



## BELIZE FAMILY JOURNEY: RAINFORESTS, BEACHES & ANCIENT CAVES

8 days, Belize City to Belize City

Trip code CBBNF

## WHAT'S INCLUDED

- Your G for Good Moment: San Antonio Women's Cooperative visit with Pottery Class & Local Lunch, San Ignacio
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Belize City
- Your Family Journeys Moment: Tortilla-Making Lesson, San Ignacio
- Your Family Journeys Moment: Jungle Safari After Dark, Caves Branch
- Your Family Journeys Moment: Sandcastle Building Experience, Placencia
- Arrival transfer
- River cave expedition
- Xunantunich ruins guided excursion
- Night walk with a naturalist
- Guided nature walk in Cockscomb wildlife sanctuary
- Full-day snorkeling and boating experience in Placencia
- 2 shuttle transfers to the airport on departure day
- All tips included for activities and meals, except for Expedition Leaders and portering
- 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 July 21st, 2023 and onwards

# ITINERARY

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## Itinerary Notes

Prices are based on double occupancy; all other room configurations are on request and cannot be guaranteed. We will accommodate triples/quads whenever possible. Please call for further details. Family Journeys are designed for groups traveling with children between the ages of 7 and 17. Your group must include a child in order to book, and anyone under the age of 18 must be accompanied by an adult.

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

Day 1

## BELIZE CITY/CAVES BRANCH

Welcome to Belize City—your arrival transfer to the hotel is included. Check in and get excited to meet your fellow travelers during a welcome meeting this evening where all families can bond before the Journey ahead.

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### Meals included

Dinner

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### ACCOMMODATION

Sleeping Giant (or similar) Hotel

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### TODAY'S ACTIVITIES

#### ACTIVITY

Your opportunity to meet your Expedition Leader and fellow travellers, and learn more about your tour. 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 on the morning of day two.

Day 2

## CAVES BRANCH

Dive into the day with a fun, challenging and informative river cave expedition. Begin with a drive to Nohoch Che'en National Park and hike to the starting point of the cave system. As you walk, listen to your guide talk about the plants, trees and wildlife of the surrounding area. At the starting point, take turns jumping from rocks into the water. Then, you and your family will board inner tubes and enter the first part of the cave via small rapids.

Once inside, you'll switch between tubing and swimming underground. During the expedition, learn about ancient Maya ceremonial centers dating back to AD 400. While you float through this underground cathedral, turn your headlamp lights off and listen as your guide narrates the history of the caves and their importance in the Maya world. After exiting the caves, enjoy a riverside picnic for lunch as you soak up the joy of being back in the sun. The rest of the afternoon will be at your leisure. You can swim in the pool or sit in the hot tub before a group dinner, where everyone can swap stories about the day.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Sleeping Giant (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle **Caves Branch** 30m

Settle in and scan the scenery from the convenience of a private vehicle from the lodge to the drop off point for the cave tubing.

Family Cave Tubing **Caves Branch** 4h

Hop on your innertube and spend time floating through the cave, search for bats and scorpion spiders, marvel at the stalagmites and stalactites, and learn about how the Mayans used the caves for rituals. After being in the dark you'll enjoy time to soak up the sun and can opt to jump in the river for a cool down.

Private Vehicle **Caves Branch** 30m

Settle in and scan the scenery from the convenience of a private vehicle on the way back to the lodge from the end point of cave tubing.

Day 3

## CAVES BRANCH

This morning, set out on a full-day excursion to tour the stunning Maya ruins of Xunantunich, which were built over 1,000 years ago on a hilltop above the Mopan River, Cayo District and neighboring Guatemalan countryside. Along with a local guide, you'll climb the steps of El Castillo and marvel at the panoramic views of the jungle from the site's tallest structure. Wander amid well-preserved temples, palaces and intricately carved stelae.

In the afternoon, travel to the village of San Antonio to visit the San Antonio Women's Cooperative, which was founded as a way for underprivileged women to earn income, learn new skills and share centuries-old Maya techniques and knowledge. Get your hands dirty as you visit the cooperative's pottery workshop, where you'll attempt to throw clay utilizing traditional methods of making pots. Then, learn how to prepare corn tortillas using ancient Maya practices. Enjoy the results of the group's efforts with a cup of atole, a local corn drink. Afterwards, sit down with these inspiring women for a sampling of traditional foods of the Cayo region. Travel back to the lodge and enjoy dinner and an evening exploring the grounds on your own.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Sleeping Giant (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle Caves Branch - Xunantunich 1h30m 80km

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

Xunantunich Visit Xunantunich 1h30m-2h 11km

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

Private Vehicle Xunantunich - San Ignacio 1h 30km

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

#### 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. Try your own hand at these ancient techniques during a pottery class. Afterward, enjoy lunch together with these inspiring women and sample traditional foods of the Cayo region.

#### ACTIVITY

After lunch, drop by the San Antonio Women's Cooperative for a tortilla-making lesson and demonstration. Corn tortillas are a staple of Belizean cuisine, and the fresher they are the better. Help grind wet corn kernels on an ancient stone that's been passed down through generations to the special ladies who work here. Then try your own hand at making perfectly round tortillas, which is harder than you may think. Enjoy the results of the group with a cup of atole, a local corn drink.

Private Vehicle

San Ignacio - Caves Branch

1h30m

75km

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

Day 4

## CAVES BRANCH

Enjoy a day on your own, taking advantage of optional activities in the area or relaxing by the pool at the lodge. You can opt to visit the Baboon Sanctuary, cofounded by National Geographic Grantee Dr. Robert Horwich, where you'll learn about their aim to preserve the thick forested habitat for a large population of howler monkeys. Lunch and dinner will be served back at the lodge. After dark, set out on a jungle safari walk with local bushmen as your guides. Creep through the darkness and try to spot elusive nocturnal animals, including howler monkeys, wild boars and even big cats! You'll also learn about interesting plants that grow in the surrounding jungle.

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### Meals included

Breakfast | Lunch | Dinner

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### ACCOMMODATION

Sleeping Giant (or similar) **Hotel**

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### TODAY'S ACTIVITIES

Free Time

**Caves Branch**

Spend a full free day enjoying optional activities in the area. Choose to relax by the pool at the lodge, visit a baboon sanctuary, or set out on a hike in the beautiful surroundings.

#### ACTIVITY

Tonight's adventure begins in the early evening with local bushmen as guides. Walk through the wildness of the jungle in search of the many elusive nocturnal animals that live in this area of thick forest. As you walk, the guides will teach you about the animals you're seeking such as the howler monkey, wild boar, and even big cats! As the darkness settles around you keep your eyes ready to spot an elusive jaguar and learn about the interesting plants that call the jungle their home.



## Optional Activities - Day 4

Community Baboon Sanctuary

Burrell Boom

Take a guided tour through the majestic rainforest, or hike on your own, to see the Black Howler Monkey firsthand and learn about traditional rainforest medicine.

Day 5

## CAVES BRANCH/PLACENCIA

Depart Caves Branch area and travel to Placencia. Along the way, enjoy a visit to Cockscomb Wildlife Sanctuary. Located in southern Belize, this unique sanctuary covers an area of 150 square miles (241 km) of tropical rainforest and is the world's only jaguar preserve. Explore the trails of tropical, moist rainforest lying in the shadows of the Maya Mountains. Keep your eyes open for birds, amphibians, crocodiles—and maybe you'll even spot a jaguar!

Arrive at Placencia in the afternoon and enjoy time to relax by the hotel pool or walk along the beach. Dinner this evening will be on your own. You can pick one of the many restaurants nearby or ask your guides for a recommendation for some delicious food to enjoy in the soothing coastal atmosphere.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Mariposa Beach Resort (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle

Caves Branch - Cockscomb Wildlife Sanctuary

1h30m

100km

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

Cockscomb Wildlife Sanctuary Naturalist Guided Walk

Cockscomb Wildlife Sanctuary

1h30m

Visit this unique sanctuary in south Belize and walk through the world's only Jaguar Preserve with your naturalist guide. Officially named a preserve in 1986, the park is the culmination of many, many years of hard work by national and international organizations. Spend half the day exploring the trails through the Jaguar Preserve in the Cockscomb Basin. Absorb your surroundings in the tropical forest lying in the shadows of the Maya Mountains. Think waterfalls, rivers, wildlife, and plant life galore in a place dedicated to protecting the natural beauty of its environment.

Free Time

Placencia

Choose to play by the hotel pool or take a family stroll along the smooth sand beach.

Private Vehicle

Cockscomb Basin - Placencia

59km

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

Day 6

## PLACENCIA

See what life is all about under the sea on a full-day boat and snorkeling excursion. Make multiple stops to swim in the tranquil, tropical waters and come face-to-face with sea turtles, manta rays, parrotfish and nurse sharks—to name a few of the fascinating creatures that call this area home. Perhaps spot a manatee or 2 among the vibrant coral formations. Lunch will be served, then you'll have time to relax or explore the island before a second snorkel session to look around the coral reef. How many species will you spot?

After spending the day under the sea, you'll catch a boat back to shore. The remainder of the afternoon and evening will be yours to do with as you please. Choose to swim in the hotel's pool or search for seashells on a walk along the beach.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Mariposa Beach Resort (or similar) Hotel



### TODAY'S ACTIVITIES

Free Time Placencia

Enjoy more free time at your accommodations in Placencia. Swim in the pool and create some games with your fellow traveling families or hit the beach for some sunbathing.

Placencia Snorkeling & Boat Trip Placencia

Hop on board for a full-day boating excursion to experience life under the sea. Swim in the calm, warm waters and peek under the surface with your snorkelling gear in search of manta rays, nurse sharks, and other types of tropical fish. Enjoy a fresh cooked lunch and time to relax by the water before a second snorkel session and an exciting ride back to shore. Learn more about the ecosystem the coral reef thrives in and admire the beauty of Belize from the water, offering a different perspective.

Day 7

## PLACENCIA

Following breakfast, head to the beach and get ready for a sandcastle building experience. Pair off into teams and build the best sand creation you can imagine using sand, rocks, shells and fallen leaves from the trees by the water. Design moats, tunnels and bridges as you work against the tide to finish your sand masterpiece. After the judging of the castles—even though it's not a competition—you will have the afternoon to yourself to enjoy the resort grounds. Go for a walk in the nearby jungle, swim in the ocean or make a splash in the pool. This evening, gather together with your fellow Travelers for a farewell dinner at a local restaurant and celebrate the amazing adventures you shared.

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### Meals included

Breakfast | Dinner

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### ACCOMMODATION

Mariposa Beach Resort (or similar) Hotel

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### TODAY'S ACTIVITIES

#### ACTIVITY

Grab your family and head to the beach for a morning sandcastle building activity. Work together and create a masterpiece of sand as the waves wash up against the shore behind you. Use sand, rocks, shells, and fallen leaves from the trees by the water to design moats, dig tunnels, pack down bridges, and work against the changing tide to finish a sturdy fortress. When you're finished, take a photo next to your sandcastle and watch as the water reclaims her land.

Free Time

Placencia

Spend time soaking up the laid back vibes and smells the sea breeze during free time. Walk in the nearby jungle, swim in the ocean, or start a cannonball competition into the pool. By now you and the other families on tour will be fast friends and there's nothing like some fun competition to round out your experience in Belize.

Depart for Belize City via pre-arranged shuttles that will take you directly to the airport to catch your flight home. Flights should depart no earlier than 1:00 PM.

Please do not book onward travel before 1pm.



## Meals included

Breakfast



## TODAY'S ACTIVITIES

Departure Day

Depart for Belize City.

## What's included

- Your G for Good Moment: San Antonio Women's Cooperative visit with Pottery Class & Local Lunch, San Ignacio
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Belize City
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- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Channel your inner adventurer as you climb hike and tube your way through a spectacular ancient cave, Test your culinary skills and learn how to prepare corn tortillas using ancient Maya techniques, Be on the lookout for some of the local wildlife including jaguars parrots black howler monkeys and toucans at the famed Cockscomb Wildlife Sanctuary where you'll learn about their incredible conservation efforts, Set out on a snorkeling expedition keeping your eyes peeled for turtles barracuda and colorful shoals of fish.

## Itinerary Notes

Prices are based on double occupancy; all other room configurations are on request and cannot be guaranteed. We will accommodate triples/quads whenever possible. Please call for further details.

Family Journeys are designed for groups traveling with children between the ages of 7 and 17. Your group must include a child in order to book, and anyone under the age of 18 must be accompanied by an adult.

## What are the main highlights of this trip?

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

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

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

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

## **Are there Itinerary notes?**

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

All parents/guardians are required to supervise their children at all times throughout the tour and may not leave their child under the supervision of the Expedition Leader, local guides, drivers, etc. Children are not to be left unattended.

Please note that on all Family Adventures one adult can only accompany up to two minors. If you have over two minors planning on travelling then a second adult will be required to attend.

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

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

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

Max 20.

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

7 breakfasts, 5 lunches, 5 dinners

## **What are the meals like on this trip?**

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

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

Private vehicle, private bus, walking.

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

Hotels (7nts)

## **Will I get my own room?**

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

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

Rooming is based on double occupancy (2 passengers / 2 beds per room); all other room configurations are on request and cannot be guaranteed. We will try to accommodate triples/quad requests whenever possible and it's important to note that rooming configuration can change from city to city and 2 single beds are the standard configuration in a room.

Please remember that hotel/lodge standards can be different from what you are used to in your home country, which is part of the appeal of adventure travel.

Please note that hotels vary greatly throughout Central America and even within Belize depending on the location. We do our best to pick comfortable accommodations, but in remote places, options can be limited. It also is important to remember that hot water shortages and power outages can be fairly common in Belize (even in upgraded hotels). We appreciate your patience and understanding that these occurrences are outside of our control.

## What are the joining instructions?

An arrival transfer is included when you arrive on Day 1. Your arrival transfer will pick you up from Belize City Airport and take you to your starting accommodation in the Caves Branch area.

If you are arriving earlier than Day 1, you will need to make your own way back to Belize City Airport to take your included transfer to your starting accommodation in the Caves Branch area. Please contact us in advance if this is the case.

Our driver will be waiting for you with a National Geographic Journeys sign, and they will be waiting for you outside the luggage hall. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

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

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your Expedition Leader. 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 Expedition Leader 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 Expedition Leader will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## What happens if I experience problems when arriving?

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

## Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local 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. Included arrival transfers are provided from the nearest airport to your starting location. 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 information should I be aware of as the itinerary draws to a close?

Please book any departing flights no earlier than 1pm to ensure you will have ample time to transfer to the airport.

This trip finishes in Placencia, which is located three hours from Belize city. On your final day of tour there will be two included departure transfer shuttles to the airport in Belize City from your final night hotel in Placencia.

## Are there any additional packing suggestions I should consider?

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.

# What should be on my packing list?

## 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:

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

## Health & Safety:

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

**Smart Dress:**

- Smart outfit (For evenings out)

**Warm Weather:**

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

## When can I do my laundry on this trip?

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

## What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

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

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](#)

## 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?

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 as backup is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

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

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

## How much emergency money should I bring on this trip?

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

## Do I need to pay a departure tax?

Airport tax - USD39

Departure fee when leaving Belize by land - BZ 40 or USD 20

## Should I be tipping on my trip?

Local tipping is included on this Family trip which covers local guides, drivers and gratuity for included meals. At the end of your trip if you felt your two National Geographic Expedition Leaders did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline \$8-10 USD per person, per day is our recommendation in the region. However, if you felt your Expedition Leader did an especially outstanding job, any additional amount will always be welcome.

It is customary in Latin America to tip service providers such as waiters at approximately 10%, depending on the service. Ask your Expedition Leader for specific recommendations based on the circumstances and culture.

## What activities are optional on this trip?

### Burrell Boom

- Community Baboon Sanctuary

## **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 Expedition Leader they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your Expedition Leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your Expedition Leader will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your Expedition Leader will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

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

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

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

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

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

## What rules should I know before joining this trip?

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

## Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your Expedition Leader, 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

Please make sure to ask for permission while photographing local people!

## What is Planeterra?

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

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

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

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

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

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

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

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

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

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

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

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

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

Minimum age of 7 years for this trip.

## Are international flights included in this trip?

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

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

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

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

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

## Dossier Disclaimer

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.