Actun Tunichil Muknal

140USD

6h-8h

29km

The Actun Tunichil Muknal cave has only been open to the public since 1998. Take advantage of this rare opportunity to see up to 1400 artifacts, including pottery, tools and vessels used by the Maya for a thousand years. Hike 45 minutes to the cave entrance, wade/swim through deep pools, past calcite formations, to explore this damp, dark place of ritual and sacrifice. With a helmet and headlamp, see the skeleton of the "Crystal Maiden," a young girl whose bones have calcified over the past 1,100 years, making them appear to sparkle.

Learn about Mayan culture and history on a guided tour of the ruins of Tikal.

Cross the border into Guatemala and you immediately notice the difference in culture, with its heavy Mayan influence and Spanish language. Here we have entered Guatemala's northeast jungle Petén region. The descendants of the Maya of Chichén Itzá migrated to the Petén area several centuries after the collapse of the great Mayan cities in the Yucatán.

En route to Flores, stop for a guided tour of the ancient city of Tikal. Arrive in Flores, the capital of the department of Petén, a small island located on the second largest lake of Guatemala, Lake Petén Itzá.



Accommodation

Peten Express Hotel (or similar)

Hotel



Today's Activities

Taxi

San Ignacio – Benque Viejo del Carmen

15m-30m

5km

Jump in the back and tell the driver to step on it, just like they do in the movies.

Border Crossing (Belize – Guatemala)

Benque Viejo del Carmen – Melchor de Mencos

30m-1h30m

Grab your bags from the vehicle and head to immigration after paying the exit fee. Passports get stamped in immigration and then passed to your CEO for the short walk (200m) to the Guatemalan border where the entrance fee is paid. Lend a hand loading luggage into the vehicle while your CEO gets all the passports stamped. Welcome to Guatemala!

Private Vehicle

Melchor de Mencos – Tikal

1h30m-2h30m

100km

Settle in and scan the scenery from the convenience of a private vehicle.

Tikal Ruins Guided Tour

Tikal

3h-4h

7km

Put on your walking shoes and prepare for a tiring but memorable day walking through history at the impressive site of Tikal. The Mayan site is set in the heart of the jungle, in Tikal National Park, now a UNESCO World Heritage site. Along with our bilingual guide, see some of the temples, plazas, carved stone monuments and public squares, more than 3,000 buildings in all, dating from as far back as 600 BC. Climb to the top of Temple IV, catch your breath, take photos, and then sit and contemplate the

magnificence of the site and the tropical rainforest beyond. Look for monkeys, anteaters, armadillos, and deer, as well as macaws and eagles, snakes, and spiders.

Private Vehicle

Tikal – Flores

1h-1h30m

64km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 22

Flores/Rio Dulce

Travel across the country towards the coast to Rio Dulce, on the shores of Lake Izabal.

A travel day from Flores to Rio Dulce which is located in the department of Izabal, home of the largest lake in Guatemala, Lake Izabal was one of the most important water ways of the Spanish crown during colonial times.

We take the road past areas of dense jungle and arrive at Río Dulce, a small town on Lake Izabal and a port stop for boaters around the globe, on their way to/from Livingston and the Caribbean coast.



Accommodation

Hotel Hacienda Tijax (or similar)

Hotel



Today's Activities

Private Vehicle

Flores – Rio Dulce

4h-5h

210km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 23

Rio Dulce

Travel to the Caribbean town of Livingston by scenic boat ride from Rio Dulce. Enjoy a visit to the G Adventures-supported El Manglar Restaurant for an explanation of the women-led community initiative project here. Then, walk around the grounds before a sit-down lunch of delicious local flavours.



Meals included

Lunch



Accommodation

Hotel Hacienda Tijax (or similar)

Hotel



Today's Activities

Scenic Boat Ride to Livingston

Rio Dulce - Livingston

5h-6h30m

55km

Take a boat down the Rio Dulce toward the Caribbean Sea passing through El Golfete and El Canyon before arriving to Livingston. Float past mangroves and lily pads and the Boquerón Canyon, where a sheer limestone cliff rises 122m (400 ft) out of the river, covered in vines, trees and moss. Arrive at the small fishing village of Livingston known for its unique Afro-Caribbean Garifuna population, with their unique art, music and delicious coconut seafood soup, “tapado”.

ACTIVITY

El Manglar Restaurant in Guatemala is a women-led community tourism initiative founded by the Cayo Quemado Women's Committee with the aim of creating new job opportunities within the community. During your visit you will begin with a welcome given by the women of the committee and receive a brief introduction to the workshop. Then, there will be a short walk around the property, including a full explanation of the project, its impact, and culture before you all sit down for lunch at the restaurant. Every traveler that visits Cayo Quemado has a direct impact on their community.

Day 24

Rio Dulce/Antigua Guatemala

Enjoy an orientation walk of Antigua's cobblestone streets, then opt to take a salsa lesson and practice new moves out at night.

Today is a travel day from Rio Dulce to Antigua, followed by an orientation walk once you arrive. Plan your activities for the next day and enjoy some of the nightlife this beautiful colonial city has to offer.



Accommodation

Antigua Lemon Tree Hostel (or similar)

Hostel



Today's Activities

Private Vehicle

Rio Dulce – Antigua Guatemala

6h-7h30m

315km

Settle in and scan the scenery from the convenience of a private vehicle.

Orientation Walk – Antigua

Antigua Guatemala

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.



Optional Activities - Day 24

Salsa Lesson

Antigua Guatemala

10USD

Kick up your heels and learn this typical Latin dance. Dancers of all skill levels are welcome. Get lost in the rhythm of the music and let your body take you to a new place -- one-two-three, one-two-three, hip roll, arm up, partner under, shimmy, shake, salsa! Vamos a bailar! (Let's dance!)

Day 25

Antigua Guatemala

Enjoy a free day in Antigua. Opt to relax with a massage, climb a volcano, soak up the culture in one of the city's many cafés, or explore the nearby hills and towns by bike.

Get adventurous and pre-book the Pacaya Volcano Hike on the checkout page to include this optional activity on your tour or ask your GCO or travel agent for assistance.



Accommodation

Antigua Lemon Tree Hostel (or similar)

Hostel



Optional Activities - Day 25

Cycling

Antigua Guatemala

30-50USD

1h-5h

Get off the beaten track and discover the treasures of Guatemala. Enjoy an adventurous ride with incredible views ranging from wide open fields, volcanoes, local villages, and coffee plantations. There are full-day and half-day tours that vary in difficulty level. Have your CEO make a reservation.

ChocoMuseo Tour and Workshop

Antigua Guatemala

24USD

1h30m-2h

Enjoy a chocolate workshop and museum tour to learn about the process "from bean to bar" and the history of this tasty crop. In this 1.5-hour workshop, make your own bar to take home and enjoy tastings of the varieties of chocolate drinks made on site. Who knew history could be so sweet?

Finca Valhalla Visit

Antigua Guatemala

5-10USD

1h30m-3h

20-25km

Take a tour of the macadamia nut plantation at Finca Valhalla led by the workers. Learn about this sustainable crop for the experts and discover the health benefits of the nut. Pamper yourself with a free facial and purchase some of the treats made from the macadamia nut like oils, nuts, and chocolate. This tour is offered for free in the hopes that you'll show your gratitude by stopping by and picking up some tasty treats from the gift shop or café.

Elizabeth Bell Walking Tour

Antigua Guatemala

25USD

1h30m-2h30m

Meet your guide at the fountain in the Central Plaza and take a leisurely walk along the cobblestone streets of this UNESCO World Heritage Site. The tour focuses on the Antigua's history, culture and restoration efforts (a bylaw, for example, stipulates buildings must only be painted certain colours in order to maintain the Spanish colonial character of the exteriors). Visit the City Hall Palace, Palace of the Captain's General, the main cathedral and many of Antigua's other attractions. Learn about jade and the valuable role it played in Maya culture. Shop for jewelry, pottery, textiles and wooden carvings.

Massage

Antigua Guatemala

30-60USD

30m-2h

Relax and enjoy a Mayan massage. You're on vacation!

Finca Filidelfia Coffee Tour

Antigua Guatemala

25USD

2h-3h

1-2km

Travel a short 10-minute ride outside of Antigua to the Finca Filadelfia coffee plantation. Walk through the plant nursery, explore the rows of coffee plants, pick a coffee “cherry” (each one has two beans inside), then discover the various stages that go into making the perfect cup of quality coffee. The farm also has a restaurant and zipline for those who opt to fly above the canopy to spot the very best beans.

Day 26

Antigua Guatemala/Panajachel

Travel to beautiful Lake Atitlán and enjoy the views.

Travel through the hills and fertile fields of the Guatemalan highlands to the shores of Lake Atitlán, one of the most beautiful spots in Guatemala. Twelve native villages, blue/grey mountains and three volcanoes line the shores of this lake resulting in a wonderful combination of unusual natural beauty and traditional culture.

The area is also ideal for outdoor pursuits like swimming, fishing, wind surfing, hiking, bird watching, kayaking, and horseback riding.

Note: Please dress conservatively when visiting the villages and refrain from photographing religious ceremonies, or individuals who do not wish to be photographed.



Accommodation

Kamol Bey (or similar)

Hotel



Today's Activities

Private Vehicle

Antigua Guatemala - Panajachel

4h

80km

Settle in and scan the scenery from the convenience of a private vehicle.



Optional Activities - Day 26

Massage

Panajachel

Revive sore muscles with a relaxing massage.

Kayaking

Lago de Atitlán

Grab your life jacket and tour local waters by kayak. Get up close to marine life and see many sights you may miss on shore.

Swimming

Lago de Atitlán

Grab your bathing suit and go for a refreshing swim.

Day 27

Panajachel/San Juan La Laguna

Embark on a boat ride across the lake before participating in a G Adventures-supported homestay with a local family. This area is known for stunning scenery and great shopping for Mayan handicrafts. Opt to bargain for colourful textiles and paintings at the lake's markets.



Meals included

Dinner



Accommodation

Rupalaj Kistalin Posada Homestay (or similar)

Homestay



Today's Activities

Boat

Panajachel - San Juan La Laguna

30m-45m

25km

Climb aboard and get your float on.

ACTIVITY

Submerge yourself in Mayan culture during this home stay run by a Planeterra community tourism project. Set on the northwest shore of Lake Atitlán, arrive by boat to the laid-back village of San Juan La Laguna and immediately feel at home. Meet your host family, stash your stuff, then set off to explore the area. Admire the paintings of local artists, watch weavers who use traditional techniques to dye wool, go for a hike and admire the view across the lake. Feel good knowing you are supporting local families eager to benefit from tourism in their community.



Optional Activities - Day 27

Shopping

San Juan La Laguna – Panajachel

Scour the local shops and stalls for unique wares to remind you of your travels to the region.

Day 28

San Juan La Laguna/Antigua Guatemala

Return to Antigua, and enjoy a Big Night Out with the group.

We return to Antigua to spend more time to explore the city, shop, and check out optional activities in the area.

Optional activities include visiting a macadamia nut farm, checking out a coffee plantation, biking around Antigua's surrounding hills or taking a salsa lesson.



Accommodation

Antigua Lemon Tree Hostel (or similar)

Hostel



Today's Activities

Boat

San Juan La Laguna – Panajachel

30m-45m

25km

Climb aboard and get your float on.

Private Vehicle

Panajachel - Antigua Guatemala

3h-4h

Settle in and scan the scenery from the convenience of a private vehicle.

Those prone to motion sickness should plan with anticipation. Although it is a relatively short distance to be travelled, there are many hills and winding roads.

ACTIVITY

Whether it's a pub crawl, drink specials or a bonfire on the beach, celebrate late into the night with your new best friends.



Optional Activities - Day 28

Massage

Antigua Guatemala

30-60USD

30m-2h

Relax and enjoy a Mayan massage. You're on vacation!

ChocoMuseo Tour and Workshop

Antigua Guatemala

24USD

1h30m-2h

Enjoy a chocolate workshop and museum tour to learn about the process "from bean to bar" and the history of this tasty crop. In this 1.5-hour workshop, make your own bar to take home and enjoy tastings of the varieties of chocolate drinks made on site. Who knew history could be so sweet?

Salsa Lesson

Antigua Guatemala

10USD

Kick up your heels and learn this typical Latin dance. Dancers of all skill levels are welcome. Get lost in the rhythm of the music and let your body take you to a new place -- one-two-three, one-two-three, hip roll, arm up, partner under, shimmy, shake, salsa! Vamos a bailar! (Let's dance!)

Day 29

Antigua Guatemala

Depart at any time.

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



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

- Your G for Good Moment: Alebrijes Artisan Community Workshop, Oaxaca
- Your G for Good Moment: San Antonio Women's Pottery Cooperative and Local Lunch, San Ignacio
- Your G for Good Moment: Caribbean Gastronomic Experience "El Manglar", Livingston
- Your G for Good Moment: Posadas Mayas Homestay, San Juan La Laguna
- Your First Night Out Moment: Connect With New Friends
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Oaxaca Market Visit With CEO, Oaxaca
- Your Discover Moment: Oaxaca
- Your Discover Moment: San Cristobal de Las Casas - Free Time, San Cristóbal de Las Casas
- Your Big Night Out Moment: Tulum
- Your Discover Moment: Playa del Carmen
- Your Discover Moment: Caye Caulker
- Your Discover Moment: Antigua Guatemala
- Your Big Night Out Moment: Antigua Guatemala
- Mexico City street food crawl
- Alebrijes Artisan Community visit
- Boat trip to Sumidero Canyon
- Stop at Roberto Barrios Waterfall for a swim
- Tour the Mayan ruins in Palenque

- A boat adventure into a gorgeous lagoon in Bacalar
- Chichen Itzá ruins guided tour
- Guided tour of Tikal
- Orientation walk in Antigua
- Beach time in Playa del Carmen and Caye Caulker
- Free time in Mexico City, Oaxaca, Palenque, San Cristóbal de las Casas, Playa del Carmen, Caye Caulker, and Antigua
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Explore the Mayan ruins of Chichen Itzá and Palenque, Go for a dip in the Lagoon of the Seven Colours at Bacalar, Bask in Caye Caulker's sunsets and reggae music, Wander gorgeous Antigua and its colourful markets

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Is there a disclaimer I should read before booking this trip?

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 the operator. 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 view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

Is there a travel disclaimer for my itinerary I should review before booking this trip?

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.

What is the role of the group leader during this trip?

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.

What is the maximum and typical number of participants on this tour?

Max 18, avg 14

What meals are included in this trip?

1 breakfast, 2 lunches, 1 dinner

What are the meals like on this trip?

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.

What are the modes of transportation on my trip?

Local bus, private vehicle, overnight bus, boat, ferry, taxi, walking.

Is there an extra cost for travelling solo?

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

Where will we stay during the trip?

Simple hotels/hostels (26 nts, most multi-share), overnight bus (1 nt), local homestay (1 nt).

What should I expect from the accommodations on this trip?

Accommodation will be varied throughout your adventure. Some nights on this tour will be multi-share. This may involve 4-6 group members sharing and even (on rare occasions) dormitory-style rooms for the whole group. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken. For private accommodation please see tours in our Classic Travel Style.

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What should I do if I can't find my airport transfer or experience arrival issues?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you 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.

Who do I contact for arrival issues or in the event of an emergency?

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 or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. 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 4001 8474

After hours emergency number: +51 997 582 712

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 Sales team who will happily assist you. Hours of operation by region can be found [here](#).

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

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 should I pack for this trip?

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Footwear (required) (Closed toe suggested)
- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Lake Atitlan Overnight:

- Overnight bag

Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

Where can I do my laundry on this trip?

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.

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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.

What should I know about currency, credit cards, and exchanging money while on this tour?

It is uncommon to pay for optional activities, souvenirs and meals on credit card in the areas this trip visits, so be prepared with a combination of USD cash and local currency to pay for these on-trip costs.

That said, 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 prior to travelling. ATMs generally only dispense local currency, not USD. 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.

You will be able to exchange USD to local currency along the way, but please be advised that slightly torn notes and 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). Learn about local exchange rates at www.xe.com.

What emergency funds do I need access to on this trip?

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!

What are the tipping guidelines for this trip?

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.

Tipping of your G Adventures Chief Experience Officer is very much appreciated. The amount is entirely a personal preference; however as a guideline \$6-10 USD per person, per day is our recommendation in the region. However, if you felt your CEO did an especially outstanding job, any additional amount will always be welcome.

What activities are optional on this trip?

Mexico City

- All You Can Eat Taco Tour

Teotihuacán

- Teotihuacán Pyramids Visit

Monte Albán

- Monte Albán Tour (950MXN per person)

San Pablo Villa de Mitla

- Valley of Mitla Ruins Visit
(210MXN per person)

Oaxaca

- Hierve el Agua Day Trip
- Cooking Class (65USD per person)

San Cristóbal de Las Casas

- Lagunas de Montebello Visit
(30USD per person)
- Indigenous Villages Tour
(30USD per person)

Palenque

- Jungle Trail Hike (25USD per person)

Bacalar

- Kayaking (10-12USD per person)
- Fortress Exploration (10MXN per person)

Tulum

- Tulum Ruins Visit

Playa del Carmen

- Cenote Visit (40-60USD per person)
- Tequila Tasting (850-1100MXN per person)
- Coco Bongo Disco and Show (90USD per person)

Akumal

- Akumal Beach Visit (20USD per person)

Caye Caulker

- Hol Chan Marine Reserve Day Tour
- Fishing (250-450USD per person)
- Bike with Purpose Rental (1-30USD per person)
- Sunset Sailing Boat Tour (60USD per person)

Xunantunich

- Xunantunich Visit (65USD per person)

Barton Creek

- Barton Creek Cave Canoeing (120USD per person)

Caves Branch

- Cave Tubing (95USD per person)

San Ignacio

- Horseback Riding (80USD per person)

Caracol

- Caracol Ruins Tour (125USD per person)

Actun Tunichil Muknal

- Actun Tunichil Muknal Cave Visit (140USD per person)

Antigua Guatemala

- Salsa Lesson (10USD per person)
- Cycling (30-50USD per person)
- ChocoMuseo Tour and Workshop (24USD per person)
- Finca Valhalla Visit (5-10USD per person)
- Elizabeth Bell Walking Tour (25USD per person)
- Massage (30-60USD per person)
- Finca Filidelfia Coffee Tour (25USD per person)

Panajachel

- Massage

Lago de Atitlán

- Kayaking
- Swimming

San Juan La Laguna

- Shopping

Are there any health considerations I should know before travelling?

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.

What general safety tips and free-time guidelines should I follow?

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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What are the mandatory group rules regarding laws and behaviour?

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 people in the sex trade 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 utilize the services of paid sex workers, in any capacity.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

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.

What are the age restrictions for this trip?

Minimum age of 18 years for this trip.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

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 the operator. 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.

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.