



## **Solo-ish Belize**

7 days, Belize City to Caye Caulker

Trip code CBBS

## What's included

- Your G for Good Moment: San Antonio Women's Pottery Cooperative and Local Lunch, San Ignacio
- Your G for Good Moment: Belize Bike with Purpose Tour, Caye Caulker
- Your Welcome Moment: Meet Your CEO and Group
- Dinner Party: Authentic Flavours of Belize, San Ignacio
- We Day: The Wonders of Inland Belize, San Ignacio
- G Day: Actun Tunichil Muknal Cave Day, Actun Tunichil Muknal
- Me Day: Caye Caulker Me Day, Caye Caulker
- Complimentary Arrival transfer
- Free time in Caye Caulker
- All transport between destinations and to/from included activities

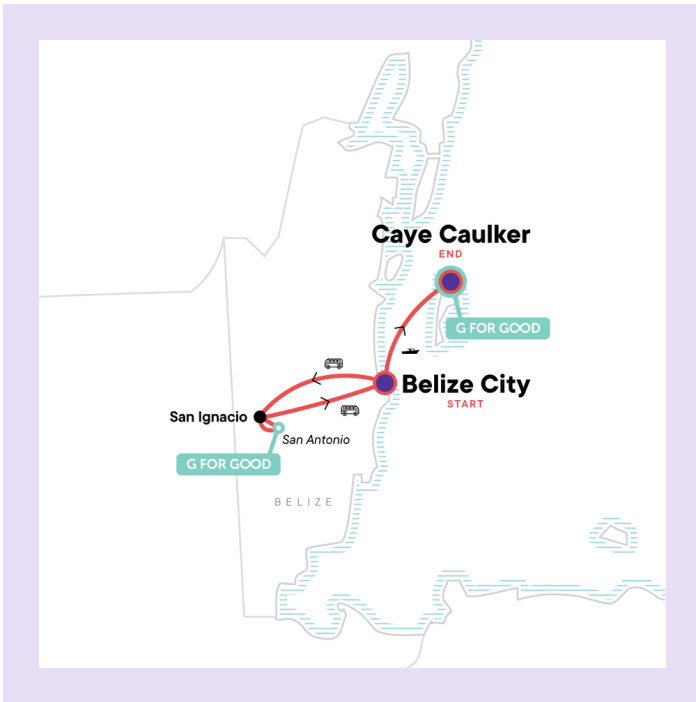
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one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

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

**VALIDITY:** Valid for all trips departing October 16th, 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.

Day 1

## Dinner Party: San Ignacio

Welcome to Belize! Catch your included arrival transfer to the start hotel in San Ignacio and take some time to freshen up and get settled. After a welcome briefing with your CEO, you and your new Solo-ish mates will attend a hands-on, cooking experience featuring Belizean cuisine staples, and learn from a skilled local chef at his intimate kitchen. Then, sit down to enjoy your three-course meal. As you share stories around the table with your host, you'll witness how food has the power to bring strangers together.

Please note that your included transfer shuttle will be leaving the airport at two designated times, 12pm and 2pm. Because of this we advise all travellers to book flights arriving into Belize City airport no later than 1pm. This ensures travellers will have enough time to make the latest group shuttle to San Ignacio.



### Meals included

Dinner



### Accommodation

The Log Cab-Inn (or similar)

Hotel



### Today's Activities

Arrival Transfer

Belize International Airport - San Ignacio

2h-2h30m

You will be met at the airport and transferred to the hotel in San Ignacio to start your adventure.

\*Please note there will be two transfer shuttle times offered on Day 1. For the later transfer, flights should arrive by 14:00.

#### ACTIVITY

Your opportunity to meet your CEO 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.

## ACTIVITY

Food is a universal language, and there's no better way to get to know a new friend, or a new community, than by breaking bread together and digging in to a delicious meal. Gather round together with a local chef at a small kitchen in San Ignacio and work with seasonal ingredients to prepare a three-course Belizean feast. Along the way you will learn more about the fundamentals of traditional Belizean cooking techniques. Step-by-step, you will learn together before sitting down around the table in your host's home to enjoy the fruits of your labour as you laugh and share stories about one another. You'll be surprised by how early on the connection can feel effortless.

Start the adventure this morning with a visit to the Mayan ruins of Xunantunich, which were built over 1,000 years ago on a hilltop above the Mopan River, Cayo District, and the 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. 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. Spend time in the pottery workshop and gain some insight into the tradition of throwing pots. Afterwards, learn how to make tortillas which are a true staple of the country's cuisine and see for yourself how hard it can be to make them perfectly round. Later, attend a chocolate tasting experience and learn more about the cultural history of this tasty sweet.



### Meals included

Breakfast | Lunch



### Accommodation

The Log Cab-Inn (or similar)

Hotel



### Today's Activities

Private Vehicle

San Ignacio - Xunantunich

30m

11km

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

ACTIVITY

With your incredible CEO at the helm, get to know the local community and your Solo-ish travel mates on a day packed full of interesting and engaging adventures. Begin with a 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. Discover why Xunantunich is Belize's most visited site with intricately carved stellae, 25 temples, and well-preserved palaces. Then head onwards to the San Antonio Women's Cooperative for a pottery-making demonstration and a tortilla-making lesson before sitting down to have lunch together with a cup of atole, a local corn drink. Finally cap off this epic day with a chocolate tasting experience and try Ajaw Chocolate drinks flavoured with locally prepared spices and learn more about how the Ancient Maya related to this tasty sweet treat.

Private Vehicle

Xunantunich - San Antonio

1h

28km

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. Afterward, enjoy lunch together with these inspiring and unforgettable women, sampling traditional foods of the Cayo region.

Private Vehicle

San Antonio - San Ignacio

30m

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

Day 3

## G Day: Actun Tunichil Muknal Cave

Get ready for what G does best and enjoy a day of must-see sites and adventurous activities in Belize with a surprise G twist occurring somewhere along the way. Transfer from the hotel in San Ignacio to the Actun Tunichil Muknal cave and take advantage of this opportunity to see up to 1400 artifacts, including pottery, tools and vessels used by the Maya for a thousand years. Hike to the cave entrance and wade/swim through the deep pools and explore this underground world. The experience includes lunch and loads of interesting information about the Maya's relation to this cave. Stay alert and on the lookout, because who knows where you just might end up to cap off G Day.

Please Note, the Actun Tunichil Muknal Cave activity involves a 1.5 hr hike, wading/swimming in waist-deep water, climbing over rocks, and moving through tight spaces. A good level of mobility is recommended. If you have health concerns or recent injuries, please inform your CEO in advance.



### Meals included

Breakfast | Lunch



### Accommodation

The Log Cab-Inn (or similar)

Hotel



### Today's Activities

Private Vehicle

San Ignacio - Actun Tunichil Muknal

1h

42km

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

#### ACTIVITY

With your Solo-ish travel mates and CEO, explore some of the world's coolest activities alongside new friends. It's not just an epic day of fun, its chock full of incredible experiences and a surprise G element along the way to take your day to an 11. 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. The Maya first discovered the cave between 300 and 600 AD, and you'll learn how critical this place has been as an ancient spiritual site for one of the most prominent cultures in Mesoamerican history.

Note: This activity involves a 1.5 hr hike, wading/swimming in waist-deep water, climbing over rocks, and moving through tight spaces. A good level of mobility is recommended. If you have health concerns or recent injuries, please inform your CEO in advance.

Private Vehicle

Actun Tunichil Muknal – San Ignacio

1h

42km

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

Day 4

## San Ignacio/Caye Caulker

After three days in the San Ignacio area of Belize, it's time for the next leg of this Solo-ish adventure. Transfer by private vehicle back to Belize City and board a water taxi to Caye Caulker, where "go slow" is the island's motto and you'll have plenty of time to relax in this paradise settings along white-sand beaches and warm coastal waters. Truly the best vibe for someone who might be ready for some alone time in the sun.



### Meals included

Breakfast



### Accommodation

Hotel Tropical Paradise (or similar)

Hotel



### Today's Activities

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.

Private Vehicle

San Ignacio - Belize City

4h-5h

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

Free Time

Caye Caulker

Take advantage of some free time and enjoy the paradise of Caye Caulker. Chill out Belizean style, read a book, swim in the ocean, or walk the beach.



## Optional Activities - Day 4

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 5

## Caye Caulker

Awake on this breezy island paradise and have some breakfast at the hotel before spending time enjoying the hotel amenities and the beach setting on your own or with your fellow travellers.

Afterwards, head out to explore this area on a leisurely bike tour with a local guide from the G Adventures-supported Bike with Purpose project. You'll really get to know the laid-back Caye Caulker village and come to appreciate how small, but diverse this community of local residents and expats is.

Caye Caulker is a long thin limestone caye off the coast of Belize. Fewer than 2,000 people live here full-time – an eclectic mix of Mestizo, Maya, Garifuna, Creole, and Mennonites, along with a few hippies and retirees. The main street is a sandy pathway and people get around on foot, by bike or golf cart. Apart from eating some sensational seafood (lobster is a local specialty), the main activity is snorkelling and boating along the nearby Belize Barrier Reef.



### Meals included

Breakfast



### Accommodation

Hotel Tropical Paradise (or similar)

Hotel



### Today's Activities

Free Time

Caye Caulker

Enjoy a morning of relaxation or try optional activities like snorkelling, sea kayaking, or sunset sailing. Your CEO has more ideas if you need them. Just ask!

#### ACTIVITY

Take a leisurely bike tour around Caye Caulker with a guide from the G Adventures for Good supported Bike with Purpose project. See the island through the eyes of a local on this two-hour tour, and live the island's motto of 'Go Slow'. Feel the island breeze in you hair while knowing you're supporting a program that helps youth from Caye Caulker build skills for tourism jobs upon graduation from high school.



### Optional Activities - Day 5

## 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

## Me Day: Caye Caulker

It's time for a day that belongs to you! After a few immersive days, on Caye Caulker the area might be feeling familiar and you're likely ready to take the charge of your own day here. Choose to pre-book the Hol Chan Marine reserve day tour and head out to see some fascinating wildlife or stick with your incredible CEO for a walk and exploration of the split, or perhaps keep relaxing on the white-sand beaches. You can decide to be as alone or social as you choose for the best of both worlds!



### Meals included

Breakfast



### Accommodation

Hotel Tropical Paradise (or similar)

Hotel



### Today's Activities

ACTIVITY

Traveling solo alongside your new Solo-ish travel mates means there's always something fun to do and new friends to explore with. But the joy of travel can also be about taking time to yourself to recharge, refresh and reflect on the journey. Today, choose to join your CEO for an incredible activity, or take the time to yourself to enjoy your own company in one of the most incredible places on our planet.



### Optional Activities - Day 6

Hol Chan Marine Reserve Day Tour

Caye Caulker

6h-7h

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

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

Day 7

## Caye Caulker

Depart at any time.

This trip finishes on Caye Caulker, which is located 1 hr by water taxi from Belize City (an additional 30 min by taxi to the airport). There are frequent ferry departures between 7:30am and 5pm. You can purchase your return ferry ticket easily once you get to Caye Caulker.

If flying out of Belize City today, please ensure to book your departure flight after 11:30am to allow for enough time to reach the airport.



### Meals included

Breakfast



### 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: Belize Bike with Purpose Tour, Caye Caulker
- Your Welcome Moment: Meet Your CEO and Group

- Dinner Party: Authentic Flavours of Belize, San Ignacio
- We Day: The Wonders of Inland Belize, San Ignacio
- G Day: Actun Tunichil Muknal Cave Day, Actun Tunichil Muknal
- Me Day: Caye Caulker Me Day, Caye Caulker
- Complimentary Arrival transfer
- Free time in Caye Caulker
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Savour delicious Belizean cuisine in San Ignacio, Hike through lush subtropical forests to remarkable limestone caves and float through the waters of Actun Tunichil Muknal, Choose to relax on the beaches of Caye Caulker or visit the Hol Chan Marine Reserve for some snorkelling, Ride bikes with locals to explore the island and learn about the area through this G Adventures-supported initiative

## What are the main highlights of this trip?

Savour delicious Belizean cuisine in San Ignacio, Hike through lush subtropical forests to remarkable limestone caves and float through the waters of Actun Tunichil Muknal, Choose to relax on the beaches of Caye Caulker or visit the Hol Chan Marine Reserve for some snorkelling, Ride bikes with locals to explore the island and learn about the area through this G Adventures-supported initiative

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

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

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

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

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

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

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

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

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

Max 16, avg 12.

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

6 breakfasts, 2 lunches, 1 dinner

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

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

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

Private vehicle, water 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?**

Hotels (6 nts) on a twinshare basis. If you are interested in purchasing your own room, please see below for the My Own Room option.

## **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 are the joining instructions?**

Welcome to Belize! Catch your included arrival transfer to the start hotel in San Ignacio. The included arrival shuttle transfers are scheduled to depart at either 12:00pm or 14:00pm only.

Our driver will be waiting for you with a G Adventures sign, and they will be waiting for you outside the arrivals halls. If for any reason you are not met at the airport, please call our local support line.

During your Welcome Meeting, you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run.

After a welcome briefing with your CEO, you and your new Solo-ish mates will attend a hands-on, cooking experience featuring Belizean cuisine staples.

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

## **What happens if I experience problems when arriving?**

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

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

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local 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.

### 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?

This trip finishes on Caye Caulker, which is located 1 hr by water taxi from Belize City (an additional 30 min by taxi to the airport). There are frequent ferry departures between 7:30am and 5pm. You can purchase your return ferry ticket easily once you get to Caye Caulker.

If flying out of Belize City today, please ensure to book your departure flight after 11:30am to allow for enough time to reach the airport.

## 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.)

### **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?

The currency used on this trip will be the Belize 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 with travellers cheques 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!

## Should I be tipping on my trip?

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

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

## What activities are optional on this trip?

### Caye Caulker

- Sunset Sailing Boat Tour  
(60USD per person)
- Hol Chan Marine Reserve Day  
Tour

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

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

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

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

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

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

## Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

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

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

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

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

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

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

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

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

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

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

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

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

## **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.