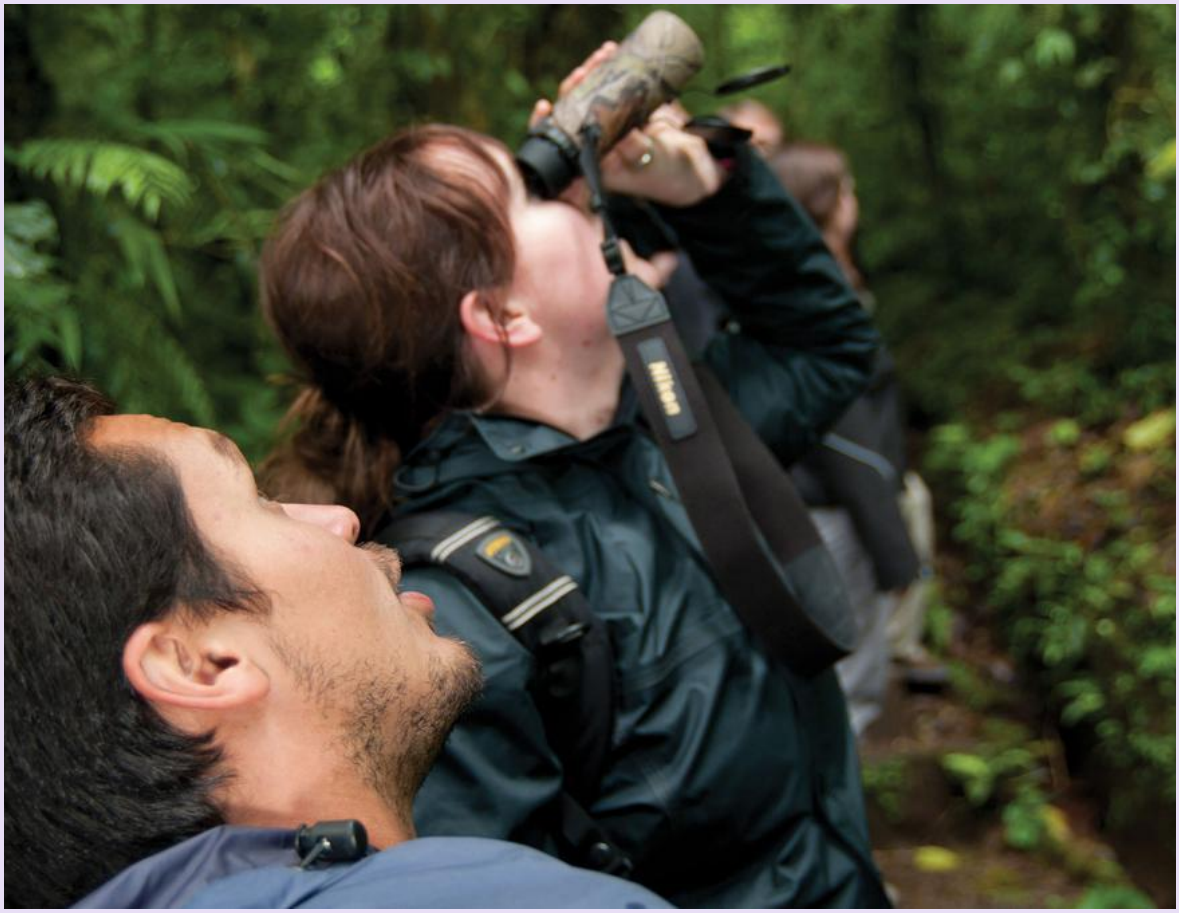
G Adventures

Last Updated: October 30, 2026



Basic Central America: Mexico to Costa Rica

32 days, Playa del Carmen to San José

Trip code CMPS

What's included

- Your G for Good Moment: San Antonio Women's Pottery Cooperative and Local Lunch, San Ignacio
- Your G for Good Moment: Caribbean Gastronomic Experience "El Manglar", Lívingston
- Your G for Good Moment: Posadas Mayas Homestay, San Juan La Laguna
- Your G for Good Moment: Breakfast at Café de las Sonrisas, Granada
- Your G for Good Moment: Puesta del Sol Community Guesthouse Stay, Isla de Ometepe
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Playa del Carmen
- Your Discover Moment: Caye Caulker
- Your Discover Moment: San Ignacio
- Your Discover Moment: Antigua Guatemala
- Your Discover Moment: Granada
- Your Discover Moment: Monteverde
- Your Discover Moment: La Fortuna
- Guided tour of Tikal
- Orientation walks in Antigua, León, and Granada
- Beach time in Caye Caulker and El Tunco
- 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 April 29th, 2024 and onwards

Itinerary



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

Itinerary Notes

Important note for Nicaragua: New regulations now require visas for certain nationalities, including Australian and New Zealand passport holders. Requirements can change at short notice, so all travelers should check with the nearest consulate or official sources before travel.
Please note this is a basic level trip, using a mix of multi-share accommodations like hostels and basic hotels, as well as public transportation throughout. We have an 18-30's version of this trip, please see here for more details.

Day 1

Playa del Carmen

Arrive at any time. After the welcome meeting choose to join your fellow group members for an optional evening out.

Check into your hotel and enjoy the city.

Accommodation

Hotel Colonial (or similar) Hotel

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.

Day 2

Playa del Carmen

Spend a full free day in the area! Opt to visit the Mayan ruins of Tulúm or snorkel off the coast of nearby Cozumel. For a more laid-back day, choose to enjoy the beach.

Take advantage of a full day of free time to relax or explore as much as you wish. Perched atop the sea you will find the ruins of Tulúm. In the coral-filled waters surrounding Cozumel you can snorkel, or you can go swimming in a cenote or at the beach, before exploring the town in the evening on your own.

Accommodation

Hotel Colonial (or similar) Hotel

Optional Activities - Day 2

Tulum Ruins Visit Tulum 1h-4h

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

Cenote Visit Playa del Carmen 40-60USD 1h-4h 30-60km

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

Tequila Tasting Playa del Carmen 850-1100MXN

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

Coco Bongo Disco and Show Playa del Carmen 90USD

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

Akumal Beach Visit Akumal 20USD 1h-4h 55km

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

Day 3 Playa del Carmen/Caye Caulker

Travel from Mexico across the border into Belize today, which boasts huge swaths of jungle, ancient Mayan ruins, and above all, friendly, easy-going people. During the drive, picture the unbelievably clear blue waters and the opportunities you will have over the next few days for diving and snorkelling along the barrier reef.

Accommodation

Enjoy Hotel (or similar) Hotel

Today's Activities

Private Vehicle Playa del Carmen – Chetumal 4h 315km

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

The drive time to Chetumal depends on traffic conditions.

Border Crossing (Mexico - Belize) Chetumal – Santa Elena 30m-1h30m

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

Private Vehicle Santa Elena – Belize City 3h-4h 158km

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

Taxi Belize City – Caye Caulker 45m-1h

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

Day 4 Caye Caulker

Enjoy a free day in Caye Caulker. Choose to snorkel at Hol Chan Marine Reserve, keeping a lookout for stingrays and nurse sharks. You can also choose to go diving, or just chill out on the beach.

Accommodation

Enjoy Hotel (or similar) Hotel

Optional Activities - Day 4

Hol Chan Marine Reserve Day Tour Caye Caulker 6h-7h

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

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

Sunset Sailing Boat Tour Caye Caulker 60USD

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

Fishing Caye Caulker 250-450USD 4h-8h

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

Bike with Purpose Rental Caye Caulker 1-30USD 1h-72h

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

Day 5

Caye Caulker

Another full day of free time will allow you to participate in any optional activities in the area that you didn't have time for yesterday.

Accommodation

Enjoy Hotel (or similar) Hotel

Optional Activities - Day 5

Hol Chan Marine Reserve Day Tour Caye Caulker 6h-7h

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

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Sunset Sailing Boat Tour Caye Caulker 60USD

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

Day 6 Caye Caulker/San Ignacio

Cross back to the mainland of Belize via boat and travel by bus inland to San Ignacio. Along the way the group will stop for an included pottery demonstration and a typical lunch at a G Adventures-supported women's pottery cooperative.

San Ignacio is a great base for exploring some of Belize's lesser known inland gems. There will be ample free time here to wander the area by foot, canoe, or horseback, or you can choose to book a caving trip.

Meals included

Lunch

Accommodation

Kawoq Hostel (or similar) Hostel

Today's Activities

Water Taxi Caye Caulker – Belize City 45m-1h 39km

Jump in and cross the water to the next stop.

ACTIVITY

Like in many places around the world, education for women in the village of San Antonio isn't prioritized. Girls don't typically attend school beyond primary levels. So a women's cooperative was founded here, as a way for underprivileged women to earn income, learn new skills, and share centuries-old Mayan techniques and knowledge. Visit the pottery workshop, which is newly expanded with an investment from G Adventures. Meet some of the women who've found community within its

walls and gain insight into the tradition of throwing pots. Afterward, enjoy lunch together with these inspiring and unforgettable women, sampling traditional foods of the Cayo region.

Local Bus | Belize City – San Ignacio | 3h | 123km

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

Optional Activities - Day 6

Xunantunich Visit | Xunantunich | 65USD | 2h-4h | 11km

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

Day 7 San Ignacio

Enjoy a day at leisure to experience the surroundings of San Ignacio. Choose to visit the Sacred Mayan cave Actun Tunichil Muknal, or set your eyes on the lesser-visited Xunantunich Mayan ruins.

Accommodation

Kawoq Hostel (or similar) | Hostel

Optional Activities - Day 7

Cave Tubing | Caves Branch | 95USD | 7h-8h | 45km

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

Caracol Ruins Tour | Caracol | 125USD | 9h-11h | 85km

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

Barton Creek Cave Canoeing | Barton Creek | 120USD | 6h-8h | 30km

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

Horseback Riding | San Ignacio | 80USD | 2h-5h | 5km

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

Xunantunich Visit | Xunantunich | 65USD | 2h-4h | 11km

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

Actun Tunichil Muknal Cave Visit | Actun Tunichil Muknal | 140USD | 6h-8h | 29km

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

Day 8

San Ignacio/Flores

While this trip is fast-paced, there will be some opportunity to rest on today's drive as the group crosses another border and travels to Guatemala. Enter the country in the northeast jungle Petén region and stop for a guided tour of the ancient city of Tikal on the way to Flores. This place is the capital of Petén, a small island located on the second largest lake in Guatemala—Lake Petén Itzá.

Accommodation

Hotel Petén (or similar) Hotel

Today's Activities

Taxi San Ignacio - Benque Viejo del Carmen 15m-30m 5km

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

Border Crossing (Belize - Guatemala) Benque Viejo del Carmen - Melchor de Mencos 30m-1h30m

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

Private Vehicle Melchor de Mencos - Tikal 1h30m-2h30m 100km

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

Tikal Ruins Guided Tour Tikal 3h-4h 7km

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

Private Vehicle | Tikal - Flores | 1h-1h30m | 64km

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

Day 9 Flores/Rio Dulce

Travel for most of the day from Flores to Rio Dulce, which is on the shores of Lake Izabel, the largest lake in Guatemala. This journey across the country will take a road through dense jungle arriving at this port town in the evening.

Accommodation

Hotel Hacienda Tijax (or similar) | Hotel

Today's Activities

Private Vehicle | Flores - Rio Dulce | 4h-5h | 210km

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

Day 10 Rio Dulce

Sit back and marvel at the scenery on a boat ride from Rio Dulce to the Caribbean town of Livingston. Make a stop at the G Adventures-supported El Manglar Restaurant for an explanation of the women-led community initiative project there. Walk around the grounds and then gather for a delicious lunch steeped in local flavours.

Meals included

Lunch

Accommodation

Hotel Hacienda Tijax (or similar) Hotel

Today's Activities

Scenic Boat Ride to Livingston Rio Dulce - Lívingston 5h-6h30m 55km

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

ACTIVITY

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

Day 11 Rio Dulce/Antigua Guatemala

Spend most of the day travelling from Rio Dulce to Antigua, Guatemala. Rest up on the ride because upon arrival the group will set off on an orientation walk. The rest of the evening is free. Get a head start planning tomorrow's activities or enjoy this colonial city's nightlife.

Accommodation

Antigua Lemon Tree Hostel (or similar) Hostel

Today's Activities

Private Vehicle Rio Dulce – Antigua Guatemala 6h-7h30m 315km

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

Orientation Walk – Antigua Antigua Guatemala

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

Optional Activities - Day 11

Salsa Lesson Antigua Guatemala 10USD

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

Day 12 Antigua Guatemala

The group will have a full day at leisure in Antigua. From biking riding to climbing a volcano there's plenty to see and do. Stay in town and café hop as a way to soak up the area's culture.

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

Accommodation

Antigua Lemon Tree Hostel (or similar) Hostel

Optional Activities - Day 12

Finca Valhalla Visit Antigua Guatemala 5-10USD 1h30m-3h 20-25km

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

Massage Antigua Guatemala 30-60USD 30m-2h

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

Pacaya Volcano Hike Escuintla 75USD

Ever wanted to get up close and personal with an active volcano? Now's your chance! Pacaya is the perfect spot for first time volcano adventurers – start the day with a short (but steep!) hike to reach the dried lava flows at the base of the volcano before enjoying time exploring the martian landscape. Try roasting marshmallows over a heat vent, or climb your way through one of the lava tubes carved out by molten rock. There may not be any visible lava flows, but the sheer size and force of Pacaya is something you'll be talking about for years to come.

Elizabeth Bell Walking Tour Antigua Guatemala 25USD 1h30m-2h30m

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

Cycling Antigua Guatemala 30-50USD 1h-5h

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

ChocoMuseo Tour and Workshop Antigua Guatemala 24USD 1h30m-2h

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

Acatenango Volcano Climb Antigua Guatemala 145USD 10h-12h

Interested in a major physical challenge? Spend the day hiking the active Acatenango Volcano located to the west of Antigua. Bring lots of water, your camera and hope for clear skies to see a spectacular view of neighbouring Fuego and possibly even Pacaya beyond. Make no mistake, this is a very challenging climb but well worth it.

Finca Filidelfia Coffee Tour Antigua Guatemala 25USD 2h-3h 1-2km

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

Day 13 Antigua Guatemala/Panajachel

Visit beautiful Lake Atitlán after travelling through the country’s highlands full of fertile hills and fields. The area is ideal for outdoor activities and you will have plenty of time to explore.

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

Accommodation

Kamol Bey (or similar) Hotel

Today's Activities

Private Vehicle Antigua Guatemala – Panajachel 4h 80km

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

Optional Activities - Day 13

Massage Panajachel

Revive sore muscles with a relaxing massage.

Kayaking Lago de Atitlán

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

Swimming Lago de Atitlán

Grab your bathing suit and go for a refreshing swim.

Day 14 Panajachel/San Juan La Laguna

Take a boat ride across the lake before taking part in a G Adventures-supported homestay with a local family.

Meals included

Dinner

Accommodation

Rupalaj Kistalin Posada Homestay (or similar) Homestay

Today's Activities

Boat Panajachel – San Juan La Laguna 30m-45m 25km

Climb aboard and get your float on.

ACTIVITY

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

Optional Activities - Day 14

Shopping San Juan La Laguna – Panajachel

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

Day 15 San Juan La Laguna/Antigua Guatemala

The group will journey back to Antigua and spend some free time exploring. Optional activities include visiting a macadamia nut farm, checking out a coffee plantation, biking around Antigua's surrounding hills, or taking a salsa lesson.

Accommodation

Antigua Lemon Tree Hostel (or similar) Hostel

Today's Activities

Boat San Juan La Laguna – Panajachel 30m-45m 25km

Climb aboard and get your float on.

Private Vehicle Panajachel – Antigua Guatemala 3h-4h

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

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

Optional Activities - Day 15

Massage Antigua Guatemala 30-60USD 30m-2h

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

ChocoMuseo Tour and Workshop Antigua Guatemala 24USD 1h30m-2h

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

Salsa Lesson Antigua Guatemala 10USD

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

Day 16

Antigua Guatemala

Relax in Antigua on your own! Opt to book a massage, hop on a bike and ride through the nearby hills, visit a local farm, or climb a volcano.

Looking for adventure? Pre-book the Pacaya Volcano Hike on the checkout page to include this optional activity on your tour, or ask your GCO or travel agent for assistance.

Accommodation

La Quinta Santa Lucia (or similar) Hotel

Optional Activities - Day 16

Cycling Antigua Guatemala 30-50USD 1h-5h

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

Finca Valhalla Visit Antigua Guatemala 5-10USD 1h30m-3h 20-25km

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

Finca Filidelfia Coffee Tour Antigua Guatemala 25USD 2h-3h 1-2km

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

Massage Antigua Guatemala 30-60USD 30m-2h

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

Pacaya Volcano Hike Escuintla 75USD

Ever wanted to get up close and personal with an active volcano? Now's your chance! Pacaya is the perfect spot for first time volcano adventurers – start the day with a short (but steep!) hike to reach the dried lava flows at the base of the volcano before enjoying time exploring the martian landscape. Try roasting marshmallows over a heat vent, or climb your way through one of the lava tubes carved out by molten rock. There may not be any visible lava flows, but the sheer size and force of Pacaya is something you'll be talking about for years to come.

Day 17 Antigua Guatemala/Copán

Cross the border today between Guatemala and Honduras as the group travels to the town of Copán Ruinas. Arrive in the colonial highland town in the evening and soak up this gorgeous location set along a river in the coffee growing region.

The Mayan ruins of Copán are fascinating, beautiful and unique among Mayan cities. Declared a World Heritage Site by UNESCO in 1980, Copán contains some of the most important Mayan ruins found to date, and many unusual artistic features, including some of the most detailed carvings in the Mayan world.

Accommodation

Hotel Brisas de Copan (or similar) Hotel

Today's Activities

Private Vehicle Antigua Guatemala - Copán 8h-9h 280km

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

Border Crossing (Guatemala-Honduras) El Florido

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

Day 18

Copán

Enjoy a full free day to explore Copán on your own. Choose to visit the nearby ruins and see some lesser known Mayan sites along the way. You can also choose to visit the countryside where you'll find hidden jungle hot springs to soak in.

Accommodation

Hotel Brisas de Copan (or similar) Hotel

Today's Activities

Free Time Copán

Free time in the town of Copán. Opt to visit the Copán Ruins, explore the hills, or soak in hot springs.

Optional Activities - Day 18

Luna Jaguar Hot Springs Visit Copán 50USD

Take a scenic drive through the back roads of Copán Ruinas to hot springs at Luna Jaguar. Take a relaxing soak in one of the pools, surrounded by the jungle. If all that lounging around has worked up your appetite, opt to enjoy a barbeque lunch on site.

Entrance - Copan Ruins Copán 25USD 2h-3h

Step back in time more than a 1,000 years to discover the ancient Mayan site of Copán. Walk across grassy plazas and examine intricately carved stone stellae (tall monuments) depicting various gods and rulers. Admire the artistry and scale of the temples, ball court and well-preserved hieroglyphic stairway and understand why this is a UNESCO World Heritage Site. Be sure to visit the museum to see Mayan artifacts and a life-sized replica of the Rosalila Temple.

Day 19

Copán/Suchitoto

The journey today, while long, will also be a good way to catch up on some rest. Drive from Honduras back into Guatemala briefly before crossing the border to El Salvador where the group will stay in the colonial town of Suchitoto. Choose to try pupusas tonight, a local Salvadorian specialty and a great treat after a long day of travel.

Prepare for the long travel day with snacks.

Accommodation

Posada Alta Vista (or similar) Hotel

Today's Activities

Private Vehicle Copán – Suchitoto 8h 400km

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

Border Crossing (Honduras - Guatemala) El Florido

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

Border Crossing (Guatemala - El Salvador) Ermita – Anguiatú

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

Day 20 Suchitoto/La Libertad Region

Spend the morning at leisure in Suchitoto and then it's off to the coast and the La Libertad region. Catch a stunning sunset in a small surf town and opt to grab a cold drink after a day's journey complete.

Accommodation

Atami Escape Resort (or similar) Hotel

Today's Activities

Private Vehicle Suchitoto – Playa El Tunco 3h 100km

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

Free Time Suchitoto

Enjoy a free morning to check out this colonial city.

Day 21 La Libertad Region

This full free day is perfect for optional beach activities in the area. Opt to book a surf lesson, try fresh ceviche at the fish market, visit the Tamanique waterfalls, or relax on the beach.

Accommodation

Atami Escape Resort (or similar) Hotel

Today's Activities

Free Time Playa El Tunco

Enjoy a free day to do as much or as little as you'd like in this beach town.

Optional Activities - Day 21

Surfing Lesson 60USD

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.

Day 22 La Libertad Region/León

Leave El Salvador and transfer by land and sea to Nicaragua. The group will arrive to colonial León for a short orientation walk in the evening.

Accommodation

Hotel Hellenika (or similar) Hotel

Today's Activities

Private Vehicle Potosí - León 3h

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

Private Vehicle Playa El Tunco – La Unión 4h 205km

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

Boat La Unión – Potosí 3h

Climb aboard and get your float on.

Border Crossing (El Salvador - Nicaragua) La Unión – Potosí

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

Orientation Walk León

Take a brief walk of the historic center of León. Pass through the central park, the local market, and various historical churches.

Day 23 León/Granada

Continue on towards Granada today, where you'll see the city's colourful colonial buildings during an orientation walk. Surrounded by active volcanoes and lakes, this place is perfect for hiking and outdoor activities. Get to know the town and opt to go out with the group.

Accommodation

Hotel La Estacion Granada (or similar) Hotel

Today's Activities

Private Vehicle León – Granada 2h

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

Orientation Walk – Granada Granada

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

Optional Activities - Day 23

Masaya Volcano Day Excursion Granada 40USD

Experience the energy and excitement of getting up close and personal with an active volcano. See the crater spew smoke and gas. Walk in a moonscape of lava rocks and stunted shrubs. Stop by the visitor's centre and learn about the history of Masaya and many other volcanoes in Nicaragua. Next, stop at the Masaya Artesan Market filled with ceramics, woodcrafts, hammocks, cigars and leather works. Take in the view at the Laguna de Apoyo lookout and wrap up the tour in San Juan de Oriente, a local pottery and ceramics workshop.

Day 24

Granada

Get out and explore the charms of Granada during your full free day. Visit the local markets and museums. Choose to try kayaking in Lake Nicaragua or go for a swim in Laguna de Apoyo. You could also go for a walk in the forest at the top of Mombacho Volcano.

Accommodation

Hotel La Estacion Granada (or similar) Hotel

Today's Activities

ACTIVITY

Visit Café de las Sonrisas, a G Adventures-supported social enterprise run entirely by deaf staff. Enjoy a delicious breakfast while learning basic sign language and discover how the café creates meaningful employment opportunities and promotes inclusion through tourism. After breakfast, visit the Tío Antonio Social Center to learn about its community impact, try your hand at traditional hammock

weaving alongside local artisans, and explore interactive exhibits celebrating sign language and the project's history. Through these hands-on activities and conversations with staff, gain a deeper understanding of Deaf culture, traditional craftsmanship, and the power of community-led initiatives.

Optional Activities - Day 24

Mi Museo Cultural Museum Granada 5USD

Step back into the 16th century in the San Fransisco Convent, Nicaragua's oldest and largest museum. See pre-Columbian statues, archival photos of Granada, paintings, religious wooden artifacts. Admire the colonial architecture, with its wooden beams, courtyard and clay tile roof.

Hiking Granada

Take a trip up the steep slopes of the Mombacho Volcano, 10km (6 mi) from Granada, past coffee plantations and cloud forest. Bring a sweater for the cool, windy weather. Trek along marked trails, past cloud-kissed plants and abundant wildlife, to see fumaroles, craters and possibly a view (although the summit is often cloud-covered). Look down and try to spot the Mombacho salamander.

Market Exploration Masaya

Masaya is the mecca of markets. Go there if you like to shop. Prepare to haggle. Look for hammocks, wooden bowls, engraved pottery, folk art paintings, and embroidered blouses.

Laguna de Apoyo Visit Granada 35USD

Travel less than half an hour from Granada to the picturesque Laguna de Apoyo. The warm clean waters of this lake are said to have healing properties; this former volcano crater is nature's giant bathtub, filled by natural springs and rain water from the past 20,000 or so years. Hike the forested trails in the surrounding hills. See hummingbirds, monkeys, and toucans. Slip into the mild waters and enjoy a peaceful swim. How many people can boast they swam in a volcano?

Day 25 Granada/Isla de Ometepe

Cross Lake Nicaragua by ferry to arrive at Ometepe Island, formed from two volcanoes in the middle of the lake. Here, take part in a 2-night G Adventures-supported community homestay among different local families. This experience will give you a chance to experience how rural Nicaraguans live.

Meals included

Dinner

Accommodation

Puesta del Sol Homestay (or similar) Hotel

Today's Activities

Local Bus Granada – Rivas 1h15m-1h45m 70km

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

Local Bus Rivas – San Jorge 15m-30m 5km

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

Ferry San Jorge – Moyogalpa 1h 10km

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Private Vehicle Moyogalpa – Isla de Ometepe

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

ACTIVITY

Stay with a local family by the lake in the small rural village of La Paloma, near Moyogalpa, on Ometepe Island. Your presence is supporting this community-owned and operated business. The Planeterra Foundation helped launch the project and trained up the community to host G Adventures travellers. While you're here, practice Spanish, enjoy authentically-cooked fresh food and hike the nearby trails.

Day 26 Isla de Ometepe

Explore Ometepe on your own. Choose to climb Volcano Concepción or Volcano Maderas, spend time with the local host families, or view petroglyphs left by the island's original inhabitants. You can also

choose to walk or kayak in Charco Verde reserve, travel the island by bicycle, or lounge out on the beach.

Meals included

Breakfast | Dinner

Accommodation

Puesta del Sol Homestay (or similar) Hotel

Today's Activities

Free Time Isla de Ometepe

Free time in Ometepe. Spend time with the local host families and see more of the island. Opt to climb either of the two volcanoes on the island, view petroglyphs, walk or kayak in Charco Verde reserve, swim in clear spring water at Ojo de Agua, lay on the beach or explore the island on bicycle.

ACTIVITY

Stay with a local family by the lake in the small rural village of La Paloma, near Moyogalpa, on Ometepe Island. Your presence is supporting this community-owned and operated business. The Planeterra Foundation helped launch the project and trained up the community to host G Adventures travellers. While you're here, practice Spanish, enjoy authentically-cooked fresh food and hike the nearby trails.

Optional Activities - Day 26

Swimming Isla de Ometepe Free

Swim the cool waters of Lake Nicaragua, also known as Mar Dulce (Sweet Sea). Fed by more than 40 rivers, it's the largest lake in Central America and the tenth largest freshwater lake in the world. Also check out local swimming holes fed by underground springs and enriched with therapeutic minerals to both relax and invigorate the senses.

Hike Concepcíon Volcano Isla de Ometepe 45USD 10h-12h

The steep terrain of this active volcano make Concepción the most difficult climb in all of Nicaragua. Plan on a round trip duration of 10-12 hours of sweaty, muddy, humid and windy climbing. Bring lots of water and food. The rewards can include breathtaking views of the isthmus of Ometepe, Maderas Volcano, Chontales, and Costa Rica to the south, as well as vegetation unique to this volcano.

Ometepe Island Cultural and Pre-Columbian Petroglyphs Tour Isla de Ometepe 45USD 3h-4h

There's something special about coming across a boulder in a field, now covered in moss, and engraved in circles or images made by someone who lived in the area thousands of years ago. Discover Ometepe's pre-Columbian petroglyphs (rock carvings) and stone statues, along with pieces of ancient ceramic urns and utensils. Learn the history and significance of these artifacts dating back to 1000 BC. Includes a stop at hot springs and the beach.

Ojo de Agua (Swimming Hole) Isla de Ometepe 10-15USD

Head off on horseback along the shore of Lake Ometepe, past plantain plantations and rugged scenery.

Day 27 Isla de Ometepe/Monteverde

Travel by ferry back to the mainland and drive across the border into Costa Rica. The final destination today is the cloud forest environment of Monteverde. Sitting 1,400 meters above sea level, Monteverde is literally in the clouds and home to unique and diverse flora and fauna.

Meals included

Breakfast

Accommodation

Hotel Quetzal Inn Monteverde (or similar) Hotel

Today's Activities

Private Vehicle Moyogalpa – Isla de Ometepe

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

Ferry Moyogalpa – San Jorge 1h30m 10km

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Local Bus San Jorge – Rivas 15m-30m 5km

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

Local Bus Rivas – Peñas Blancas 1h

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

Border Crossing (Nicaragua - Costa Rica) Peñas Blancas

Be prepared to walk with bags approximately 10 minutes between the Nicaragua and Costa Rica border stations.

Private Vehicle Peñas Blancas – Monteverde 4h 190km

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

Day 28 Monteverde

The day is free for any optional activities in the area. Options include a visit to a cloud forest reserve, ziplining through the jungle canopy, or visiting a coffee plantation. There's also horseback riding in the mountains or hiking along local trails.

Accommodation

Hotel Quetzal Inn Monteverde (or similar) Hotel

Optional Activities - Day 28

Santa Elena Cloud Forest Visit Monteverde 35-50USD

Pull on your poncho and boots and head into the cloud-covered forest, past over-sized ferns and exotic orchids. Harness your inner Tarzan as you imagine swinging from the forest's giant vines, trudge along 12 km of trails, watch for wildlife and trek to the top of the observation tower. Be sure to stop and listen too. Hear the haunting hollow call of the bellbird and perhaps catch sight of the brilliant green and red resplendent quetzal. Feel good about protecting the preserve and sustaining the quality of local schools through payment of your park fees.

Monteverde Horseback Riding Monteverde 55USD 2h30m-3h

Enjoy Monteverde's breath-giving wilderness by horseback. Spot toucans, bellbirds, and parrots as you ride through private mountain trails along the primary and secondary forest. Meet monkeys, see sloths, and possibly glimpse the Gulf of Nicoya through the clouds. Take photos, inhale the pure air, and let your horse lead you on this memorable meander in misty Monteverde.

Sky Walk Monteverde 55USD

Get up high to see the tree tops of Monteverde's Cloud Forest from a bird's eye view. Cross a series of suspension bridges to discover the early ropes and pulleys that early biologists required to glimpse – a lush, green vista accented by bromeliads, vines, and orchids. Wonder at this wet canopy, home to thousands of species of birds, small animals, amphibians and insects (making up 90% of all the organisms in the forest).

Costa Rica Adrenaline Bundle La Fortuna

CANYONING (Half-day Arenal)
Rappel, down-climb, river-trace, and descend huge waterfalls in the rugged mountains and lush rainforests around Costa Rica's Arenal Volcano.

ZIPLINING (Half-day Monteverde)
Get a true bird's-eye view of the rainforest canopy as you soar through the trees on a Tarzan swing, a giant rappel, and a 137-meter-high (450-foot) zipline.

Please note the prices listed does not include the IVA Tax.

Please note that passengers must weigh between 45-100kg (100 – 220 lbs) and be at least 130cm (4'3 ft) tall to participate in these activities.

Ziplining Monteverde 3h-4h

Buckle up your harness, don your helmet, and prepare to launch. Glide along cables suspended high above the cloud forest canopy. Dare to let go and reach top speeds as you zip past stunning scenery. Forget your fear as you spot a toucans or exotic orchids in this adrenaline-filled experience. Minimum age: 6.

Monteverde Butterfly Garden Visit Monteverde 21USD

Get close to butterflies, bump into giant bugs, and make friends with hairy eight-legged spiders in this collection of gardens nestled in the mountains of Monteverde. Observe caterpillars, take prize-worthy photos of the iridescent blue morpho butterfly, and check out the leaf-cutter ant colony. The nature centre is home to 30 species of butterfly, a whole bunch of insects, and more.

Monteverde Coffee Plantation Tour Monteverde 40USD

No trip to Costa Rica is complete without visiting a coffee plantation. Head to Café Monteverde and learn how this fair trade coffee goes from crop to cup. Pick ripe berries, watch how the beans are separated from the husk, then observe the drying and roasting process. Sample and buy some of these excellent beans. The Santa Elena coffee co-op prides itself on sustainable practices: it recycles processing water, uses coffee pulp for fertilizer, and sends plant fibers and husks to make paper.

Day 29 Monteverde/La Fortuna

Leave the cloud forest behind and travel down towards sea level and across Costa Rica's largest lake to the town of La Fortuna at the base of the Arenal Volcano. Once here, choose your activities; canyoning, white water rafting, hiking, caving, horseback riding, paddle boarding, kayaking, and visiting a wildlife refuge are just some of the fun options you could try.

Accommodation

Arenal Backpackers Resort (or similar) Hotel

Today's Activities

Shared Van Monteverde – Laguna de Arenal 1h30m

Climb aboard and make friends with your seatmate en route to the next stop.

Boat Laguna de Arenal 1h

Climb aboard and get your float on.

Shared Van Laguna de Arenal – La Fortuna 45m

Climb aboard and make friends with your seatmate en route to the next stop.

Free Time La Fortuna

Free time to enjoy the La Fortuna and Arenal area.

Optional Activities - Day 29

Ecotermales Hot Springs La Fortuna 49USD 3h-5h

Relax in the shadow of the Arenal Volcano immersed in one of the naturally heated pools at Ecotermales. Rejuvenate your muscles, detox your cells, and stimulate all your senses in nature's thermal spa. Breathe in the pure rainforest air and marvel at the mystic surroundings of these outdoor pools of paradise. Please note the price listed does not include the IVA Tax.

Costa Rica Adrenaline Bundle La Fortuna

CANYONING (Half-day Arenal)
Rappel, down-climb, river-trace, and descend huge waterfalls in the rugged mountains and lush rainforests around Costa Rica's Arenal Volcano.

ZIPLINING (Half-day Monteverde)
Get a true bird's-eye view of the rainforest canopy as you soar through the trees on a Tarzan swing, a giant rappel, and a 137-meter-high (450-foot) zipline.

Please note the prices listed does not include the IVA Tax.

Please note that passengers must weigh between 45-100kg (100 – 220 lbs) and be at least 130cm (4'3 ft) tall to participate in these activities.

La Fortuna Waterfall Swim La Fortuna 20USD

Take a walk or grab a taxi to just outside the town of La Fortuna to the nearby waterfall. Once at the gate, pay a fee then start the descent on rough steps (more than 500 of them!) to get to the base of the falls. The water cascades 65m (200 ft) down the side of the dormant Cerro Chato. Sit on the rocks, get sprayed, watch for iridescent blue morpho butterflies and then plunge into the cool waters. Transportation not included.

Day 30 La Fortuna

Partake in any of the activities you didn't get to try yesterday. From canyoning to rafting, the possibilities feel endless.

Accommodation

Arenal Backpackers Resort (or similar) Hotel

Optional Activities - Day 30

Mountain Biking La Fortuna 79USD 3h-5h 13-15km

Rent a bike and head off along one of the backroads outside of town. Take the road to San Ramon and turn right on the road toward the waterfall. Or take a guided cycling tour and pick one of three routes of varying difficulty. Please note the price listed does not include the IVA Tax.

Costa Rica Adrenaline Bundle La Fortuna

CANYONING (Half-day Arenal)
Rappel, down-climb, river-trace, and descend huge waterfalls in the rugged mountains and lush rainforests around Costa Rica's Arenal Volcano.

ZIPLINING (Half-day Monteverde)
Get a true bird's-eye view of the rainforest canopy as you soar through the trees on a Tarzan swing, a giant rappel, and a 137-meter-high (450-foot) zipline.

Please note the prices listed does not include the IVA Tax.

Please note that passengers must weigh between 45-100kg (100 – 220 lbs) and be at least 130cm (4'3 ft) tall to participate in these activities.

Birdwatching La Fortuna

Set out on a bird watching adventure with a local expert. Depending on the season, explore around Arenal Volcano and Lake, visit El Silencio Nature Reserve, or Finca Luna Nueva. The area around Arenal is home to more than 350 species of birds. Look for toucans, parrots, Montezuma Oropendolas, colourful tanagers, and parakeets.

Horseback Riding La Fortuna 59USD

Enjoy Fortuna's fantastic wilderness on one of two different horseback riding options. Ride around the base of Arenal volcano or take a scenic trip to La Fortuna waterfall, passing through Maleuku village with opportunities to take a dip in the emerald green pool. Spot toucans, bellbirds and parrots as you ride private mountain trails through primary and secondary forest. Meet monkeys, see sloths, and possibly hear the rumble of the volcano. Take photos, inhale the pure air and let your horse lead you on this memorable meander.

Lost Canyon Adventures Canyoning La Fortuna

Hold on tight and get ready to rappel down the face of rushing waterfalls. Fear and fun collide in the rainforest as you throw caution to the monkeys and launch yourself into nature. Get soaked and feel completely alive. Trek through rivers and keep your eyes peeled for exotic birds and wildlife. Let the action begin!

La Fortuna Waterfall Swim La Fortuna 20USD

Take a walk or grab a taxi to just outside the town of La Fortuna to the nearby waterfall. Once at the gate, pay a fee then start the descent on rough steps (more than 500 of them!) to get to the base of the falls. The water cascades 65m (200 ft) down the side of the dormant Cerro Chato. Sit on the rocks, get

sprayed, watch for iridescent blue morpho butterflies and then plunge into the cool waters. Transportation not included.

Caño Negro Wildlife Refuge Tour La Fortuna – Caño Negro 65-133USD

Travel north to Caño Negro Wildlife Refuge near the Nicaraguan border. Take a guided tour by covered boat through one of the world's most important wetlands; home to a vast array of plants, birds, reptiles, fish, and mammals. Keep your eyes peeled and you may see a three-toed sloth or a Jesus Christ lizard. Please note the price listed does not include the IVA Tax.

Day 31 La Fortuna/San José

Travel through the mountains to San José and spend a free night out in the capital. From beautiful parks to museums and theatres there's plenty to see.

Accommodation

Boutique Hotel Casa Las Orquideas (or similar) Hotel

Today's Activities

Local Bus La Fortuna – San José 3h-4h

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

Optional Activities - Day 31

Sarapiqui River Rafting Sarapiquí 99USD

Duck, dodge, and paddle your way down the Sarapiqui River on this class 3 rafting trip. We like to call this section of the river "The Jungle Run" - don't miss the monkeys, iguanas and other amazing Costa Rican wildlife while you fly down the rolling rapids. Try and keep up while your guide directs the rafts and calls out directions... "Paddle Hard!" "Right Paddle!" "Back Paddle!" "Get Down!".

Day 32

San José

Depart at any time.

Today's Activities

Departure Day

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

What's included

- Your G for Good Moment: San Antonio Women's Pottery Cooperative and Local Lunch, San Ignacio
- Your G for Good Moment: Caribbean Gastronomic Experience "El Manglar", Lívingston
- Your G for Good Moment: Posadas Mayas Homestay, San Juan La Laguna
- Your G for Good Moment: Breakfast at Café de las Sonrisas, Granada
- Your G for Good Moment: Puesta del Sol Community Guesthouse Stay, Isla de Ometepe
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Playa del Carmen
- Your Discover Moment: Caye Caulker
- Your Discover Moment: San Ignacio
- Your Discover Moment: Antigua Guatemala
- Your Discover Moment: Granada
- Your Discover Moment: Monteverde
- Your Discover Moment: La Fortuna
- Guided tour of Tikal
- Orientation walks in Antigua, León, and Granada
- Beach time in Caye Caulker and El Tunco
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Relax on laid-back beaches in Caye Caulker and El Tunco, Explore Mayan ruins of Copán and Tikal, Wander the local markets of colourful colonial Antigua, Make new friends at a local homestay in Guatemala, Visit seven different countries in one month

Itinerary Notes

Important note for Nicaragua: New regulations now require visas for certain nationalities, including Australian and New Zealand passport holders. Requirements can change at short notice, so all travelers should check with the nearest consulate or official sources before travel.

Please note this is a basic level trip, using a mix of multi-share accommodations like hostels and basic hotels, as well as public transportation throughout. We have an 18-30's version of this trip, please see here for more details.

What are the main highlights of this trip?

Relax on laid-back beaches in Caye Caulker and El Tunco, Explore Mayan ruins of Copán and Tikal, Wander the local markets of colourful colonial Antigua, Make new friends at a local homestay in Guatemala, Visit seven different countries in one month

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?

Important note for Nicaragua: New regulations now require visas for certain nationalities, including Australian and New Zealand passport holders. Requirements can change at short notice, so all travelers should check with the nearest consulate or official sources before travel.

Please note this is a basic level trip, using a mix of multi-share accommodations like hostels and basic hotels, as well as public transportation throughout. We have an 18-30's version of this trip, please see here for more details.

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

1. In the instance that you are a parent or guardian traveling with a minor under the age of 18 and you do not share the same gender as the minor child, you will accommodated together in a private room instead of the multi share option.

2.. Please note that this tour is a combination of several G Adventures tours. As such, your group CEO, fellow passengers, or vehicle may change between the individual tour sections.

3. As this trip crosses national borders, please be prepared to pay some border fees for certain countries ranging from $1 to $60 USD. Please check with your local embassy or consulate for up-to-date visa requirements, or see your travel agent.

QUINTANA ROO TOURIST TAX
Please note there may be a 983 MXN (approximately 56 USD) tourist tax at Cancún International Airport, however it is usually included in international tickets. Please verify with your airline if the departure tax is included in your airfare.

4. Please note the use of drones is banned in Nicaragua.

5. 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.

6. Important note for Nicaragua: New regulations now require visas for certain nationalities, including Australian and New Zealand passport holders. Requirements can change at short notice, so all travelers should check with the nearest consulate or official sources before travel.

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

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

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

Max 16, avg 14.

What meals are included in this trip?

2 breakfasts, 2 lunches, 3 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. The above information applies to G Adventures group trips. Please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

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

Is there an extra cost for travelling solo?

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

Where will we stay during the trip?

Simple hotels and hostels (26 nts, mostly multishare) home stay (3 nts).

What should I expect from the accommodations on this trip?

Accommodation will be varied throughout your adventure. Most nights on this tour will be multi-share. This may involve 4-6 group members sharing a room. The majority of accommodation will have shared bathroom facilities.

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

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.

Shuttles and buses from the Cancún airport are easy to find and reasonably priced. You can also take the public ADO bus that has departures every 30 minutes from the airport to Playa Del Carmen for approximately MX 176 ($10 USD).

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

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

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

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

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

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

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Operator (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

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

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS
G Adventures Office San Jose, Costa Rica
During Office hours (Weekdays 9am-5pm Local Time): +506 4001 8474
After hours emergency number: +51 997 582 712

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found here.

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0344 272 0000
Calls from Germany: 0800 365 1000
Calls from Australia: 1 300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What details should I be aware of when planning my departure day?

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 are the packing guidelines and luggage restrictions?

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 and handling your own luggage.

Please note Nicaragua restricts certain items. Articles such as drones, professional cameras, and other recording or electronic equipment may require special permits or customs may hold them upon arrival. Travelers should verify current regulations in advance to avoid issues at the border.

What should I pack for this trip?

Costa Rica Water Activities:

- Drybag (Will help keep cameras and essentials dry)
- Sport Sandals or Water Shoes (if you plan to do waterfall rappelling and/or rafting)

Documents:

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

Essentials:

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

Health & Safety:

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

Warm Weather:

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

Where can I do my laundry on this trip?

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

What 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

Belize : Travel declaration form
All non-Belize nationals entering Belize by air, land or sea must complete the iDeclare e-form 72 hours before arrival.
For more information and to complete the declaration, we kindly request that you visit the Belize Government Website page
here

Honduras:
Complete this form at least 2 days prior to crossing into Honduras. You will receive a confirmation in your email once it has been processed.

Important Notice for UK Travelers: Visa Requirements for Honduras:
Starting August 15, 2024, UK passport holders will need a visa to enter Honduras, this visa must be obtained in person in London, UK. Please check the visa application process and ensure you obtain your visa before departure. For more details, visit the UK Government's Travel Advice for Honduras.

Here is some information that will help you to fill out the form

Type of transport: Ground transportation
Immigration office: El Florido
Transport company: Prechequeo SLV
Travel date- (2nd day of the tour, depending on what date your tour starts)
Travel time- 12:00
Travel reason- Sightseeing
Destination address- Copan Brisas Hotel
Destination state- Copan
Destination city- Copan Ruinas

Important note for Nicaragua: New regulations now require visas for certain nationalities, including Australian and New Zealand passport holders. Requirements can change at short notice, so all travelers should check with the nearest consulate or official sources before travel.

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

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

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

The currency in Costa Rica is the Colon (CRC), in Honduras the Lempira (HNL), in Guatemala the Quetzal (QTQ), in Mexico is the Peso (MXN), in Belize the Dollar (BZD).

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

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

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

We do not recommend you bring travellers cheques, as it is very difficult to exchange them in each 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

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

Please also make sure you have access to at least an additional USD $200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Do I need to pay a departure tax?

Mexico exit tax by land: 983 MXN (~56 USD)
Departing Belize - $20USD
Entering Guatemala - 10 Quetzales ($1.25USD)
Entering Honduras by airport - $38USD
Costa Rica airport exit tax: $29USD

Border Fees must be paid in full at the time of entry and exit and are subject to change without prior notice.

What are the tipping guidelines for this trip?

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from $5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Tipping of your G Adventures Chief Experience Officer is very much appreciated. The amount is entirely a personal preference; however as a guideline $5- 7 USD per person, per day is our recommendation in the region. However, if you felt your CEO did an especially outstanding job, any additional amount will always be welcome.

What activities are optional on this trip?

Tulum

- Tulum Ruins Visit

Playa del Carmen

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

Akumal

- Akumal Beach Visit (20USD per person)

Caye Caulker

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

Xunantunich

- Xunantunich Visit (65USD per person)

Caves Branch

- Cave Tubing (95USD per person)

Caracol

- Caracol Ruins Tour (125USD per person)

Barton Creek

- Barton Creek Cave Canoeing (120USD per person)

San Ignacio

- Horseback Riding (80USD per person)

Actun Tunichil Muknal

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

Antigua Guatemala

- Salsa Lesson (10USD per person)
- Finca Valhalla Visit (5-10USD per person)
- Massage (30-60USD per person)
- Elizabeth Bell Walking Tour (25USD per person)
- Cycling (30-50USD per person)
- ChocoMuseo Tour and Workshop (24USD per person)
- Acatenango Volcano Climb (145USD per person)
- Finca Filidelfia Coffee Tour (25USD per person)

Escuintla

- Pacaya Volcano Hike (75USD per person)

Panajachel

- Massage

Lago de Atitlán

- Kayaking
- Swimming

San Juan La Laguna

- Shopping

Copán

- Luna Jaguar Hot Springs Visit (50USD per person)
- Entrance - Copan Ruins (25USD per person)

Playa El Tunco

- Surfing Lesson (60USD per person)

Granada

- Masaya Volcano Day Excursion (40USD per person)
- Mi Museo Cultural Museum (5USD per person)
- Hiking
- Laguna de Apoyo Visit (35USD per person)

Masaya

- Market Exploration

Isla de Ometepe

- Swimming (Free)
- Hike Concepcíon Volcano (45USD per person)
- Ometepe Island Cultural and Pre-Columbian Petroglyphs Tour (45USD per person)
- Ojo de Agua (Swimming Hole) (10-15USD per person)

Monteverde

- Santa Elena Cloud Forest Visit (35-50USD per person)
- Monteverde Horseback Riding (55USD per person)
- Sky Walk (55USD per person)
- Ziplining
- Monteverde Butterfly Garden Visit (21USD per person)
- Monteverde Coffee Plantation Tour (40USD per person)

La Fortuna

- Costa Rica Adrenaline Bundle
- Ecotermales Hot Springs (49USD per person)
- La Fortuna Waterfall Swim (20USD per person)
- Mountain Biking (79USD per person)
- Birdwatching
- Horseback Riding (59USD per person)
- Lost Canyon Adventures Canyoning
- Caño Negro Wildlife Refuge Tour (65-133USD per person)

Sarapiquí

- Sarapiqui River Rafting (99USD 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.

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewelery 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.

Are there any specific safety considerations for this itinerary?

Like any city where tourism is on the increase, crime also tends to increase and while San José is not a noticeably dangerous city, there are certain precautions you should take. Make sure that you are aware of your things at all times and don't go out carrying expensive gear or jewelry.

What are the mandatory group rules regarding laws and behaviour?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

What are the mandatory travel insurance requirements for this 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.

Trip Specific Responsible Travel

On this tour you may have the opportunity to visit the following G Adventures for Good projects:

OPEN WINDOWS FOUNDATION
Open Windows is a non-profit organization that provides educational opportunities for children in the community of San Miguel Dueñas. Programs offered by Open Windows are free and have supported over1,500 children in the areas of literacy, computer skills, tutoring and art with priority given to those who have greater financial need. A scholarship program is offered to children who show great interest in learning and strong dedication to studying and for those in need of medical support, a health clinic is open free to the community twice each month.

Although the town of San Miguel Duenas is situated just twenty minutes from the wealthy tourist center of Antigua, it does not benefit from its proximity. It has a substantially lower standard of living (the average monthly income is less than $80, and many homes do not have running water or electricity) and level of education. The need to improve education is huge. In Guatemala the literacy level is only 71%, the average child completes only five and a half years of school, more than half fail 1st grade, and only 1% of the population reads for pleasure.

San Miguel Duenas is an agricultural town of 12,000 people, of which 4,000 are school-aged children and yet only 2,000 attend school. The rest do not go for various financial and cultural reasons. Instead of attending school many children must help provide for their families by picking coffee. This has resulted in an exceptionally low literacy rate in this community.

There are NO other libraries or computer centers in San Miguel Dueñas (not even the four local schools have either of these facilities). Open Windows, therefore, aims to improve the living conditions of the economically deprived children from in and around the town, by providing access to important educational resources through its services which the community has come to depend on.

How You Can Help
Each year we work with the staff of Open Windows to identify the needs of the project. G Adventures pays all administration costs so that 100% of each donation goes to the projects we support. It costs $500 USD to send one child to school for one year. This provides enough funds to cover the cost of the child's uniform, school fees, books and school supplies. Highschool is six years in duration which means that by raising just $3,000 USD we can help one child further their education giving them the confidence and ability to access better jobs and create a brighter future.

While our goal is to raise funds to support the Open Windows Scholarship program, travellers can also help make a difference by visiting the Open Windows project while on your G Adventures tour and donating the following items:
• School supplies (i.e. pens, pencils, notebooks)
• Art supplies (i.e. yarn, crochete hooks, paint)
• Children's clothes (i.e. T-shirts)
• Running shoes (new and used)
• Mouse pads and earphones to be used with the computers
• Toys to be used for the reading points program
• Over the counter medicine to be used in the health clinic (i.e. Tylenol, cough medicine etc.)

It is possible to visit this project on most tours that pass through Antigua, Guatemala. To arrange a visit please speak to your G Adventures CEO who can arrange this for you.

CORNERSTONE FOUNDATION

The Cornerstone Foundation is a registered non-profit humanitarian service organization that offers a variety of valuable programs to people in need in the small town of San Ignacio, Belize.

The programs offered through the Cornerstone Foundation have constantly been evolving and are based on specific needs within the community.

Relief & Aid

Through this program seniors, the ill and disabled are supported by a weekly food program whereby food such as rice, beans and meat when available are delivered to their homes. Children whose families cannot afford to provide them with food at lunch are able to participate in Cornerstones' basic but nutritious lunch feeding program.

HIV/AIDS Education

HIV infection in Belize is the highest in Central America. This program collaborates closely with other local efforts to raise community awareness of high-risk behaviors, provides support for those who are living with AIDS, and conducts activities to change attitudes and reduce stigmatization.

Women's Issues

Supporting the move of local women towards greater independence and self-sufficiency is the focus of this program. Self-esteem building, ending domestic violence, training peer counselors, and teaching job skills are part of this program.

Disabilities

This program serves individuals, families, caregivers, teachers and others, helping to meet the physical, social, emotional, and material needs of the disabled. Belize has minimal information about special needs, limited physical therapy, nearly no equipment, and few professionals trained to work with learning and other disabilities.

Literacy

Although English is the country's official language, most Belizeans grow up speaking local indigenous languages instead. Cornerstone's Literacy and English Second Language (ESL) classes are offered to children, adults, developmentally disabled students which improves their ability to participate more fully in Belizean society and the economy.

How You Can Help

Each year we work with the staff of Cornerstone to identify the needs of their programs. In the past we have supported Cornerstone's Literacy and Disabilities programs and with your support we can help with continued annual donations through the Planeterra Foundation. G Adventures pays all administration costs so that 100% of each donation goes to the projects we support.

It is possible to visit the Cornerstone project office on some tours that pass through San Ignacio, Belize. To arrange a visit please speak to your G Adventures CEO.

For more information about these projects and/or to make a donation please visit our website at www.planeterra.org or contact us at info@planeterra.org

How can I share feedback about my trip experience?

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

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

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

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

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

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

Are international flights included in this trip?

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

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

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

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

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

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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