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Sorry! There are no remaining departures for "Central America Explorer" (CGCA), [but here are some similar trips](#).



Central America Explorer

14 days, Guatemala City to Antigua Guatemala

Trip code CGCA

What's included

- Your Journeys Highlight Moment: Antigua Cultural Walking Tour, Antigua Guatemala
- Your G for Good Moment: Lake Atitlán Boat Ride and Community Visit, Lago de Atitlán
- Your Welcome Moment: Meet Your CEO and Group
- Your Hands-On Moment: ChocoMuseo Tour and Workshop, Antigua Guatemala
- Your Discover Moment: Antigua Guatemala
- Arrival transfer
- Visit a chocolate museum and take a hands-on workshop
- Guided tour of the ruins of Copán
- Guided visit of the ruins of Quirigua
- Scenic boat ride from Rio Dulce to Livingston
- Guided tour of the ruins of Tikal
- Boat ride around Lake Atitlán, with visit to San Juan la Laguna community including a local Mayan lunch and a tree-planting ceremony
- Visit small community co-ops for demonstrations of traditional arts and crafts
- Guided cultural walking tour of Antigua
- All transport between destinations and to/from included activities

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

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

VALIDITY: Valid for all trips departing January 1st, 2015 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

Guatemala City/Antigua Guatemala

Arrive at the Guatemala City airport. Arrival transfer to hotel in Antigua included.

There are no planned activities during the day, so check into the hotel and enjoy this charming city.

Antigua's nearest airport is Guatemala City, Guatemala. Don't get caught flying into the Caribbean island nation of Antigua; it's nowhere near the start of this tour!



Today's Activities

Arrival Transfer

Guatemala City - Antigua Guatemala

45m-1h

45km

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

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

Antigua Guatemala

Visit a chocolate museum and take a hands-on workshop learning about the ancient Mayan process from bean to bar with tastings. Free time to take salsa dancing lessons and explore this quaint city.

Walk through quiet cobblestone streets past restored Spanish colonial stucco homes with heavy, beautifully carved wooden entrances. Explore the museums and churches, then have an ice cream and people-watch in the central park.



Meals included

Breakfast



Today's Activities

ACTIVITY

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?

Free Time

Antigua Guatemala

You can pick up a map from the tourist office located on the ground floor of the Palace of the Captains-General on the south side of the Central Park. Explore the museums, the colonial buildings and other sites in this delightful town on your own.



Optional Activities - Day 2

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 3

Antigua Guatemala/Copán

Set off on a full day of travel to Honduras.

The colonial highland town of Copán Ruinas is a charming and relaxing place, with an almost-perfect climate. Besides the Mayan ruins this town is famous for, there are many other things to explore.



Meals included

Breakfast



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 4

Copán

Take a guided tour of the Copán ruins, a UNESCO World Heritage site. Opt to explore the town or go horseback riding.

The colonial highland town of Copán Ruinas is a charming and relaxing place, with an almost-perfect climate. Besides the Mayan ruins this town is famous for, there are many other things to explore.



Meals included

Breakfast



Today's Activities

Entrance - Copan Ruins

Copán

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 stelae (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.

Private Vehicle

Copán

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

Free Time

Copán

Opt to go horseback riding through the nearby beautiful hills to see some lesser known ruins or travel to natural hot springs. If you'd prefer, stay in town and explore the cobblestone lanes of this small town.



Optional Activities - Day 4

Horseback Riding

Copán

25USD

Enjoy rural Honduras by horseback. Ride through the Copán Valley and along the river. Head up into the hills to meet local farmers. Keep your eyes peeled for exotic birds and wildlife. Who knows, you may even spot an ancient Maya artifact on your journey.

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.

Travel back to Guatemala with a visit to the Mayan ruins of Quirigua en route.

Cross into Guatemala and arrive at Río Dulce, a small town on Lake Izabal and a port stop for boaters around the globe, on their way to/from Livingston and the Caribbean coast.

There are plenty of opportunities for R & R. Aside from boating on Lake Izabal, you may opt to horseback ride through a rubber plantation, explore San Felipe fort, take the morning monkey kayak tour, relax at the hot waterfall or hike through the jungle trails of the Chocón-Machacas Natural Reserve area.



Meals included

Breakfast



Today's Activities

Private Vehicle

Copán - Río Dulce

3h-4h

160km

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.

Mayan Ruins of Quirigua Visit

Los Amates

Visit the Archaeological Park and Ruins of Quirigua-- an ancient Mayan ruin and UNESCO World Heritage site. It is located near the Motagua River, the source of most Guatemalan Jade. Its location made it an important trading post between Copán and northern Mayan cities as well as the Caribbean coast. Explore the Great Plaza with its ballcourt and admire many monuments, including the tallest stela (carved monolith) in the Mayan world; quarried from a single stone, it stands more than 10m (35 ft) in height!

Day 6

Rio Dulce

Enjoy free time in Rio Dulce with optional activities that include: horseback riding, San Felipe fort, monkey kayak tour, relaxing at the hot waterfall or hiking through the jungle trails of the Chocón-Machacas Natural Reserve area.



Meals included

Breakfast



Today's Activities

Free Time

Rio Dulce

Enjoy the day and choose from a variety of optional activities.



Optional Activities - Day 6

Chocón-Machacas Nature Reserve Hike

Livingston

Step into nature at its most natural. The Chocón-Machacas Nature Reserve in Guatemala's north-central region of the Río Dulce is an aquatic ecosystem formed by the confluence of the Chocón and Machacas rivers, which in turn connect with lakes, creeks, and canals. Bring your binoculars and spot a variety of birds, reptiles and fish. Explore on foot and by boat. If you're lucky, you may get to see the endangered manatee, Guatemala's largest mammal.

Sunrise Monkey Kayak

Rio Dulce

20USD

2h-3h

5-10km

Set your alarm very early and set off on a sweet soulful paddle along the Rio Dulce. Kayak to the base of the Boquerón Canyon with its sheer cliff face, covered in a green mass of moss, vines, and trees. Enjoy a striking sunrise, sit back, and listen to the jungle as it wakes up – howler monkeys, birds and the slap of the paddle on the water provide the soundtrack to this memorable morning.

San Felipe Fort Visit

Rio Dulce

5USD

The Castillo de San Felipe de Lara is a Spanish colonial fort at the entrance to Lake Izabal in eastern Guatemala. Built originally in 1644, the fort was purposely located at the narrowest point on the river so

they could try to protect themselves against (often British) pirates. Tour the grounds, cross the moat and head up to one of the watch towers and imagine firing a canon at your enemy across the river.

Horseback Riding Rio Dulce

Rio Dulce

30USD

Pull on some pants, spray the insect repellent and set off to explore Guatemala's countryside by horseback. Hacienda Tijax is in Fronteras, Izabal close to the bridge that crosses the Rio Dulce. Trail ride through the reserve's lush landscape, past a plantation of rubber trees (where you can observe the tapping process), and stop at the Shaman tower. Climb up to see the stunning view and spot the suspension bridges hanging over natural waterfalls.

Day 7

Rio Dulce/Flores

Morning scenic boat ride to coastal Livingston and enjoy lunch in a local restaurant before afternoon transfer to Flores.

In the morning, board a motorboat and journey towards the coast on a beautiful ride past cliffs, hot springs and a few small communities. Enjoy an included lunch in the small town of Livingston before heading off to Flores. Livingston is famous for its seafood soup called Tapado. Make sure to try it for lunch! After, journey overland to Flores in the Petén region of Guatemala.



Meals included

Breakfast | Lunch



Today's Activities

Boat

Rio Dulce - Livingston

4h-5h

55km

Climb aboard and get your float on.

Private Vehicle

Livingston - Flores

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

Take a guided tour of the famous Mayan ruins of Tikal.

This charming town, with its pastel-coloured buildings, enjoys a scenic setting on Lake Petén Itzá. There will be time to stroll through the streets, buy local handicrafts or take a swim in the lake.



Meals included

Breakfast



Today's Activities

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

Flores

1h-1h30m

64km

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

Free Time

Flores

Enjoy some free time this afternoon to explore the lake.

Day 9

Flores/Jaibalito

Travel today by flight, van and boat to the village of Jaibalito on Lake Atitlán.

Head to the small Flores airport early in the morning before boarding a flight to Guatemala City. From there, transfer by private van to the beautiful Lake Atitlán. Your home at the lake will be in the tranquil town of Jaibalito. This tiny village sits on the north shores of breathtaking Lake Atitlán, surrounded by volcanoes. There are no paved roads leading into Jaibalito, but the paths weaving across the slopes offer rewarding views of the lake.



Meals included

Breakfast



Today's Activities

Plane

Flores - Guatemala City

1h-1h30m

550km

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

Private Vehicle

Guatemala City - Panajachel

3h-3h30m

115km

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

Transport

Panjachel

30m

Settle in and scan the scenery as you journey to your next destination.

Visit the communities on the lake by boat, including San Juan la Laguna, a G Adventures-supported village. Take an orientation walk, visit various co-ops, enjoy a local Mayan lunch and a Mayan tree-planting ceremony.

Test your communication and bargaining skills in the colourful local markets, of which there are many. There are also a number of weaving cooperatives that you may wish to visit. The proceeds from the sales return directly to the community and are a significant contribution to the local economy.



Meals included

Breakfast | Lunch



Today's Activities

ACTIVITY

Get ready for spectacular views of the surrounding volcanoes and everyday life in a highland village. The people of this area are friendly and excited to greet travellers. Stop off in San Juan la Laguna, a G Adventures-supported village, for an included local Mayan lunch. Participate in a Mayan tree planting ceremony, providing insight into Mayan culture and beliefs.

Test your communication and bargaining skills in the colourful local markets, of which there are many. There are also a number of community Mayan weaving cooperatives that you may wish to visit. The proceeds from the sales return directly to the community and are a significant contribution to the local economy.



Optional Activities - Day 10

Kayaking

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

Grab your bathing suit and go for a refreshing swim.

Fishing

Lago de Atitlán

Channel your inner Mayan, hop aboard a rustic wooden cayuco, paddle out into Lake Atitlán, and pray for fish. With only a small hook, net, and no motor, your local guide will demonstrate his traditional fishing techniques. You may even catch a black bass!

Day 11

Jaibalito

Free time for outdoor pursuits such as swimming, fishing, wind surfing, hiking, bird watching, and kayaking.



Meals included

Breakfast



Today's Activities

Free Time

Jaibalito

Enjoy a full day to relax or explore the Lake.



Optional Activities - Day 11

Fishing

Lago de Atitlán

Channel your inner Mayan, hop aboard a rustic wooden cayuco, paddle out into Lake Atitlán, and pray for fish. With only a small hook, net, and no motor, your local guide will demonstrate his traditional fishing techniques. You may even catch a black bass!

Swimming

Grab your bathing suit and go for a refreshing swim.

Kayaking

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.

Day 12

Jaibalito/Antigua Guatemala

Return to Antigua by boat and private transport.

Antigua offers three specialties that make shopping here very worthwhile. Textiles sold here and in the nearby towns are of the highest quality, beautifully designed and woven on foot looms or the traditional back strap loom. Jade, in carved statues and jewelry, is sold in several factories and shops in town and silver jewelry is also sold in the better shops and a nearby silver factory in San Felipe de Jesus. The city offers good buys in ceramics and antiques as well.



Meals included

Breakfast



Today's Activities

Boat

Jaibalito - Panajachel

30m

Climb aboard and get your float on.

Private Vehicle

Panjachel - Antigua Guatemala

3h-4h

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

Free Time

Antigua Guatemala

Enjoy some free time to go shopping or just wander the cobblestone streets.

Explore Antigua on a guided cultural walking tour with a local expert, including the museums at Paseo de los Museos. Opt to go on a volcano trek, or an excursion to a macadamia nut plantation or coffee farm.



Meals included

Breakfast



Today's Activities

ACTIVITY

1km

Meet our 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 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.



Optional Activities - Day 13

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.

Pacaya Volcano Hike (Half-Day)

Antigua Guatemala

59USD

5h-6h

37km

Drive one hour to the base of Pacaya Volcano to begin your ascent. This volcano is still active, so hiking to the crater is off limits. Near the summit, grab a stick and toast marshmallows over a smoking fumarole using earth's natural "ovens" to heat your snack.

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 14

Antigua Guatemala

Depart at any time.



Meals included

Breakfast



Today's Activities

Departure Day

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

What's included

- Your Journeys Highlight Moment: Antigua Cultural Walking Tour, Antigua Guatemala
- Your Discover Moment: Antigua Guatemala
- Your G for Good Moment: Lake Atitlán Boat Ride and Community Visit, Lago de Atitlán
- Arrival transfer
- Your Welcome Moment: Meet Your CEO and Group
- Visit a chocolate museum and take a hands-on workshop
- Your Hands-On Moment: ChocoMuseo Tour and Workshop, Antigua Guatemala
- Guided tour of the ruins of Copán
- Guided visit of the ruins of Quirigua
- Scenic boat ride from Rio Dulce to Livingston

- Guided tour of the ruins of Tikal
- Boat ride around Lake Atitlán, with visit to San Juan la Laguna community including a local Mayan lunch and a tree-planting ceremony
- Visit small community co-ops for demonstrations of traditional arts and crafts
- Guided cultural walking tour of Antigua
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Explore ancient Mayan ruins and UNESCO World Heritage sites, visit modern day Mayan communities and participate in a Mayan tree-planting ceremony, visit local artisan co-ops for hands-on demonstrations, take a chocolate workshop and enjoy the tasty results.

What are the main highlights of this trip?

Explore ancient Mayan ruins and UNESCO World Heritage sites, visit modern day Mayan communities and participate in a Mayan tree-planting ceremony, visit local artisan co-ops for hands-on demonstrations, take a chocolate workshop and enjoy the tasty results.

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

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

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

Is there 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 important notes should I be aware of before the trip?

AIRPORT

Antigua's nearest airport is approx. 1 hr away in Guatemala City.

What is the group leader like?

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

How large will the group be?

Max 15, Avg 10.

What meals are included in this trip?

13 breakfasts, 2 lunches

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 van, boat, flight, walking.

Are local flights included in the cost of the trip?

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure. Please note that there is a 25 pound limit on the Flores to Guatemala City flight. You may be charged by the airline for any weight over this limit.

Is there an extra cost for travelling solo?

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

Where will we stay during the trip?

Comfort hotels (13 nts).

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 is the joining hotel?

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

What are the joining instructions?

Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation with us), an arrival transfer to the joining hotel is included. When you arrive at the airport, look for the driver holding a G Adventures sign. Please approach them, and ask them who they are supposed to be picking up (do not tell them your name, they should have this information already). Once they give you the correct name, have your passport ready to show them and you will be on your way!

Once you arrive at the hotel, 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.

****Please note, the arrival transfer included occurs on day 1 of the tour. If you plan to arrive prior to day 1, you will be required to arrange pre-tour accommodation through G Adventures to be eligible for the transport from the airport. Due to customer experience and quality considerations, all services related to the tour must be continuous.**

Please note that Antigua's nearest airport is Guatemala City, Guatemala. Don't get caught flying into the Caribbean island nation of Antigua; it's nowhere near the start of this tour!

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 not made contact with our representative within 30 minutes of clearing customs and immigration for your airport transfer, 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 transfer or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office 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

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 your own luggage.

What should be on my packing list?

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.)

When can I do my laundry on this trip?

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

What are the visas and entry requirements for my trip?

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

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

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

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

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 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).

GUATEMALA ATMs: Please note that daily withdrawal limits in this country are extremely low, currently set at 1000 quetzales - less than 140 USD. It is advisable to arrive with enough cash, if your daily needs exceed this amount.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates:
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.

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

What activities are optional on this trip?

Antigua Guatemala

- Salsa Lesson (10USD per person)
- Pacaya Volcano Hike (Half-Day) (59USD per person)
- Finca Valhalla Visit (5-10USD per person)
- Finca Filidelfia Coffee Tour (25USD per person)

Copán

- Horseback Riding (25USD per person)
- Luna Jaguar Hot Springs Visit (50USD per person)

Livingston

- Chocón-Machacas Nature Reserve Hike

Rio Dulce

- Sunrise Monkey Kayak (20USD per person)
- San Felipe Fort Visit (5USD per person)
- Horseback Riding Rio Dulce (30USD per person)

Jaibalito

- Kayaking
- Swimming

Lago de Atitlán

- Fishing

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

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

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

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

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

www.gadventures.com/travel-resources/safety/

What rules should I know before joining this trip?

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

Is travel insurance required for my trip?

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

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/

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

How old must I be to join this trip?

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

Are international flights included in this trip?

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

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

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

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

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

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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