



## **Active Galápagos & Machu Picchu**

17 days, Quito to Cusco

Trip code SEGP

## What's included

- Your G for Good Moment: Floreana Community Restaurants, Floreana Island
- Your G for Good Moment: Floreana Community Guesthouse, Floreana Island
- Your G for Good Moment: Ccaccacollo Community and Women's Weaving Co-op visit, Ccaccacollo
- Your G for Good Moment: Parwa Community Restaurant the Sacred Valley, Lamay
- Your G for Good Moment: Handmade Biodegradable Soap Products
- Your G for Good Moment: Cuncani Community Campsite, Cuncani
- Your Discover Moment: Cusco
- Visit to the Charles Darwin Research Station (Santa Cruz Island)
- Highlands and wild tortoise excursion
- Kayak and snorkel excursion
- Snorkelling at Black Beach and Loberia (Floreana Island)
- Biking excursion (Isabela Island)
- Sierra Negra Volcano hike
- Giant Tortoise Breeding Centre visit
- Flight from Quito to Lima
- Sacred Valley guided tour
- Pottery making demonstration
- Lares Trek guided hike with cooks and porters (3 days)
- Guided tour of Machu Picchu
- Internal flights
- All transport between destinations and to/from included activities

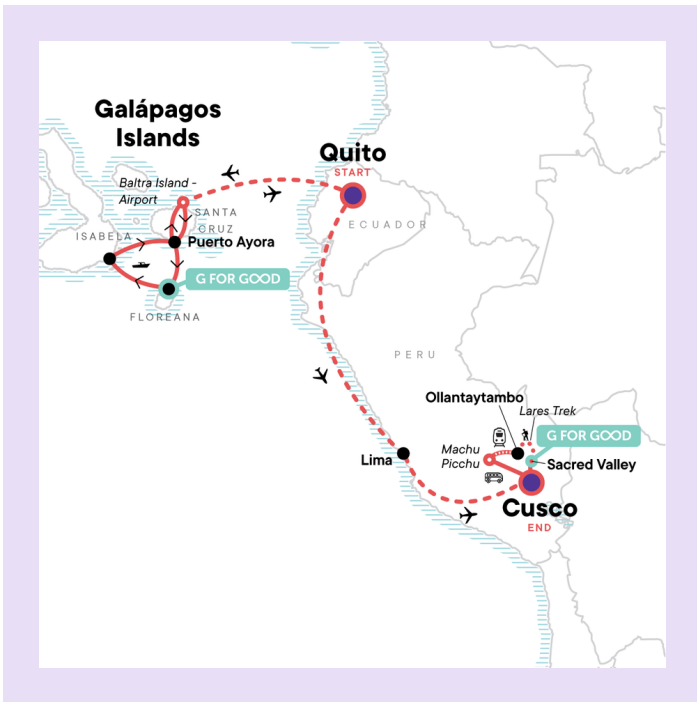
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one 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 October 25th, 2024 and onwards

# Itinerary

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## Itinerary Notes

Please note that the Quito international airport (UIO, Mariscal Sucre) will be closed on the following dates in 2026 for preventative maintenance on the runway: April 11; May 9, 16 & 30; June 6; September 5, 12 & 26; October 3 between the hours of 2am and 2pm. As well as October 17 between the hours of 6am and 6pm. For passengers flying in or out of Quito on these dates, please double check flight schedules with your airline in case of changes. Internal flights within Ecuador and Galapagos will be adjusted accordingly and any changes to schedules will be communicated at the welcome briefing.

Machu Picchu regulations require all visitors to follow a pre-determined circuit within the site as a way to prevent overcrowding. The circuit-specific entrance tickets are available on a first come, first served basis. At the time of booking, you may select your preferred circuit, subject to availability. If no selection is made, we will book a circuit based on availability at the time of booking. All circuits offer the opportunity to enjoy the beauty, history, and impressive ingenuity of this ancient site. TO NOTE:

Travellers completing the Inca trail and 1-day Inca Trail will be assigned Circuit 3 for their guided visit of Machu Picchu, but will also have access to the panoramic viewpoint upon

Day 1

## Quito

Arrive at any time.

Located 2850m (9348ft) above sea level, the Ecuadorian capital of Quito enjoys a wonderful spring-like climate, despite the fact that it is only 22km (14 mi) south of the Equator.

On a clear day, several snow-capped volcanoes, including nearby Pichincha, are visible from the centre of this city nestled in a mountain-flanked valley. Add a rich history and a well-preserved colonial district to its beautiful location, and you can begin to understand why Quito appeals to thousands of tourists every year.

Booking pre- or post-trip accommodation is highly recommended to fully experience the city and take advantage of the many optional activities available.

Opt to pre-book the "Quito City Tour & Equator Line" activity on the checkout page ahead of time to include this optional on your tour.



### Accommodation

Hotel Eugenia (or similar)

Hotel



### Today's Activities

Arrival Day and Welcome Meeting with G Representative

The adventure begins today. Feel free to explore, but make sure you're back in time to meet the group. Your G Representative will review the details of your tour.



### Optional Activities - Day 1

Quito City Tour & Equator Line

Quito

Enjoy a city tour of Quito. Visit the Old Town, a UNESCO World Heritage Site, with stops at the Basilica del Voto Nacional, La Compañía Church, San Francisco Square, Plaza Grande and the Panecillo, a towering statue of the virgin of Quito who looks out over a stunning view of the city. Drive 25km (16 mi) north of Quito to the Middle of the World, latitude 0°. Stand with one foot in each hemisphere.

Please note that this tour starts at 8 a.m. and ends around 5 p.m.

Middle of the World

Quito

40-50USD

Drive 25km (16 mi) north of Quito to the Middle of the World, latitude 0°. Stand with one foot in each hemisphere, visit the Intiñan Museum which showcases the immense cultural diversity within this small South American country. On the 00°00'00" magnetic line at the museum experiment with gravity. Later, head up to the Pululahua crater view point, one of the two inhabited volcanic caldera in the world.

Quito City Tour

Quito

40-50USD

Take a tour of Quito to learn more about this beautiful city and its local culture. Visit the Old Town, a UNESCO World Heritage Site, with stops at the golden Compañía Church, San Francisco Square, and the Panecillo, a towering statue of the virgin of Quito who looks out over a stunning view of the city.

Cotopaxi Volcano - Full Day

Cotopaxi - Alausí

Enjoy a spectacular 2 hour drive to Cotopaxi Volcano National Park to see the highest active volcano in the world (5,897m/ 19,347 ft). Visit a museum in the park and hike around a lagoon at the bottom of the volcano to learn about the flora and fauna found at this altitude. Continue by car up the volcano to the parking lot, at over 4,500m/14,763 ft. Walk for an hour and a half to the refuge and after a short break, continue to the glacier (if the weather holds out). Return to Quito in the early evening.

Papallacta Hot Springs Entrance

Papallacta

70-100USD

Drive two hours out of Quito to Papallacta Hot Springs, located on the Cinnamon trail, (65km from Quito) which is the same route that Francisco de Orellana took in 1542 when he crossed the Andean mountain range in search of spices and gold, and discovered the Amazon River. Relax in hot springs of varying temperatures with views of the Antisana volcano. Opt to go hiking, horseback riding or get a spa service for an additional cost. Lunch and entrance fees to hot springs are not included.

Day 2

## Quito/Santa Cruz Island

Catch an early flight to the Galápagos Islands. On arrival, head up to the highlands of Santa Cruz for lunch on your own, and to see giant tortoises in their natural habitat before continuing to Puerto Ayora.

Fly to Santa Cruz. Visit the highlands of Santa Cruz to observe the Galápagos giant tortoise in its natural surroundings. From this elevation, the panoramic views of the other islands are stunning.

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### Meals included

Breakfast

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### Accommodation

Hotel Coloma (or similar)

Hotel

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### Today's Activities

Santa Cruz Highlands Excursion

Santa Cruz Island

2h-3h

Visit the highlands of Santa Cruz and see the Galápagos giant tortoise in its natural surroundings. Explore the area and its incredible wildlife.

Walk from Puerto Ayora along a 2.5 km raised causeway to the stunning white sand and beach of Tortuga Bay for a kayak excursion with time for snorkelling and swimming before returning to town for lunch. In the afternoon visit the Charles Darwin Research Station.

Visit the Charles Darwin Research Station. Inaugurated in 1964 and based in Puerto Ayora on Santa Cruz Island, the Charles Darwin Research Station is the one place where visitors can easily see the famous Galapagos tortoises, which can live up to two hundred years. This is a great opportunity to observe many species of tortoises and land iguanas in captivity, brought back from the brink of extinction.



## Meals included

Breakfast



## Accommodation

Hotel Coloma (or similar)

Hotel



## Today's Activities

Snorkelling (Tortuga Bay)

Santa Cruz Island

Jump in and explore the underwater world where schools of yellowtail surgeonfish, king angelfish and parrotfish dance in the gentle waves. Spot turtles, friendly sea lions pups and small, docile, whitetip reef sharks.

Fausto Llerena Breeding Center & Charles Darwin Research Station Visit

Puerto Ayora

45m

Visit Fausto Llerena Breeding Center a great place to observe many species of tortoises. Brought back from the brink of extinction, see the famous Galápagos tortoise up close - a corral houses adult tortoises, and a nursery cares for the young until around age three when their shells have hardened.

This area also houses the Charles Darwin Research Station, a scientific organization initiated in 1964, which works to preserve the Galápagos' ecosystem through the conservation efforts of scientists, researchers, and volunteers. While the offices themselves are not open to visitors, the research station provides a study location for international scientists and environmental education for the local community.

Kayaking (Tortuga Bay)

Santa Cruz Island

Kayak in Tortuga Bay, a dreamy stretch of white coral sand with clear turquoise waters on the south side of Santa Cruz Island. Keep an eye out for nearby pelicans, blue-footed boobies, and other seabirds.

Day 4

## Santa Cruz Island/Floreana Island

Spend a free morning enjoying Santa Cruz, before crossing by speedboat to Floreana Island. Get settled at the G Adventures-supported community guesthouse and opt to swim or snorkel at Black Beach.

After a free morning, depart Santa Cruz and head to Floreana Island. Keep an eye out for dolphins and the magnificent albatross along the way. Opt for an introduction to snorkelling directly off Black Beach on the island.

Please note that travel between islands is done by speedboat. The ride can be quite rough, especially from July to December. Make sure to bring sea sickness medication if you are prone to sea sickness.



### Meals included

Breakfast | Dinner



### Accommodation

G-Supported Floreana Community Guesthouse (or similar)

Guesthouse



### Today's Activities

Speedboat

Santa Cruz Island - Floreana Island

2h-3h

Cut swiftly through the water en route to the next stop (and hang on to your hat).

Free Time

Santa Cruz Island

Get out and explore.

#### ACTIVITY

To further benefit the community on Floreana island G has provided training to residents for all aspects of tourism, including food preparation and service. The community will provide your meals while staying on this small island. The meals are rotated amongst different community members in order to

spread out the benefits of tourism. While eating at the community restaurants you will be contributing to the self-sufficiency of the first community tourism operator in the Galápagos.

## ACTIVITY

Floreana Island is a small, isolated, inhabited island part of the Galápagos Archipelago. Many of its residents have been living there for the past three generations since the islands were first colonized. Its 150 residents have tried to benefit from the tourism boom, but since most tourism is marine-based and the boats don't stop in the village, they have struggled to find any opportunities. We are investing in community training and infrastructure to develop the first ecological, community tourism program in the Galápagos Islands that sees both the islands small entrepreneurs and its unique wildlife as the primary beneficiaries of this project.



### Optional Activities - Day 4

Black Beach Snorkelling

Floreana Island

2h-3h

Try an introduction to snorkelling straight off the black sands of Floreana. Immerse yourself in the waters of the Galápagos and meet some of the local wildlife.

Day 5

## Floreana Island

In the morning, head on a visit to Loberia, where there are opportunities to swim and snorkel. Opt to explore the area around Black Beach. In the afternoon, enjoy an excursion to the seldom visited highlands of Floreana.

Walk along the black sand beach to Loberia to enjoy beach snorkelling or swimming. Please be sure you are a comfortable swimmer. The water here can be rough and the currents are strong.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

G-Supported Floreana Community Guesthouse (or similar)

Guesthouse



### Today's Activities

Loberia Snorkelling Excursion

Floreana Island

1h-2h

Snorkel straight off the beach at Loberia, and get up close to the diverse wildlife in the waters around the Galápagos. Please be sure you are a strong swimmer; the water here can be rough and the currents are strong.

Floreana Highlands Excursion

Floreana Island

2h-3h

Head up to the seldom-visited highlands of Floreana. Hear the tales about the pirates, whalers, seal hunters and buccaneers who once lived in this isolated and unique landscape.

#### ACTIVITY

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Day 6

## Floreana Island/Isabela Island

Travel to Isabela Island. Hike to viewpoint of the Sierra Negra Volcano to see the second-largest crater in the world and enjoy a downhill bike excursion. Once back in town, opt to take surfing lessons on the nearby beach.

Take a morning speedboat journey to Isabela Island. Enjoy a full day on Isabela Island that includes a trek up to the viewpoint of the Sierra Negra Volcano—one of the most active volcanoes in Galápagos—boasting the second largest crater in the world. From here, experience a birds-eye view of the magical landscape.



### Meals included

Breakfast



### Accommodation

Hotel Iguana (or similar)

Hotel



### Today's Activities

Speedboat

Floreana Island - Isabela Island

2h

37km

Cut swiftly through the water en route to the next stop (and hang on to your hat).

Sierra Negra Volcano Crater Viewpoint Excursion

Isabela Island - Cantón Isabela

1h-2h

Lace up your hiking boots to explore the landscape around the Sierra Negra Volcano, which has the largest basaltic caldera in the Galápagos. The volcano last erupted in June 2018, making it the most recent eruption in the Galápagos.

Downhill Bike Excursion

Cantón Isabela - Puerto Villamil

12km

After the hike the group will hop on a bicycle and travel downhill for about 12km by bike with the group. Feel the wind on your skin and the fresh air in your lungs as you coast to the town of Puerto Villamil. This ride will be all downhill along a semi-paved road with beautiful views of the ocean and surrounding countryside. Please note that it is not a physically demanding ride.

Day 7

## Isabela Island

Spend a free morning trying the optional activities in the area. Maybe hit the waves for surf lessons on the nearby beach. Then, enjoy a kayak and snorkel excursion near Tintoreras.

Visit Tintoreras to kayak and observe the whitetip reef sharks found swimming in the channels between the rocks. Get a close-up view of pelicans, frigatebirds, and diving blue-footed boobies. Watch for manta rays and rare Galápagos penguins, of which only 800 pairs exist

Please note that space may be limited for optional activities during high season, these activities are operated by third-party operators and will be subject to availability.



### Meals included

Breakfast



### Accommodation

Hotel Iguana (or similar)

Hotel



### Today's Activities

Free Time

Isabela Island

Get out and explore this morning. Opt to try some surf lessons at the nearby beach.

Las Tintoreras Excursion

Las Tintoreras - Cantón Isabela

Tour Tintoreras Bay by kayak, exploring its rock formations and marine environment before swimming into the waters of Concha Perla for an incredible snorkeling experience. Get up close to pelicans, frigatebirds, and diving blue-footed boobies, and keep an eye out for rare Galápagos penguins, the only species found in Galápagos and north of the Equator.

Snorkelling

Isabela Island

Go snorkelling near Las Tintoreras, located south of Puerto Villamil – it's the perfect place to glide along watching the magic unfold under the water's surface. Look out for sea lions, sea turtles, marine iguanas, and if you're lucky some Galápagos penguins.



## Optional Activities - Day 7

Wall of Tears Bike Visit

Isabela Island

20USD

1h-2h

Cycle to the 'Wall of Tears' and tour this sombre historical site that pays homage to the prisoners of an on-island penal colony, who were forced to build a wall out of huge blocks of lava. Many prisoners died during the wall's construction between 1946 and 1959.

Surfing Lesson

Puerto Ayora – Isabela Island

120USD

2h-2h30m

Grab your swimsuit and get ready to hang ten! Learn how to find and ride the waves with surfing lessons from local experts. Enjoy the fresh sea air, and try to spot local marine life while enjoying the waters.

Los Tuneles Snorkelling

Isabela Island

140-150USD

4h-5h

Grab your swimsuit, a snorkel, and head out to explore the waters to see what's living under the sea. Head to Los Tuneles about a 40 minute boat ride away from Puerto Villamil. The lava formations and mangroves make this an ideal place for snorkeling. Keep an eye out for eagle rays, sea turtles and large schools of colourful fish.

Day 8

## Isabela Island/Santa Cruz Island

This morning stop by the Giant Tortoise Breeding Centre before traveling back to the island of Santa Cruz. Enjoy a free afternoon and evening in Santa Cruz.

Around midday, set sail for Santa Cruz Island and dock at the town of Puerto Ayora. After a late hotel check-in, enjoy free time to explore this bustling little town and sample some of the local restaurants and bars, or maybe do some souvenir shopping in one of the many shops.



### Meals included

Breakfast



### Accommodation

Hotel Coloma (or similar)

Hotel



### Today's Activities

Giant Tortoise Breeding Centre Visit

Isabela Island

1h-2h

Walk through the town's wetlands to visit the Giant Tortoise Breeding Centre. With the giant tortoise on its way to extinction in the late 1950s, this program was established to protect these noble creatures.

Speedboat

Isabela Island

2h

46km

Cut swiftly through the water en route to the next stop (and hang on to your hat).

Free Time

Santa Cruz Island

Get out and explore! Or maybe try out an optional activity available in the area.

Free Time

Santa Cruz Island

Get out and explore! Or maybe try out an optional activity available in the area.

Day 9

## Santa Cruz Island/Quito

Transfer across Santa Cruz Island to Baltra. Fly back to Quito.

After a transfer over the island of Santa Cruz, arrive at Baltra Island for the return flight to Quito. Upon arrival in Quito, transfer to the hotel for one last night on the town. Our representative in Quito will be able to advise on and help with some of the many day tours available in and around Quito.

G Adventures strongly recommends not booking departure flights on the day the group returns to Quito. Local flight times are often subject to change and could potentially cause issues if delayed. We recommend booking flights on the last day of the tour as noted on the Full itinerary page.



### Meals included

Breakfast



### Accommodation

Hotel Eugenia (or similar)

Hotel



### Today's Activities

Ferry

Santa Cruz Island - Baltra Ferry Terminal

Take a private van to the ferry terminal on Santa Cruz island, before taking a short ferry to Baltra. Once there, a short ride on a public bus will take you to the airport.

Plane

San Cristóbal Island - Quito

3h

970km

Once arriving back in Quito, a private van will transfer you to the hotel for the evening.

Day 10

## Quito/Lima

Explore Quito before flying to Lima in the evening.

Your transfer to the airport and your flight to Lima are included in this trip. Please note that this flight is unescorted and your transfer will be waiting for you at the Lima airport and will bring you to your hotel.



### Meals included

Breakfast



### Accommodation

Ibis Budget Miraflores (or similar)

Hotel



### Today's Activities

Private Vehicle

Quito - Mariscal Sucre International Airport

30m-1h

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

Plane

Mariscal Sucre International Airport - Jorge Chávez International Airport

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Private Vehicle

Jorge Chávez International Airport - Lima

45m-1h

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

Meet and Greet Hotel Welcome Meeting

On Day 1 of the tour, a G Adventures representative will meet you at the hotel to go over the details of the tour, providing a schedule, documentation/vouchers, and pick-up times for all included activities.

The representative can also answer any questions about the tour or the general area.

Day 11

## Lima/Cusco

Hop on a flight to Cusco. Enjoy a free day of shopping and exploring the city. Choose to pre-book the Cusco Cooking Class. Opt for a city tour.

Take a transfer to the airport for the flight to Cusco. Spend the rest of the day relaxing and exploring this fascinating city, and getting used to the altitude.

Please note: if you pre-book the Cusco Cooking Class you will be picked up from your hotel at approx 12:30 and taken to a local market and restaurant to prepare and enjoy a traditional Peruvian meal. Return back to your hotel around 16:00.



### Meals included

Breakfast



### Accommodation

Hotel Prisma (or similar)

Hotel



### Today's Activities

Plane

Lima - Cusco

1h-1h30m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.



### Optional Activities - Day 11

Inka Museum

Cusco

10PEN

Get ready to explore the artifacts from the Inca Empire, including mummies, jewelry, skulls, and ceramics at this museum of archaeology.

Cusco Cooking Class

Cusco - Cuzco

Channel your inner chef and get a taste of Peruvian cuisine. Learn all about the essential ingredients, and try your hand at preparing unique Peruvian dishes with a local expert

Cusco City Tour

Cusco

45PEN

Enjoy a half-day tour of Cusco's main sights. Walk around the Plaza de Armas (main square) and explore this city steeped in one of the world's most alluring and ancient cultures. Visit Qenqo, Koricancha, the Cathedral, Puca Pucara, Tambomachay, and the archaeological site of Sacsaywaman.

Enjoy a full-day guided tour of the Sacred Valley. Stop at the G Adventures-supported women's weaving co-op before visiting a local pottery making community. Break for lunch at the G Adventures-supported Parwa Community Restaurant in Huchuy Qosco. After lunch, opt to head out on a hike to the Ollantaytambo storehouses and look out over the ruins. Or, wander around the cobblestone streets and visit a local Chicheria (corn beer bar).



## Meals included

Breakfast | Lunch



## Today's Activities

Private Vehicle

Cusco - Ollantaytambo

1h45m

94km

Make stops along the way as you pass through this gorgeous valley – the elevation descends the whole way.

### ACTIVITY

Visit the Ccaccacollo community centre which G Adventures travellers' donations helped create in 2005, thereby enabling local women to sell traditional textiles to travellers. See local weaving and dyeing techniques used to create garments and souvenirs, and learn how the Planeterra weaving co-operative has impacted the community and those who visit it. This includes the purchase of alpacas to provide a steady supply of wool, looms, and sewing machines as well as several training courses on production, sales and small business management.

Cuyo Chico Pottery Making Demonstration

Pisac - Urubamba

In the rural village of Cuyo Chico in the Sacred Valley, a group of families joined together to create a small business based on their traditional adobe ceramic crafts. Using clay from their surroundings, they mold bowls, plates, and all manner of decorations. Learn about the ceramics process as well as the traditional adobe brick-making that forms the basis of houses throughout the valley, all while taking in a spectacular view of the Pisac Ruins. After the demonstration, peruse the items for sale directly from the artisans in their shop.

### ACTIVITY

Contribute to sustainable tourism in Huchuy Qosqo, a small village of 65 families in the Sacred Valley, by eating at the Parwa Community Restaurant. Learn how the resident-run restaurant was kickstarted

by G Adventures and the Multilateral Investment Fund, to become a successful farm-to-table program that boosts the local economy and several spin-off microenterprises.

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## Optional Activities - Day 12

Ollantaytambo Storehouse Ruins and Hike

Ollantaytambo

1h-1h30m

Get your blood flowing on a steep hike up to the Pinkuylluna Incan storehouses. Perched on the hill, these ruins provide excellent views of the Sacred Valley and the Ollantaytambo ruins below.

Depart Ollantaytambo by van to Lares town where the hike begins. Spend the first night at a G Adventures-supported campsite in Cuncani.

The Lares Trek is a scenic, less touristic route to hike through the Andes. It is one day shorter than the Inca Trail but higher in elevation. Enjoy G Adventures-supported handmade biodegradable soap products for use on the Lares Trek.

The locations and distances may change on this hike, as camping will be done in different places depending on pace, ability, and weather. The first night will always be spent at the G Adventures-supported, community-owned and managed campsite in an indigenous village previously bypassed by the tourism industry. In most cases, the CEO will hike the Lares Trek with the group.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Cuncani Camp Site (or similar)

Campground



### Today's Activities

Private Vehicle

Ollantaytambo - Lares

3h-3h30m

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

Lares Trek (Lares-Cuncani)

Lares - Cuncani

4h30m

9km

Start early and drive (3 hrs) to Lares town where the hike will start with a leisurely pace through the valley of Cuncani. Hike 4km (2.5 mi) to Chancachaca then stop for lunch. Be sure to rest and rehydrate because the altitude here is around 3480m (11,417 ft).

Continue trekking along rocky mountain paths 4.7km (3 mi) to the isolated village of Cuncani. Camp here for the night at 3872m (12,703 ft) at the G Adventures-supported community run campsite.

#### ACTIVITY

Enjoy G Adventures-supported handmade biodegradable soap products, for use on our treks. This G Adventures for Good project empowered local Cusqueña women to start their own business in order to reduce the environmental impact of treks in the region. Planeterra provided \$10,000 of seed funding for two young entrepreneurs to register their biodegradable products in order to sell them to the tourism industry. "Esencia Andina" is now a successful business that produces biodegradable soaps, detergents, and natural products for travellers, guides, porters, and cooks on our treks.

#### ACTIVITY

Spend the night at the Lares Community campsite, owned and managed by the 71 families that belong to the Cuncani community. The earnings from the campsite are allocated for investment in social projects such as health, education, nutrition, and infrastructure improvements to water and electricity.

Day 14

## Lares Trek

Start early to hike from the foothills of Siclaccasa Mountain to its high pass (4,800m/15,748 ft), providing scenic views of lagoons and the snow-capped Chicon Mountain. Celebrate after reaching the highest point by making an offering of coca leaves to the Andean gods. After the morning hike, stop to rest and take in the amazing view. Continue hiking downhill to our second campsite near the stream for the night.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Suttoq Pacchaq Camp Site (or similar)

Campground



### Today's Activities

Lares Trek (Cuncani - Kuyoc)

Cuncani - Kuyoc

9h-10h

17km

Hike from the foothills of Siclaccasa Mountain 12.2km (7.6 mi) to its high pass at 4,800m (15,748ft), providing scenic views of lagoons and the snow-capped Chicon Mountain. Celebrate after reaching the highest point by making an offering of coca leaves to the Andean gods.

Hike downhill another 2.2km (1.3 mi) to QuencaPata, for lunch and to take in the amazing view.

Continue hiking downhill another 2.6km (1.6 mi) to our second campsite near a stream. Sleep tonight at about 4,114m (13,497 ft) elevation.

Day 15

## Lares Trek/Aguas Calientes

Enjoy the last few hours of hiking before travelling by van to Ollantaytambo and train to Aguas Calientes to enjoy a good night's rest at your hotel.



### Meals included

Breakfast | Lunch



### Accommodation

Hotel Wiracocha Inn (or similar)

Hotel



### Today's Activities

Lares Trek (Kuyoc - Punta Carretera)

Kuyoc - Punta Carretera

3h30m

8km

Follow the trail to see typical Andean flora and fauna, llamas and alpacas. Descend through the valley of Pumahuanca and meet friendly local Quechua people and explore some Inca storehouses along the way. Trek 3-4 hrs to reach the town of Pumahuanca. Enjoy lunch then hop a van to Ollantaytambo. Continue by train to Aguas Calientes.

Private Vehicle

Punta Carretera - Ollantaytambo

30m

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

Train

Ollantaytambo - Aguas Calientes

1h30m

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

Day 16

## Machu Picchu/Cusco

Rise early and enjoy a guided visit to Machu Picchu. Later, travel back towards Cusco by train.

Rise early to catch the first bus up to Machu Picchu with your guide. Enjoy a guided visit to the ruins, then head back down by bus to Aguas Calientes to meet up with the rest of the group. Take the scenic train back to Ollantaytambo to meet the van for the ride back to Cusco.



### Meals included

Breakfast



### Accommodation

Hotel Prisma (or similar)

Hotel



### Today's Activities

Local Bus

Aguas Calientes - Machu Picchu

15m

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

Machu Picchu Guided Tour

Machu Picchu

1h30m-2h

Set off with the local guide to explore Machu Picchu, the Lost City of the Incas. Learn about the history and gain insights into this massive mountaintop citadel while wandering through ancient dwellings, stone temples and along sculpted terraces. Feel the energy of this 15th-century site, now both a UNESCO World Heritage site and voted one of the new Seven Wonders of the World in a worldwide internet poll.

Local Bus

Machu Picchu - Aguas Calientes

15m

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

Train

Aguas Calientes - Ollantaytambo

1h30m-1h45m

31km

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

Private Vehicle

Ollantaytambo - Cusco

1h30m-1h45m

60km

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

Day 17

## Cusco

Depart at any time.

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### Meals included

Breakfast

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### Optional Activities - Day 17

Inka Museum

Cusco

10PEN

Get ready to explore the artifacts from the Inca Empire, including mummies, jewelry, skulls, and ceramics at this museum of archaeology.

Cusco City Tour

Cusco

45PEN

Enjoy a half-day tour of Cusco's main sights. Walk around the Plaza de Armas (main square) and explore this city steeped in one of the world's most alluring and ancient cultures. Visit Qenqo, Koricancha, the Cathedral, Puca Pucara, Tambomachay, and the archaeological site of Sacsaywaman.

Rainbow Mountain Hike - Full-day Trip

Cusco

8km

Lookout over these colourful Andean mountains striped with maroon, turquoise, lavender, and gold. The sediment, elevation, and proximity to the ocean create a landscape that has to be seen to be believed. Get started early to drive around 3 hours approximately to the starting point of this challenging, yet rewarding full-day hike. Reaching 5,029m (16,500 ft) this 8 km hike is no walk in the park, but these unique mountains do not disappoint. The ascent takes approximately 1.5 hours.

## What's included

- Your G for Good Moment: Floreana Community Restaurants, Floreana Island
- Your G for Good Moment: Floreana Community Guesthouse, Floreana Island
- Your G for Good Moment: Ccaccacollo Community and Women's Weaving Co-op visit, Ccaccacollo
- Your G for Good Moment: Parwa Community Restaurant the Sacred Valley, Lamay
- Your G for Good Moment: Handmade Biodegradable Soap Products
- Your G for Good Moment: Cuncani Community Campsite, Cuncani
- Your Discover Moment: Cusco
- Visit to the Charles Darwin Research Station (Santa Cruz Island)
- Highlands and wild tortoise excursion
- Kayak and snorkel excursion
- Snorkelling at Black Beach and Loberia (Floreana Island)
- Biking excursion (Isabela Island)
- Sierra Negra Volcano hike
- Giant Tortoise Breeding Centre visit
- Flight from Quito to Lima
- Sacred Valley guided tour
- Pottery making demonstration
- Lares Trek guided hike with cooks and porters (3 days)
- Guided tour of Machu Picchu
- Internal flights
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Encounter the magnificent wildlife of the Galapagos Island and swim with sea turtles and manta rays, Cycle on Isabela Island, Hike the Sierra Negro Volcano, Visit the Charles Darwin Research Station, Sample seafood in Lima, Soak in the views and culture of the Sacred Valley, Conquer the mighty Lares Trek and visit the stunning Machu Picchu, Learn ancient traditions at the G Adventures-supported women's weaving co-op

## Itinerary Notes

Please note that the Quito international airport (UIO, Mariscal Sucre) will be closed on the following dates in 2026 for preventative maintenance on the runway: April 11; May 9, 16 & 30; June 6; September 5, 12 & 26; October 3 between the hours of 2am and 2pm. As well as October 17 between the hours of 6am and 6pm. For passengers flying in or out of Quito on these dates, please double check flight schedules with your airline in case of changes. Internal flights within Ecuador and Galapagos will be adjusted accordingly and any changes to schedules will be communicated at the welcome briefing.

Machu Picchu regulations require all visitors to follow a pre-determined circuit within the site as a way to prevent overcrowding. The circuit-specific entrance tickets are available on a first come, first served basis. At the time of booking, you may select your preferred circuit, subject to availability. If no selection is made, we will book a circuit based on availability at the time of booking. All circuits offer the opportunity to enjoy the beauty, history, and impressive ingenuity of this ancient site. TO NOTE: Travellers completing the Inca trail and 1-day Inca Trail will be assigned Circuit 3 for their guided visit of Machu Picchu, but will also have access to the panoramic viewpoint upon arrival via the Sun Gate.

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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.

## **Are there Itinerary notes?**

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# What important notes should I be aware of before the trip?

Please note that the Quito international airport (UIO, Mariscal Sucre) will be closed on the following dates in 2026 for preventative maintenance on the runway: April 11; May 9, 16 & 30; June 6; September 5, 12 & 26; October 3 between the hours of 2am and 2pm. As well as October 17 between the hours of 6am and 6pm. For passengers flying in or out of Quito on these dates, please double-check flight schedules with your airline in case of changes. Internal flights within Ecuador and Galapagos will be adjusted accordingly and any changes to schedules will be communicated at the welcome briefing.

## 1. MACHU PICCHU CIRCUITS

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## 2. INCA TRAIL REGULATIONS

The rules and regulations controlling the Inca Trail and Machu Picchu are continually changing. Before embarking on your adventure to Peru it is very important that you familiarize yourself with the Inca Trail booking policies and guidelines as described in a document available on our website, at the following URL [address](#).

## 3. MACHU PICCHU REGULATIONS

Current and correct passport details are required at time of confirmation. For more details please see the following [page](#). Please note that regulations have been implemented for all visitors to Machu Picchu which require that different circuits be followed within the site as a way to relieve crowding. The new circuit-based entrance tickets are available on a first come first serve basis. We will do all that is possible to get everyone traveling in a group on the same route, but be aware that it is possible that members of the same group might be visiting Machu Picchu on a different circuit and not be together during this visit. Rest assured that regardless of the circuit you will enjoy the beauty and grandeur of the site. Travellers completing the 4 day, 3 night Inca Trail will be on Circuit 5 upon reaching the site of Machu Picchu.

## 4. MACHU PICCHU BY TRAIN - OPTIONAL

Please advise at time of booking if you do not wish to hike the Inca Trail. Instead, you will have 2 nights in Cusco, travel by train for a night in Aguas Calientes, and join the hikers for the tour of Machu Picchu.

## 5. INCA TRAIL MAINTENANCE

Portions of the Inca Trail will be closed for general maintenance during the month of February each year. Also, closures may occur at various times throughout the year due to inclement weather or other conditions beyond our control. During these periods, any tour affected will hike the Lares Trek.

## 6. COMBO TRIP

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

## 7. PORTERS

In our continued effort to support the rights of the porters on the Inca Trail, we would like ensure that they never exceed

the weight limit for their packs as set out by the Peruvian authorities. Porters are allowed to carry no more than 6kg of personal belongings per hiker (for all other Peru treks the limit is 7kg). That means that including your sleeping bag, toiletries, clothing, etc, you are allowed a total weight of 6kg for the hike which will be carried in a duffle bag provided by our local office. Any additional weight must then be carried by you in your day pack. To help achieve this goal we recommend that you carry travel sized toiletries, that you bring sport sandals that can be worn with socks (which are lighter than running/walking shoes) and that you limit electronics to those that you are willing to carry. Any additional baggage can be left in Cusco, but is advised that you bring anything of value (eg. money, passport, credit cards, camera, etc) with you on the trek.

If at the end of your trek you felt your trekking guide and support team did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, please see the Tipping section for guidelines.

#### 8. YELLOW FEVER

It may be required to show a Yellow Fever certificate upon entering the country visited. Please check in with your local health expert for advice on Yellow Fever and other inoculations required for this area.

#### 9. WET SEASON

Please be advised during the wet season (Jan - April) if there are periods of severe rain some of the campsites on the Inca Trail may become unusable. In the interest of your safety, there may be changes made locally to the trekking itinerary if the conditions of the campsites are assessed to be unsafe.

#### 10. GROUP DYNAMICS

Please note, in most cases, the entire group will not be hiking the Inca Trail together. Members of the group may choose to hike the Lares Trek or spend additional time in Cusco and the Sacred Valley instead of hiking. If you have chosen the Lares Trek or Cusco Stay you may be paired with members of other G Adventures groups for the trek, transportation, and activities included.

#### 11. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

#### 12. Wifi

Please note that there will be no wifi and limited cellular service available for much of the trek.

#### 13. ITINERARY CHANGES

The itinerary is subject to further changes dependent upon new regulations made by the Galapagos National Park or seasonal points of interest.

#### 14. CONFIRM YOUR DETAILS

G Adventures requires your passport number, full name and date of birth at the time of booking. Please make sure you give this information to your travel agent.

Once you have confirmed your booking please give us your international flight details and advise us if you have any important issues such as allergies, special diets, etc.

#### 15. GALAPAGOS ISLAND PARK ENTRY FEE

The Ecuadorian government currently levies a Galapagos Islands Park entry fee of \$200 USD per person (\$100 USD for children under 12 years old). This is payable at the airport upon arrival in the park. It is not included in the cost of the tour, and must be paid in CASH. This fee funds Park maintenance and supervision in Galapagos, as well as ecological study,

conservation and infrastructure development in Ecuador's other National Parks. Entry fees and the funds they generate for the National Park System are among measures taken by the Ecuadorian government to protect its natural heritage.

#### 16. TRANSIT CONTROL CARDS

The Governing Council of the Special Regime of Galapagos has introduced a system for obtaining Transit Control Cards. These cards cost \$20 USD per person. To facilitate your entry to the islands, we will provide the cards during your Welcome Briefing. No prior information is required to be completed by you in advance. Please ensure you have the fee available in cash at that time.

Retain this card along with your passport as you will be required to present this upon arrival to the Galapagos Islands. Please note that this applies to all tourists entering the Galapagos Islands and is a supplement to the existing entry fee to the National Park and is not controlled by tour operators or travel agencies. It is the first of a number of initiatives to track, control and maintain the sustainable tourism targets set out by the Galapagos National Park and the Ecuadorian government in an attempt to preserve the fragile environment of the archipelago.

## What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officer's (CEO). The aim of the CEO 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 traveling 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.

## How large will the group be?

Max 16, avg 12

## What meals are included in this trip?

16 breakfasts, 5 lunches, 4 dinners

## What are the meals like on this trip?

Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. This will typically include toast, coffee and tea, however this may vary depending on the city. Should breakfast not be included, your CEO can suggest some local options.

Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip.

For all trips please refer to the meals included and budget information for included meals and meal budgets.

## **What are the modes of transportation on my trip?**

Plane, speed boat, van, pickup truck, local bus, panga, private vehicle, hiking

## **Are local flights included in the cost of the trip?**

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

## **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?**

Hotels (12 nts), G Adventures-supported community guesthouses (2 nts), camping (2 nts).

## **Do any exceptions apply to Rooming or “My Own Room” on my tour?**

Nights 13, 14, & 15.

## **What kind of accommodation can I expect on this trip?**

Please note that hot water shortages and power outages can be fairly common in Peru (even in upgraded hotels and private homes). We appreciate your patience and understanding that these occurrences are outside of our control.

3 Nights Camping

If your trip includes the Inca Trail or Lares Trek, we use three-person tents to accommodate two travellers, leaving room for your sleeping mats and sleeping bags (not provided, but available for rent). There are a few places along the trail with permanent (very basic) toilet facilities and we also set up private toilet tents for the use of G travellers.

## 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 happens if I experience problems when arriving?

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 should I contact in case 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 Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change 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 Lima, Peru

After hours Emergency number: +51 99 758 2712 (WhatsApp Available)

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 information should I be aware of as the itinerary draws to a close?

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

# What should be on my packing list?

## Available for Rent During Your Trek Briefing (Payment only by Credit Card):

- Camping mattress/sleep mat (45 soles)
- Sleeping bag (45 soles)
- Walking poles (15 soles each (30 per pair))

## Cold Weather:

- Long-sleeved shirts or sweater
- Warm gloves
- Warm layers
- Scarf
- Warm hat
- Warm waterproof jacket

## Documents:

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

## Essentials:

- 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
- Footwear
- 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.)

**Inca Trail:**

- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Pack liners to waterproof bags
- Rain gear
- Sleeping bag (Also available for rent)
- Thermal base layer
- Travel pillow
- Walking poles, rubber-tipped (Also available for rent)
- Waterproof hiking boots

**Marine:**

- Drybag (Will help keep cameras and essentials dry)
- External battery pack
- High UV sunscreen
- Locks for bags
- Motion sickness tablets
- Sandals/flip-flops (Extra pair of deck shoes or sandals recommended)
- Sarong
- Small travel towel
- Snorkel gear (optional) (Only if own equipment is preferred.)
- Sun hat/bandana

### **Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer. Please note for trekking rentals credit cards are the preferred method of payment. For trips that include the Inca Trail, the duffel bags provided are NOT waterproof and you must bring bags or liners to protect your belongings from rain.

## **When 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 are the visas and entry requirements for my trip?**

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 is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#).

## **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.

## **How much emergency money should I bring 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!

## **Should I be tipping on my 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.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

# What activities are optional on this trip?

## Quito

- Quito City Tour & Equator Line
- Middle of the World (40-50USD per person)
- Quito City Tour (40-50USD per person)

## Cotopaxi

- Cotopaxi Volcano - Full Day

## Papallacta

- Papallacta Hot Springs Entrance (70-100USD per person)

## Floreana Island

- Black Beach Snorkelling

## Isabela Island

- Wall of Tears Bike Visit (20USD per person)
- Los Tuneles Snorkelling (140-150USD per person)

## Puerto Ayora

- Surfing Lesson (120USD per person)

## Cusco

- Inka Museum (10PEN per person)
- Cusco City Tour (45PEN per person)
- Rainbow Mountain Hike - Full-day Trip
- Cusco Cooking Class

## Ollantaytambo

- Ollantaytambo Storehouse Ruins and Hike

## 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.

Please note your Adventure travels to high altitude. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician.

## What do I need to know to about safety and security on my trip?

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 rules should I know before joining this trip?

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.

## Is travel insurance required for my trip?

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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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.

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

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## Are international flights included in this trip?

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

However, on some combo 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.