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Sorry! There are no remaining departures for "La Paz to Lima: Andes & Alpacas" (JLM), [but here are some similar trips](#).



## **La Paz to Lima: Andes & Alpacas**

21 days, La Paz to Lima

Trip code JLM

### **What's included**

- Your G for Good Moment: Lake Titicaca Homestay, Lake Titicaca

- Your G for Good Moment: Ccaccacollo Community and Women's Weaving Co-op visit, Ccaccacollo
- Your G for Good Moment: Handmade Biodegradable Soap Products
- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Discover Moment: Cusco
- Your Foodie Moment: Sacred Valley Brewery, Ollantaytambo
- Your Big Night Out Moment: Cusco
- Lake Titicaca excursion
- Guided tour of Machu Picchu
- Inca Trail hike with a local guide and cook (4 days)
- Colca Canyon excursion
- Pachamanca-style dinner (Nazca)
- Sunset sandboarding & dune buggies (Huacachina)
- All transport between destinations and to/from included activities

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

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

**VALIDITY:** Valid for all trips departing January 1st, 2020 and onwards

# Itinerary

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**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

## La Paz

Arrive at any time. Catch your breath before heading over to an English pub next to the hostel for a few cold ones with your fellow travellers. Get to know each other as you prepare for the adventure of a lifetime.

Today is an arrival day, so no activities are planned. Check into the hotel, relax, enjoy the city, and take some time to adjust to the altitude.

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



### Today's Activities

#### 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.

#### ACTIVITY

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



### Optional Activities - Day 1

Valley of the Moon Tour

La Paz

15USD

Tour the lunar landscape of the Valley of the Moon, observe the clay formations carved into the landscape by years of erosion.

Witches' Market Visit

La Paz

Learn more about the pre-Columbian Aymara beliefs at the Witches' Market. You can witness locals buying products such as dried frogs, potions, and talismans for use in rituals and offerings.

La Paz City Tour

La Paz

35USD

Explore the city on a guided tour. Check out stunning cathedrals, impressive museums, and lively markets, learning more about the history of this fascinating city. Look for majestic Mt Illimani in the background.

Day 2

## La Paz/Puno

Sit back, relax, and soak in the impressive views as you travel by bus through the Altiplano and cross the border into Peru. Arrive at Puno on the shores of stunning Lake Titicaca.

The drive around Lake Titicaca and through the Altiplano from La Paz to Peru is impressive.



### Meals included

Breakfast



### Today's Activities

Local Bus

La Paz - Copacabana

2h30m

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

Border Crossing (Bolivia - Peru)

Copacabana - Yunguyo

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Local Bus

Yunguyo - Puno

3h30m

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

Day 3

## Puno/Lake Titicaca

This morning, you will board a boat on Lake Titicaca and head to Taquile Island for lunch in a local restaurant. Shop in the afternoon at the local weaving cooperatives. Later, cruise to another village for an overnight homestay to live like a local on the shores of the lake. Learn more about rural life in the Peruvian highlands and create unforgettable memories with the family and fellow travellers.

In the morning, board a boat on Lake Titicaca. Head to Taquile Island for lunch in a local restaurant and the chance for some shopping in the local weaving cooperatives.

After, cruise to another village for an overnight homestay on the shores of the lake (the homestay location can vary based on community availability). This experience provides an opportunity to learn more about rural life in the Peruvian highlands and to participate in local traditions. Eat with the family, learn some Quecha and Spanish language skills, try on traditional costumes, and help out with daily chores around the village.

Split into smaller groups for the night and split into family homes to experience their style of living firsthand.



### Meals included

Breakfast | Dinner



### Today's Activities

Boat

Puno - Lake Titicaca

3h

Climb aboard and get your float on.

Lake Titicaca Guided Boat Tour Day 1

Lake Titicaca

Board a boat on Lake Titicaca and head to Taquile Island for an optional delicious Peruvian lunch at a restaurant followed by some shopping at the local weaving cooperatives. Taquileños are known for their fine handwoven textiles and clothing, men are taught how to knit around age five and they create the majority of the textiles. After, enjoy an overnight stay with a host family and a chance to learn about life on the islands.

ACTIVITY

In the aymara community of Luquina Chico on Lake Titicaca, 40 families welcome you to experience their way of life. Thanks to the support of G Adventures and Planeterra, the local families here have strengthened their communities, preserving traditions and creating opportunities for future generations. Split into smaller groups and get a taste of local life firsthand as we move into family homes for the night. Play soccer with the children, enjoy some dancing, watch dinner being made, learn about regional cuisine, and dress up in local clothes for an unforgettable evening with the whole village, enjoying traditional music and dancing. Lend a hand the next morning, and help out with chores like feeding animals, harvesting local produce, or bringing back buckets of water from the well.

Day 4

## Lake Titicaca/Puno

Say goodbye to your homestay family and stop at the Uros Islands on your way back to Puno. If you want, you can check out the spectacular chullpas (funerary towers) of Sillustani, a pre-Inca archaeological site. Or kayak on Lake Titicaca.

Leave the homestay families late morning, and visit the Uros Islands on the way back to Puno. A popular optional activity in Puno is a visit to the spectacular chullpas (funerary towers) of Sillustani, a pre-Inca archaeological site only a short drive away.

Opt to pre-book the Lake Titicaca Kayaking on the checkout page to include this optional activity on your tour or ask your GCO or travel agent for assistance.



### Meals included

Breakfast



### Today's Activities

Lake Titicaca Guided Boat Tour Day 2

Lake Titicaca

Spend the morning with the homestay families, then depart after lunch. Visit the floating islands of Uros on the way back, and learn about the unique lifestyle of the locals. Meet residents and learn how they built the islands with totora reeds, which are also used to make their homes, boats, crafts (and are also edible!).

Free Time

Puno

Make the most of one last afternoon in Puno.



### Optional Activities - Day 4

Sillustani Burial Towers Entrance

Puno

59PEN

Take a guided tour of the Sillustani burial towers known as "chullpas." Be awed by these fantastic ruins located outside Puno – their remarkable towers stretch up to 12m (39 ft) in height.

Lake Titicaca Kayaking

Lake Titicaca

Take to the waters of the highest navigable body of water in the world, Lake Titicaca, and paddle out to Laquina Island. Get a glimpse into local island life before heading back across the lake to Puno.

Day 5

## Puno/Cusco

Chill out on the bus as you cruise through the high, scenic Altiplano region. Settle in for the night and get some rest – there's lots to see and do in Cusco tomorrow.



### Meals included

Breakfast



### Today's Activities

Local Bus

Puno - Cusco

7h-8h

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

Explore the city on your own today or choose from a variety of activities that will help you discover the magic of Cusco. You can go horseback riding or whitewater rafting, or choose to take a half-day tour of the city. Or, pre-book the Cusco cooking class if you want to learn to prepare local specialties!

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



## Optional Activities - Day 6

Horseback Riding

Cusco

150PEN

Hop in the saddle and explore Cusco's archaeological sites by horseback on a 3.5 hr tour – no previous experience needed. Dress for the weather, and bring sunblock and a hat, just in case.

Cusco Tourist Ticket

Cusco

130PEN

This ticket allows admission at 16 sights of the city of Cusco including many popular museums and cathedrals, the ticket also provides entrance to Sacsayhuaman Archaeological Park, and sights in the South Valley of Cusco and the Sacred Valley of the Incas.

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.

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

Whitewater Rafting Urubamba

Urubamba

69USD

Rise for an early morning pick up and drive to Chuquicahuana for a safety briefing. Enjoy a full day of rafting on the Upper Vilcanota River (about 2.5 hrs on the water). Be thrilled by fast rapids that are a constant Class III and IV for around 11km (9 mi), and don't forget to take in the gorgeous scenery. Rehash all the excitement afterward over a riverside picnic lunch.

Day 7

## Cusco/Ollantaytambo

Head into the Sacred Valley today to visit the G-Adventures supported women's weaving co-op in the Ccaccacollo community. Learn about weaving, and meet the adorable resident llamas. If you see a knitted item you like, buy it – a perfect keepsake from your journey. Stop and sample some craft beer at a brewery on your way to Ollantaytambo.

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### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Cusco - Ollantaytambo

1h45m

94km

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

#### 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.

#### ACTIVITY

Delight your tastebuds and sample high-quality beer with the breathtaking Sacred Valley as a backdrop. This craft brewery uses local ingredients to make award-winning brews and gives back to the surrounding communities. What's not to like?

Day 8

## Inca Trail

Depart Ollantaytambo by van to km 82 where your trek begins. Hike through beautiful scenery, with a variety of flora that changes with the seasons. You'll see several smaller ruin sites like Llactapata.

A crew of local porters, cooks, and guides will take care of all the details for the duration of the hike. Porters carry the majority of the gear so you'll only need to carry a small daypack with water, rain gear, snacks, a camera, etc.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Private Vehicle

Ollantaytambo - Inca Trail

45m

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

Inca Trail Hike

Inca Trail KM 82 - Wayllabamba Camp

5h-6h

11km

Get your blood pumping on this first day of hiking the Inca trail. The trekking is fairly easy and serves as good training for the next few days. Pass rambling rivers and a small village, and enjoy scenic mountain views; it's just a taste of what's to come.

#### 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.

Day 9

## Inca Trail

Get an early start today to climb the long steep path to Warmiwañusca, known as Dead Woman's Pass. This is the highest point of the trek at 4,198m (13,769 ft). Most hikers reach camp by early afternoon, with some much needed R&R.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Inca Trail Hike

Wayllabamba Camp – Paqaymayo Camp

6h-7h

12km

Trek over progressively spectacular and steeper terrain on your way to Warmiwañusca (aka Dead Woman's Pass), the highest point of the trek at 4,198m (13,769ft). Be prepared to face strong Andean weather (blazing sun or cold winds) around the pass. Take the hike slow, and drink lots of water along the way – amazing views are waiting as a reward. Enjoy some ample time to rest and relax after reaching the camp; most campers arrive around early afternoon.

Cross two more passes and ruins along the way. The first pass is Runquraqay at 3,950m (13,113 ft) where, on a clear day, you can catch a glimpse of the snow-capped Cordillera Vilcabamba. Hike through cloud forest on the gentle climb to the second pass of the day, walking through original Incan constructions. The highest point of the pass is 3,700m (12,136 ft). On a clear day, enjoy the spectacular views of the Urubamba Valley.

At 3,650m (11,972 ft), reach the ruins of Phuyupatamarca, the "town above the clouds." Camp here or go another 1.5 hrs to the Wiñay Wayna ruins ("forever young") located at 2,650m (8,694 ft).



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Inca Trail Hike

Paqaymayo Camp - Wiñaywayna

9h

16km

Cross two passes and more ruins along the Inca Trail on the last full day of hiking. Traverse Runquraway at 3,950m (13,113 ft), and then reach the second pass at 3,700m (12,136 ft). Spot the gorgeous Cordillera Vilcabamba and the Urubamba Valley in the distance on a clear day. Camp at either the Phuyupatamarca ruins or the Wiñay Wayna ruins.

The final day of the hike starts pre-dawn to reach the Sun Gate before sunrise. Wake up around 03:30 and walk to the checkpoint. Catch the first views of the breathtaking ruins of Machu Picchu on a clear day. Hike down to Machu Picchu for a guided tour of the site. Catch the bus to Aguas Calientes before your train back to Cusco in the afternoon. Tonight, dance the night away at a popular night club.



## Meals included

Breakfast



## Today's Activities

Inca Trail Hike

Wiñaywayna - Machu Picchu

2h-3h

6km

Wake around 03:30 to reach the Sun Gate as early as possible. Head to the checkpoint and join the lineup to wait for the gate to open. Catch the first views of the breathtaking ruins of Machu Picchu (fingers crossed for a clear day). Hike down to Machu Picchu (about 45 mins) for a 1.5 hr guided tour of the site, and free time to explore.

Catch the bus outside the Machu Picchu gate after your visit for a 25-min downhill ride to Aguas Calientes. Eat and relax before the train ride back to Cusco this evening.

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.

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.

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.

Today is another free day to explore all that Cusco has to offer. Go horseback riding, mountain biking, or whitewater rafting. Too wiped out from the trek? Take it easy with a visit to the Inka Museum.



## Meals included

Breakfast



## Optional Activities - Day 12

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.

Cusco Tourist Ticket

Cusco

130PEN

This ticket allows admission at 16 sights of the city of Cusco including many popular museums and cathedrals, the ticket also provides entrance to Sacsayhuaman Archaeological Park, and sights in the South Valley of Cusco and the Sacred Valley of the Incas.

Whitewater Rafting Urubamba

Urubamba

69USD

Rise for an early morning pick up and drive to Chuquicahuana for a safety briefing. Enjoy a full day of rafting on the Upper Vilcanota River (about 2.5 hrs on the water). Be thrilled by fast rapids that are a constant Class III and IV for around 11km (9 mi), and don't forget to take in the gorgeous scenery. Rehash all the excitement afterward over a riverside picnic lunch.

Day 13

## Cusco/Arequipa

Do as much or as little as you want today but enjoy it – it's your last day in Cusco. Get cozy on a bus for the night as you head to Arequipa.



### Meals included

Breakfast



### Today's Activities

Overnight Bus

Cusco - Arequipa

10h

520km

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



### Optional Activities - Day 13

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 Tourist Ticket

Cusco

130PEN

This ticket allows admission at 16 sights of the city of Cusco including many popular museums and cathedrals, the ticket also provides entrance to Sacsayhuaman Archaeological Park, and sights in the South Valley of Cusco and the Sacred Valley of the Incas.

Whitewater Rafting Urubamba

Urubamba

69USD

Rise for an early morning pick up and drive to Chuquicahuana for a safety briefing. Enjoy a full day of rafting on the Upper Vilcanota River (about 2.5 hrs on the water). Be thrilled by fast rapids that are a constant Class III and IV for around 11km (9 mi), and don't forget to take in the gorgeous scenery. Rehash all the excitement afterward over a riverside picnic lunch.

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.

Day 14

## Arequipa

Welcome to Arequipa! Take the day to explore what is known as the "white city." If you're into history and architecture, visit the Santa Catalina Monastery, where you'll get a unique glimpse into a bygone way of life. For spicy food lovers, visiting one of the 'picanterías' is a must. Satisfy your craving with a variety of local regional foods: alpaca, shrimp, pork, lots of soups, and spicy sauces.



### Today's Activities

Free Time

Arequipa

Make the most of your time here.



### Optional Activities - Day 14

Arequipa City Tour

Arequipa

Get out and explore "the white city" on this walking tour, stop at picturesque viewpoints to capture the surrounding volcanoes, marvel at the white volcanic sillar rock architecture, and visit one of the most stunning colonial buildings in the country, Santa Catalina Monastery.

Day 15

## Arequipa/Colca Canyon

Enjoy a full-day tour of the spectacular Colca Valley and venture to the impressive Colca Canyon – one of the deepest canyons in the world – on an overnight excursion. With a little luck, you'll spot Andean condors soaring over the majestic Andes. Keep a lookout for other unusual animals! Give your body some much needed relaxation by taking a dip in the the hot springs.

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### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Arequipa – Colca Canyon

2h30m-3h

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

Colca Canyon Guided Tour

Colca Canyon

Spot condors on this guided tour, and keep your eyes peeled for other unusual animals. Look for three different species of camelids: alpaca, llama, and vicuña, which are all typical of Peru.

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### Optional Activities - Day 15

Hot Springs

Chivay

15PEN

Soak your weary bones in steaming hot water pouring from the earth and relax.

Day 16

## Colca Canyon/Arequipa

Get an early start to be on the look out for condors. Travel from Chivay town to a condor viewpoint to get a glimpse of these magnificent birds in the air. On the way back, stop in local villages, and see old terraces. Later, head out for a drink in the Calle Zela area – restaurant, bar, or club, there's something for everyone!

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### Meals included

Breakfast

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### Today's Activities

Colca Canyon Guided Tour

Colca Canyon

7h

Spot condors on this guided tour, and keep your eyes peeled for other unusual animals. Look for three different species of camelids: alpaca, llama, and vicuña, which are all typical of Peru.

Private Vehicle

Chivay – Arequipa

4h30m-5h

165km

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

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### Optional Activities - Day 16

Hot Springs

Chivay

15PEN

Soak your weary bones in steaming hot water pouring from the earth and relax.

Day 17

## Arequipa/Nazca

Discover Arequipa today with the option to take a city tour, or visit the Santa Catalina Monastery if you haven't already. Later, board an overnight bus to catch up on some sleep en route to your next destination.



### Meals included

Breakfast



### Today's Activities

Free Time

Arequipa

Get out and explore more of this beautiful colonial city.

Overnight Bus

Arequipa - Nazca

9h

560km

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



### Optional Activities - Day 17

Santa Catalina Monastery Visit

Arequipa

60PEN

Visit this 16th-century monastery (over 20,000 sq m) for its beautiful architecture built in the Mudéjar style. Travel back in time wandering its small streets lined with colourful walls, and take some time to learn about its captivating history.

Arequipa City and Area Panoramic Bus Tour

Arequipa

20USD

Get to know "the White City" and the surrounding area on a panoramic bus tour. Stop at picturesque viewpoints to capture the surrounding volcanoes, marvel at the white volcanic sillar rock architecture, and fall in love with Arequipa's cityscapes.

Day 18

## Nazca

Wake up in Nazca – famous for one of the world's greatest archaeological mysteries, the Nazca Lines. Choose to take a flight for unparalleled views, or climb the viewing tower to get a glimpse if that's more your style. In the evening, enjoy a Pachamanca-style dinner with your fellow travellers.



### Meals included

Dinner



### Today's Activities

Free Time

Nazca

Enjoy some free time during the day.



### Optional Activities - Day 18

Nazca Desert Cemetery and Potter's Studio Guided Tour

Nazca

90PEN

See remains of the Nazca culture during an included tour of the ancient Pre-Inca desert cemetery site of Chauchilla. Spot 1500-year-old mummies, bones, and pottery on the desert floor. The entire desert area was also once home to the ancient Paracas and the Nazca cultures, which preceded the Incas by more than half a millennium. Stop for a visit at an artisan's workshop, where modern masters create Nazca style pottery.

Flight over Nazca Lines

Nazca

Take to the skies for the best view of the enigmatic Nazca Lines, a series of patterns and pictures etched in the ground, crisscrossing a wide area of flat desert. Marvel at the lines measuring up to 10km (6 mi) in length, yet, remaining perfectly straight. See depictions of birds, insects, and animals only recognizable from the air. Decide for yourself the origin of the lines – who drew the lines, and why, remains a mystery. Current beliefs suggest that they may be part of complex agricultural calendar.

Please note that this activity does not include a tourist ticket fee of S/47 PEN per person, payable directly by each traveller at the airport in Nazca.

Day 19

## Nazca/Huacachina

Travel further north to the oasis of Huacachina, stop at a Pisco winery on the way. Sandboard on the dunes around the oasis for an unforgettable sunset.

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### Today's Activities

Private Vehicle

Nazca - Huacachina

2h30m-3h

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

Huacachina Winery Visit

Huacachina

Learn about the wine and pisco production in the area and enjoy a tasting of different varieties, which are all available for purchase.

Sunset Sandboarding & Dune Buggies

Huacachina

Get your adrenaline pumping in a dune buggy on the desert dunes, ride the ups and downs in these desert mountains. Strap on a board and try out sandboarding, just like it sounds like snowboarding, but on sand. Enjoy the softer landings and the warmer temps. After, head back to the oasis of Huacachina through the stunning dunes and watch the sunset in the distance.

Day 20

## Huacachina/Lima

Travel back to Lima to enjoy your last night as a group. Celebrate and reminisce on your adventures together with some ceviche and a pisco sour.

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### Today's Activities

Local Bus

Huacachina - Lima

5h-6h

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

Day 21

Lima

Depart at any time.



## Meals included

Breakfast



## Today's Activities

Departure Day

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



## Optional Activities - Day 21

Pachamanca

Nazca

Enjoy a traditional meal. Assist in the preparation of a thousand-year-old tradition: "Pachamanca," an ancient ceremony akin to the Polynesian meal of burying a variety of delicious treats wrapped in banana leaves and slow-cooking them with pre-heated rocks buried in the ground.

Pachacamac and Paso Horse Show

Pachacamac

98USD

Dive into Peruvian history and explore a famous temple built in honor of Pachacamac or the "Earth Maker", a powerful figure considered amongst gods and worshiped during the Pre Incan era. After you've got your history fix, head out to enjoy a local lunch and Peruvian dancing. After lunch continue on to see the Peruvian Paso Horse and learn more about this majestic beauty.

Magic Circuit of Water and Tapas Night

Lima

68USD

Experience nightlife in downtown Lima with the spectacular "Magic Water Circuit" (Circuito Mágico del Agua) show complete with lights, music and dozens of fountains. Enjoy some tapas and take in the sights with a pisco sour in hand. The perfect night out!

Lima City Tour

Lima

40USD

Discover Lima's cultural and culinary highlights on this half-day guided tour. Visit the Santo Domingo Monastery, walk around Plaza de Armas, marvel at the Bodega y Quadra Museum, and get to know

some of Lima's lovely neighbourhoods. Stop to enjoy some authentic Peruvian tapas and be introduced to Pisco Sours during a demonstration and tasting.

## What's included

- Your G for Good Moment: Lake Titicaca Homestay, Lake Titicaca
- Your G for Good Moment: Ccaccacollo Community and Women's Weaving Co-op visit, Ccaccacollo
- Your G for Good Moment: Handmade Biodegradable Soap Products
- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Discover Moment: Cusco
- Your Foodie Moment: Sacred Valley Brewery, Ollantaytambo
- Your Big Night Out Moment: Cusco
- Lake Titicaca excursion
- Guided tour of Machu Picchu
- Inca Trail hike with a local guide and cook (4 days)
- Colca Canyon excursion
- Pachamanca-style dinner (Nazca)
- Sunset sandboarding & dune buggies (Huacachina)
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Settle in with the locals at a homestay on Lake Titicaca, conquer the Inca Trail to Machu Picchu, spot condors at the Colca Canyon, sandboard the dunes of Huacachina, sample the seafood in Lima

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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 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.

## **Is there an 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.

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

## 1. INCA TRAIL AND MACHU PICCHU 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:

<http://www.gadventures.com//terms-conditions/inca-trail-booking-policies/>

## 2. 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.

## 3. 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.

4. Please note that Aerolineas Argentinas allows 1 piece of luggage that weighs up to 15kg on internal flights. For every extra kilo the airline will charge \$10 per kg at the time of check-in.

5. 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.

## 6. 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.

## 7. 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.

## 8. 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.

## 9. 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.

### **What is the group leader like?**

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.

### **How large will the group be?**

Max 18, avg 14.

### **What meals are included in this trip?**

16 breakfasts, 3 lunches, 5 dinners

### **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. On truck trips in Africa, aboard the expedition ship Explorer or our Galapagos yachts, while trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

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

Public bus, train, hiking.

## **Is there an extra cost for travelling solo?**

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

## **Where will we stay during the trip?**

Simple hotels (10 nts), hostel (4 nts, multi-share), overnight buses (2 nts), camping (3 nts), homestay (1 nt).

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

Night 3: Lake Titicaca homestay, Nights 8-10: Inca Trail, Night 13: overnight bus, Nights 15-16: Colca Canyon, Night 17: overnight bus.

If you have chosen the Lares Trek/Cusco Stay you will have a single room/tent for nights 8-10.

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

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

Multi-share Accommodation: Multi-share same-sex accommodation is used on this tour, as such, if you are travelling with someone of a different gender you will not be in the same room. For private accommodation please see tours in our Classic Travel Style.

## **What is the joining hotel?**

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

## What are the joining instructions?

El Alto International Airport is a spectacular drive from the centre of La Paz, where our joining hotel is located. The easiest way to get there is via taxi. You can pay for the car at set rates (approximately \$8 USD), from an official uniformed taxi driver. The trip takes approximately 30 minutes and is very scenic. The money exchange desk is open 9am to 7 pm.

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 for that day other than your welcome meeting in the evening, so you can arrive at any time.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

## 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, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## 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 within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

### EMERGENCY CONTACT NUMBERS

G Adventures Office Lima, Peru.

During office hours (Weekdays, 9-6pm Local Time): +51 1 241 1650 or 01 241 1650 (from mobile within Peru) or 241 1650 (from payphone within 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 should I take on my trip?

Most people automatically assume that the weather is hot in South America, but because of the higher altitude in the Andes, the temperature can feel quite cold, especially at night. We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage.

# 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

### 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.

## 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 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](#)

## How much spending money do I need for my trip?

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?

The currency in Peru is the Nuevo Sol (PEN), and in Bolivia, the Boliviano (BOB).

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank.

You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies.

Do not rely on credit or debit cards as your only source of money, a combination of US dollar cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

We do not recommend bringing travellers cheques as they are very difficult to change in country.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

## 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.

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, however as a guideline, we suggest each hiker contributes the following to a collective pool.

Inca Trail:

Head guide: 10-25 USD

Assistant guide: 5-12 USD

Your trekking crew: 40 USD

Lares Trek:

Head guide: 10-25 USD

Assistant guide: 4-10 USD

Your trekking crew: 35 USD

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?

## La Paz

- Valley of the Moon Tour (15USD per person)
- Witches' Market Visit
- La Paz City Tour (35USD per person)

## Puno

- Sillustani Burial Towers Entrance (59PEN per person)

## Lake Titicaca

- Lake Titicaca Kayaking

## Cusco

- Horseback Riding (150PEN per person)
- Cusco City Tour (45PEN per person)
- Cusco Cooking Class
- Cusco Tourist Ticket (130PEN per person)
- Inka Museum (10PEN per person)
- Rainbow Mountain Hike - Full-day Trip

## Urubamba

- Whitewater Rafting Urubamba (69USD per person)

## Arequipa

- Arequipa City Tour
- Santa Catalina Monastery Visit (60PEN per person)
- Arequipa City and Area Panoramic Bus Tour (20USD per person)

## Chivay

- Hot Springs (15PEN per person)

## **Nazca**

- Nazca Desert Cemetery and Potter's Studio Guided Tour (90PEN per person)
- Flight over Nazca Lines
- Pachamanca

## **Pachacamac**

- Pachacamac and Paso Horse Show (98USD per person)

## **Lima**

- Magic Circuit of Water and Tapas Night (68USD per person)
- Lima City Tour (40USD per person)

## **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 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 CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## 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 prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

## 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?

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 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

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