



## **Central American Journey: Rainforests & Ruins**

32 days, Playa del Carmen to San José

Trip code JCS

## What's included

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

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

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

**VALIDITY:** Valid for all trips departing January 1st, 2018 and onwards

# Itinerary



## Itinerary Notes

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

**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

## Playa del Carmen

Arrive at any time. Head out tonight with your fellow travellers to 12th Street, where there's tons of bars and clubs to choose from. Say cheers to new adventures with new friends!

Check into our hotel and enjoy the city.

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



### Accommodation

Hotel Colonial (or similar)

Hotel



### Today's Activities

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

#### ACTIVITY

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

Enjoy free time to explore the Mayan ruins of Tulum or take a ferry to nearby Cozumel. Or just play in the waves and enjoy the beach.

Start your holiday off with some hardcore relaxation. Enjoy a full day of free time to fill as you wish. Get your ruin on with a visit to Tulum perched atop the sea, explore the fish- and coral-filled seas around Cozumel on a scuba dive, go swimming in a cenote or at the beach, and save some energy for a night out on the town.



## Accommodation

Hotel Colonial (or similar)

Hotel



## Optional Activities - Day 2

Cenote Visit

Playa del Carmen

40-60USD

1h-4h

30-60km

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

Tulum Ruins Visit

Tulum

1h-4h

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

Tequila Tasting

Playa del Carmen

850-1100MXN

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

Coco Bongo Disco and Show

Playa del Carmen

90USD

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

Akumal Beach Visit

Akumal

20USD

1h-4h

55km

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

Day 3

## Playa del Carmen/Caye Caulker

Opt to snorkel with stingrays and nurse sharks at Hol Chan Marine Reserve, go diving or just chill out, Belizean style.

Mention Belize and you may conjure up visions of unbelievably clear blue waters, diving and snorkelling along the barrier reef and remarkable marine life. Belize also boasts huge swaths of jungle, ancient Mayan ruins, and above all, friendly, easygoing people. Belize is all this and much more!



### Accommodation

Tropical Paradise Hotel (or similar)

Hotel



### Today's Activities

Private Vehicle

Playa del Carmen - Chetumal

4h

315km

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

The drive time to Chetumal depends on traffic conditions.

Border Crossing (Mexico - Belize)

Chetumal - Santa Elena

30m-1h30m

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

Local Bus

Santa Elena - Belize City

3h-4h

158km

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

Public buses in Belize are old retired American school buses. Luggage is piled in the back of the bus and people will often stand in the aisle as the bus fills up. Your CEO will pay your fare so if the conductor asks you for money, just point to your CEO.

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.

Days 4–5

## Caye Caulker

Opt to snorkel with stingrays and nurse sharks at Hol Chan Marine Reserve, go diving or just chill out, Belizean style.

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### Accommodation

Tropical Paradise Hotel (or similar)

Hotel



## Optional Activities - Days 4-5

Hol Chan Marine Reserve Day Tour

Caye Caulker

6h-7h

Explore the oldest marine reserve in Belize with a full-day tour filled with snorkelling and sightseeing. The tour includes stops at three popular snorkelling destinations – the Hol Chan Channel, Shark and Ray Alley, and Coral Gardens. Stop at two additional viewing spots to marvel at tarpon and manatees. Expect to see an abundance of angelfish, blue-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.

Bike with Purpose Rental

Caye Caulker

1-30USD

1h-72h

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

Fishing

Caye Caulker

250-450USD

4h-8h

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

Sunset Sailing Boat Tour

Caye Caulker

60USD

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

Day 6

## Caye Caulker/San Ignacio

Travel by boat and bus from Caye Caulker to San Ignacio. Enjoy an included pottery demonstration and local lunch at a G Adventures-supported women's pottery cooperative.

From the town of San Ignacio, opportunities abound for exploring Belize's little known inland scenic beauty. With free time here, choose to explore the area by foot, canoe or horse, take a caving trip, or visit the Mountain Pine Ridge Area and swim in its inviting pools and rivers.



### Meals included

Lunch



### Accommodation

Kawoq Hostel (or similar)

Hostel



### Today's Activities

Water Taxi

Caye Caulker - Belize City

45m-1h

39km

Jump in and cross the water to the next stop.

Local Bus

Belize City - San Ignacio

3h

123km

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

#### 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.



### Optional Activities - Day 6

Xunantunich Visit

Xunantunich

65USD

2h-4h

11km

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

Opt to visit the sacred Mayan cave Actun Tunichil Muknal or check out the seldom-visited Mayan ruins of Xunantunich.



## Accommodation

Kawoq Hostel (or similar)

Hostel



## Optional Activities - Day 7

Barton Creek Cave Canoeing

Barton Creek

120USD

6h-8h

30km

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

Cave Tubing

Caves Branch

95USD

7h-8h

45km

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

Horseback Riding

San Ignacio

80USD

2h-5h

5km

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

Caracol Ruins Tour

Caracol

125USD

9h-11h

85km

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

## Xunantunich Visit

Xunantunich

65USD

2h-4h

11km

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

## Actun Tunichil Muknal Cave Visit

Actun Tunichil Muknal

140USD

6h-8h

29km

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

Learn about Mayan culture and history on a guided tour of the ruins of Tikal.

Cross the border into Guatemala and you immediately notice the difference in culture, with its heavy Mayan influence and Spanish language. Here we have entered Guatemala's northeast jungle Petén region. The descendants of the Maya of Chichén Itzá migrated to the Petén area several centuries after the collapse of the great Mayan cities in the Yucatán.

En route to Flores, stop for a guided tour of the ancient city of Tikal. Arrive in Flores, the capital of the department of Petén, a small island located on the second largest lake of Guatemala, Lake Petén Itzá.



## Accommodation

Peten Express Hotel (or similar)

Hotel



## Today's Activities

Taxi

San Ignacio - Benque Viejo del Carmen

15m-30m

5km

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

Border Crossing (Belize - Guatemala)

Benque Viejo del Carmen - Melchor de Mencos

30m-1h30m

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

Private Vehicle

Melchor de Mencos - Tikal

1h30m-2h30m

100km

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

Tikal Ruins Guided Tour

Tikal

3h-4h

7km

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

magnificence of the site and the tropical rainforest beyond. Look for monkeys, anteaters, armadillos, and deer, as well as macaws and eagles, snakes, and spiders.

Private Vehicle

Tikal - Flores

1h-1h30m

64km

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

Day 9

## Flores/Rio Dulce

Travel across the country towards the coast to Rio Dulce, on the shores of Lake Izabal.

A travel day from Flores to Rio Dulce which is located in the department of Izabal, home of the largest lake in Guatemala, Lake Izabal was one of the most important water ways of the Spanish crown during colonial times.

We take the road past areas of dense jungle 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.



### Accommodation

Hotel Hacienda Tijax (or similar)

Hotel



### Today's Activities

Private Vehicle

Flores - Rio Dulce

4h-5h

210km

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

Day 10

## Rio Dulce

Travel to the Caribbean town of Livingston by scenic boat ride from Rio Dulce. Enjoy a visit to the G Adventures-supported El Manglar Restaurant for an explanation of the women-led community initiative project here. Then, walk around the grounds before a sit-down lunch of delicious local flavours.



### Meals included

Lunch



### Accommodation

Hotel Hacienda Tijax (or similar)

Hotel



### Today's Activities

Scenic Boat Ride to Livingston

Rio Dulce - Livingston

5h-6h30m

55km

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

#### ACTIVITY

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

Day 11

## Rio Dulce/Antigua Guatemala

Enjoy an orientation walk of Antigua's cobblestone streets, then opt to take a salsa lesson and practice new moves out at night.

Today is a travel day from Rio Dulce to Antigua, followed by an orientation walk once you arrive. Plan your activities for the next day and enjoy some of the nightlife this beautiful colonial city has to offer.

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### Accommodation

Antigua Lemon Tree Hostel (or similar)

Hostel

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### Today's Activities

Private Vehicle

Rio Dulce - Antigua Guatemala

6h-7h30m

315km

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

Orientation Walk - Antigua

Antigua Guatemala

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

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### Optional Activities - Day 11

Salsa Lesson

Antigua Guatemala

10USD

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

Day 12

## Antigua Guatemala

Enjoy a free day in Antigua. Opt to relax with a massage, climb a volcano, soak up the culture in one of the city's many cafés, or explore the nearby hills and towns by bike.

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



### Accommodation

Antigua Lemon Tree Hostel (or similar)

Hostel



### Optional Activities - Day 12

Cycling

Antigua Guatemala

30-50USD

1h-5h

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

ChocoMuseo Tour and Workshop

Antigua Guatemala

24USD

1h30m-2h

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

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.

Elizabeth Bell Walking Tour

Antigua Guatemala

25USD

1h30m-2h30m

Meet your guide at the fountain in the Central Plaza and take a leisurely walk along the cobblestone streets of this UNESCO World Heritage Site. The tour focuses on the Antigua's history, culture and restoration efforts (a bylaw, for example, stipulates buildings must only be painted certain colours in order to maintain the Spanish colonial character of the exteriors). Visit the City Hall Palace, Palace of

the Captain's General, the main cathedral and many of Antigua's other attractions. Learn about jade and the valuable role it played in Maya culture. Shop for jewelry, pottery, textiles and wooden carvings.

Acatenango Volcano Climb

Antigua Guatemala

145USD

10h-12h

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

Massage

Antigua Guatemala

30-60USD

30m-2h

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

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.

Pacaya Volcano Hike

Antigua Guatemala

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

Travel to beautiful Lake Atitlán and enjoy the views.

Travel through the hills and fertile fields of the Guatemalan highlands to the shores of Lake Atitlán, one of the most beautiful spots in Guatemala. Twelve native villages, blue/grey mountains and three volcanoes line the shores of this lake resulting in a wonderful combination of unusual natural beauty and traditional culture.

The area is also ideal for outdoor pursuits like swimming, fishing, wind surfing, hiking, bird watching, kayaking, and horseback riding.

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



## Accommodation

Kamol Bey (or similar)

Hotel



## Today's Activities

Private Vehicle

Antigua Guatemala - Panajachel

4h

80km

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



## Optional Activities - Day 13

Massage

Panajachel

Revive sore muscles with a relaxing massage.

Kayaking

Lago de Atitlán

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

Swimming

Lago de Atitlán

Grab your bathing suit and go for a refreshing swim.

Day 14

## Panajachel/San Juan La Laguna

Embark on a boat ride across the lake before participating in a G Adventures-supported homestay with a local family. This area is known for stunning scenery and great shopping for Mayan handicrafts. Opt to bargain for colourful textiles and paintings at the lake's markets.



### Meals included

Dinner



### Accommodation

Rupalaj Kistalin Posada Homestay (or similar)

Homestay



### Today's Activities

Boat

Panajachel - San Juan La Laguna

30m-45m

25km

Climb aboard and get your float on.

#### ACTIVITY

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



### Optional Activities - Day 14

Shopping

San Juan La Laguna - Panajachel

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

Day 15

## San Juan La Laguna/Antigua Guatemala

Return to Antigua, and enjoy a Big Night Out with the group.

We return to Antigua to spend more time to explore the city, shop, and check out optional activities in the area.

Optional activities include visiting a macadamia nut farm, checking out a coffee plantation, biking around Antigua's surrounding hills or taking a salsa lesson.



### Accommodation

Antigua Lemon Tree Hostel (or similar)

Hostel



### Today's Activities

Boat

San Juan La Laguna - Panajachel

30m-45m

25km

Climb aboard and get your float on.

Private Vehicle

Panjachel - Antigua Guatemala

3h-4h

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

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

### ACTIVITY

Whether it's a pub crawl, drink specials or a bonfire on the beach, celebrate late into the night with your new best friends.



### Optional Activities - Day 15

Massage

Antigua Guatemala

30-60USD

30m-2h

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

ChocoMuseo Tour and Workshop

Antigua Guatemala

24USD

1h30m-2h

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

Salsa Lesson

Antigua Guatemala

10USD

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

Day 16

## Antigua Guatemala

Enjoy free time to relax with a massage, explore the nearby hills by bicycle, or visit a local macadamia nut farm.

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



### Accommodation

Antigua Lemon Tree Hostel (or similar)

Hostel



### Optional Activities - Day 16

Cycling

Antigua Guatemala

30-50USD

1h-5h

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Massage

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30m-2h

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Finca Filidelfia Coffee Tour

Antigua Guatemala

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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.

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

## Day 17

**Antigua Guatemala/Copán**

Set off today on a full day of travel from Antigua across the border to neighboring Honduras, arriving to the town of Copán Ruinas in the evening.

The colonial highland town of Copán Ruinas is a charming and relaxing place, set along a river in the coffee growing region close to the Guatemalan border.

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

**Accommodation**

Hotel Brisas de Copan (or similar)

Hotel

**Today's Activities**

Private Vehicle

Antigua Guatemala - Copán

8h-9h

280km

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

Border Crossing (Guatemala-Honduras)

El Florido

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

Day 18

## Copán

Free time in Copán. Opt to visit the ruins of Copán or soak in hot springs.

Free time in Copan. Opt to visit the impressive Copan ruins and check out some lesser known Mayan sites along the way. Knowledgeable local guides can interpret the many Mayan carvings left here over 1,000 years ago. You can also journey through the countryside to some hidden jungle hot springs for a relaxing soak.



### Accommodation

Hotel Brisas de Copan (or similar)

Hotel



### Today's Activities

Free Time

Copán

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



### Optional Activities - Day 18

Luna Jaguar Hot Springs Visit

Copán

50USD

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

Entrance - Copan Ruins

Copán

25USD

2h-3h

Step back in time more than a 1,000 years to discover the ancient Mayan site of Copán. Walk across grassy plazas and examine intricately carved stone 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.

Cross the border into El Salvador and stay in the colonial town of Suchitoto. Don't forget to try the delicious pupusas, a local Salvadorian specialty.

Prepare for the long travel day with snacks.



## Accommodation

Posada Alta Vista (or similar)

Hotel



## Today's Activities

Private Vehicle

Copán - Suchitoto

8h

400km

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

Border Crossing (Honduras - Guatemala)

El Florido

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

Border Crossing (Guatemala - El Salvador)

Ermita - Anguiatú

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

Day 20

## Suchitoto/La Libertad Region

Enjoy a free morning in Suchitoto before heading to the coast in the La Libertad region. The sunsets in these small surfing towns are stunning. Grab a cold drink and enjoy!

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### Accommodation

Atami Escape Resort (or similar)

Hotel

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### Today's Activities

Free Time

Suchitoto

Enjoy a free morning to check out this colonial city.

Private Vehicle

Suchitoto - Playa El Tunco

3h

100km

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

Day 21

## La Libertad Region

Enjoy a free day in the laidback beach towns of the area to take a surf lesson, eat fresh ceviche at the fish market in nearby La Libertad, visit the Tamanique waterfalls, or chill out with a beer in hand.

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### Accommodation

Atami Escape Resort (or similar)

Hotel

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### Today's Activities

Free Time

Playa El Tunco

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

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### Optional Activities - Day 21

Surfing Lesson

60USD

Grab your swimsuit and get ready to hang ten! Learn how to find and ride the waves with surfing lessons from local experts. Enjoy the fresh sea air, and try to spot local marine life while enjoying the waters.

Set off early for a full day of travel by land and sea to Nicaragua, finishing up in colonial León with a brief orientation walk.



## Accommodation

Hotel Hellenika (or similar)

Hotel



## Today's Activities

Private Vehicle

Playa El Tunco - La Unión

4h

205km

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

Boat

La Unión - Potosí

3h

Climb aboard and get your float on.

Border Crossing (El Salvador - Nicaragua)

La Unión - Potosí

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

Private Vehicle

Potosí - León

3h

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

Orientation Walk

León

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

Day 23

## León/Granada

Journey to Granada and see its colourful colonial buildings on an orientation walk. Enjoy a Big Night Out with the group.

Granada's colonial charm is complemented by the active volcanoes and lakes that surround it, and there are many fun easy day trips available. Hike, cruise, or just explore the city's markets and museums.

Walking is probably the easiest way to see all the sights of Granada.



### Accommodation

Hotel Posada del Sol (or similar)

Hotel



### Today's Activities

Private Vehicle

León - Granada

2h

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

Orientation Walk - Granada

Granada

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

#### ACTIVITY

Whether it's a pub crawl, drink specials or a bonfire on the beach, celebrate late into the night with your new best friends.



### Optional Activities - Day 23

Masaya Volcano Day Excursion

Granada

40USD

Experience the energy and excitement of getting up close and personal with an active volcano. See the crater spew smoke and gas. Walk in a moonscape of lava rocks and stunted shrubs. Stop by the visitor's centre and learn about the history of Masaya and many other volcanoes in Nicaragua. Next,

stop at the Masaya Artesan Market filled with ceramics, woodcrafts, hammocks, cigars and leather works. Take in the view at the Laguna de Apoyo lookout and wrap up the tour in San Juan de Oriente, a local pottery and ceramics workshop.

Free time to explore beautiful Granada's markets, buildings and museums. Opt to kayak in Lake Nicaragua or swim in Laguna de Apoyo.

Free time to explore beautiful Granada's busy markets, colonial buildings and museums on foot or take a horse and carriage ride around town. Enjoy a meal on the "calzada", a pedestrian street that extends from the center of town down to Lake Nicaragua.

There are many optional activities to do just outside of town as well. Walk in the forest at the top of Mombacho Volcano, kayak around the isletas in Lake Nicaragua or swim in Laguna de Apoyo.



## Accommodation

Hotel Posada del Sol (or similar)

Hotel



## Optional Activities - Day 24

Mi Museo Cultural Museum

Granada

5USD

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

Hiking

Granada

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

Market Exploration

Masaya

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

Laguna de Apoyo Visit

Granada

35USD

Travel less than half an hour from Granada to the picturesque Laguna de Apoyo. The warm clean waters of this lake are said to have healing properties; this former volcano crater is nature's giant

bathtub, filled by natural springs and rain water from the past 20,000 or so years. Hike the forested trails in the surrounding hills. See hummingbirds, monkeys, and toucans. Slip into the mild waters and enjoy a peaceful swim. How many people can boast they swam in a volcano?

Get to know local friends during a 2-night G Adventures-supported community homestay on Ometepe. Try the local cuisine and test out some language skills.

From the town of San Jorge, we cross Lake Nicaragua by ferry to arrive at Ometepe Island, formed from two volcanoes, one active and one dormant that rise out of the middle of the lake. The limited development and traditional communities create a welcoming relaxed atmosphere.

The group will be split up amongst different local families who will host you in their homes for two nights in a small community on the island. Breakfast and dinner will be provided in the home. This experience give you a chance to see how rural Nicaraguans live.



## Meals included

Dinner



## Accommodation

Puesta del Sol Homestay (or similar)

Hotel



## Today's Activities

Local Bus

Granada - Rivas

1h15m-1h45m

70km

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

Local Bus

Rivas - San Jorge

15m-30m

5km

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

Ferry

San Jorge - Moyogalpa

1h

10km

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

Private Vehicle

Moyogalpa - Isla de Ometepe

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

ACTIVITY

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

Day 26

## Isla de Ometepe

Enjoy free time to explore Ometepe. Opt to climb Volcano Concepción or Volcano Maderas, take a cultural tour, visit the beach at Santo Domingo, or visit el Ojo de Agua for a refreshing swim and lunch. You can also view pre-Columbian petroglyphs or the small museum of indigenous artifacts in Altagracia.

Today is a free day in Ometepe. We get to spend more time with the local host families and see more of the island. Opt to climb either of the two volcanoes on the island, view petroglyphs left by the island's original inhabitants, walk or kayak in Charco Verde reserve, swim in clear spring water at Ojo de Agua, lay on the beach or explore the island on bicycle.



### Meals included

Breakfast | Dinner



### Accommodation

Puesta del Sol Homestay (or similar)

Hotel



### Today's Activities

Free Time

Isla de Ometepe

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

#### ACTIVITY

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



### Optional Activities - Day 26

## Swimming

Isla de Ometepe

Free

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

## Hike Concepcion Volcano

Isla de Ometepe

45USD

10h-12h

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

## Ometepe Island Cultural and Pre-Columbian Petroglyphs Tour

Isla de Ometepe

45USD

3h-4h

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

## Ojo de Agua (Swimming Hole)

Isla de Ometepe

10-15USD

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

Day 27

## Isla de Ometepe/Monteverde

Take a ferry back to the mainland and cross the border into Costa Rica, finishing up in the cloudforest air of Monteverde.

At 1,400 meters above sea level, Monteverde is literally in the clouds. The Monteverde and Santa Elena Cloud Forest Reserves are home to diverse and unique flora and fauna. Sloths, monkeys, kinkajous, tapirs and large cats inhabit the area. There are more species of orchids here than anywhere else in the world.



### Meals included

Breakfast



### Accommodation

Hotel Manakin (or similar)

Hotel



### Today's Activities

Private Vehicle

Moyogalpa - Isla de Ometepe

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

Ferry

Moyogalpa - San Jorge

1h30m

10km

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

Local Bus

San Jorge - Rivas

15m-30m

5km

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

Local Bus

Rivas - Peñas Blancas

1h

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

Border Crossing (Nicaragua - Costa Rica)

Peñas Blancas

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

Private Vehicle

Peñas Blancas - Monteverde

4h

190km

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

Free day in Monteverde. Opt to visit a cloud forest reserve, fly through the jungle canopy via zipline, or tour a coffee plantation.

The day is free to choose from many optional activities. Fly hundreds of meters above the trees on a zip-lining tour, hike through one of the cloud forest reserves, ride a horse in the mountains, visit a coffee/sugar cane farm, tour the cheese factory or check out the orchid garden, serpentarium, or frog pond in town.



## Accommodation

Hotel Manakin (or similar)

Hotel



## Optional Activities - Day 28

Monteverde Butterfly Garden Visit

Monteverde

20USD

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

Santa Elena Cloud Forest Visit

Monteverde

35-50USD

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

Sky Walk

Monteverde

55USD

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

Ziplining

Monteverde

3h-4h

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

CASEM Coop Visit

Monteverde

CASEM—the Cooperative of Artisans Santa Elena Monteverde—is an inspiring example of female empowerment and teamwork. By focusing on providing women artisans with the opportunity to gain economic independence and develop new skills, this G for Good Project helps improve the quality of life for its members and strengthens the community. Through the marketing of their products, CASEM Coop not only supports its 90 artisan members, but also promotes the culture and traditions of the Monteverde region. Stop by the restaurant on your way out to try some delicious local food!

Costa Rica Adrenaline Bundle

La Fortuna

CANYONING (Half-day Arenal)

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

ZIPLINING (Half-day Monteverde)

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

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

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

Monteverde Coffee Plantation Tour

Monteverde

40USD

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

Monteverde Horseback Riding

Monteverde

45USD

2h30m-3h

Enjoy Monteverde's breath-giving wilderness by horseback. Spot toucans, bellbirds, and parrots as you ride through private mountain trails along the primary and secondary forest. Meet monkeys, see sloths,

and possibly glimpse the Gulf of Nicoya through the clouds. Take photos, inhale the pure air, and let your horse lead you on this memorable meander in misty Monteverde.

Day 29

## Monteverde/La Fortuna

Transfer to La Fortuna along bumpy roads, then break up the journey with a peaceful boat ride on Lake Arenal before a short ride to the town.

The trip from Monteverde to La Fortuna takes us down from the cloud forest and across Costa Rica's largest lake. The town of La Fortuna lies at the base of the Arenal Volcano, which dominates the landscape rising to 1670 meters high. The town has become famous as the adventure sports capital of Costa Rica.

Choose your adventure! Canyoning, white water rafting, hiking, caving, rafting, horseback riding, paddleboarding, kayaking, visiting a wildlife refuge, and even more activities are all possible options for you to choose from while we're here.



### Accommodation

Arenal Backpackers Resort (or similar)

Hotel



### Today's Activities

Shared Van

Monteverde - Laguna de Arenal

3h30m

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

Boat

Laguna de Arenal

45m

Climb aboard and get your float on.

Shared Van

Laguna de Arenal - La Fortuna

30m-45m

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

Free Time

La Fortuna

Free time to enjoy the La Fortuna and Arenal area.



### Optional Activities - Day 29

### La Fortuna Waterfall Swim

La Fortuna

20USD

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

### Ecotermas Hot Springs

La Fortuna

64USD

3h-5h

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

### Costa Rica Adrenaline Bundle

La Fortuna

#### CANYONING (Half-day Arenal)

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

#### ZIPLINING (Half-day Monteverde)

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

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

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

Day 30

## La Fortuna

Free time to enjoy the La Fortuna and Arenal area.

Choose your adventure! Canyoneering, hiking, caving, rafting, horseback riding, paddleboarding, kayaking, visiting a wildlife refuge, and even more activities are all possible options for you to choose from while we're here.



### Accommodation

Arenal Backpackers Resort (or similar)

Hotel



### Optional Activities - Day 30

La Fortuna Waterfall Swim

La Fortuna

20USD

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

Mountain Biking

La Fortuna

79USD

3h-5h

13-15km

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

Costa Rica Adrenaline Bundle

La Fortuna

CANYONING (Half-day Arenal)

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

ZIPLINING (Half-day Monteverde)

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

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

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

Birdwatching

La Fortuna

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

Horseback Riding

La Fortuna

59USD

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

Lost Canyon Adventures Canyoning

La Fortuna

90USD

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

Caño Negro Wildlife Refuge Tour

La Fortuna – Caño Negro

65-133USD

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

Day 31

## La Fortuna/San José

Journey through the mountains to the capital for a final night out.

Return to San José for our final night out.

San José has beautiful parks, museums and theatres. Enjoy the view of the surrounding lush mountains from the downtown streets.

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### Accommodation

Hotel Lluvia de Oro (or similar)

Hotel

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### Today's Activities

Local Bus

La Fortuna - San José

3h-4h

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

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### Optional Activities - Day 31

Sarapiquí River Rafting

Sarapiquí

99USD

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

Depart at any time.



## Today's Activities

Departure Day

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

## What's included

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

## What are the main highlights of this trip?

Relax on white-sand beaches, explore the Mayan ruins of Copán and Tikal, bargain at the local markets of colourful colonial Antigua, meet some local friends at a local homestay in Guatemala, visit seven countries in a month.

## Itinerary Notes

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

## What are the main highlights of this trip?

Relax on white-sand beaches, explore the Mayan ruins of Copán and Tikal, bargain at the local markets of colourful colonial Antigua, meet some local friends at a local homestay in Guatemala, visit seven countries in a month.

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

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

**VERY IMPORTANT:** Please ensure that you 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.

## Are there Itinerary notes?

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

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

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

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

### QUINTANA ROO TOURIST TAX

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

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

### 4. COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

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

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

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

## How large will the group be?

Max 18, avg 16.

## What meals are included in this trip?

2 breakfasts, 2 lunches, 3 dinners

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

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

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

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

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

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

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

Simple hotels/hostels (28 nts, most multi-share), homestay (3 nts)

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

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

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

## **What are the joining instructions?**

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

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

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

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

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

## **What 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.

### AIRPORT TRANSFER

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

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

### EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

During Office hours (Weekdays 9am-5pm Local Time): +506 4001 8474

After hours emergency number: +51 997 582 712

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

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What information should I be aware of as the itinerary draws to a close?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

## 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?

## Costa Rica Water Activities:

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

## Documents:

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

## Essentials:

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

**Health & Safety:**

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

**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](#)

Honduras:

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

Important Notice for UK Travelers: Visa Requirements for Honduras:

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

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

Type of transport: Ground transportation

Immigration office: El Florido

Transport company: Prechequeo SLV

Travel date- (2nd day of the tour, depending on what date your tour starts)

Travel time- 12:00

Travel reason- Sightseeing

Destination address- Copan Brisas Hotel

Destination state- Copan

Destination city- Copan Ruinas

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

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

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

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

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

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

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

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

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

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

Mexico exit tax by land: Approximately 983 MXN (~56 USD)

Departing Belize - \$20USD

Entering Guatemala - 10 Quetzales (\$1.25USD)

Entering Honduras by airport - \$38USD

Costa Rica airport exit tax: \$29USD

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

## 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 \$5- 7 USD per person, per day is our recommendation in the region. However, if you felt your CEO did an especially outstanding job, any additional amount will always be welcome.

# What activities are optional on this trip?

## Playa del Carmen

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

## Tulum

- Tulum Ruins Visit

## Akumal

- Akumal Beach Visit (20USD per person)

## Caye Caulker

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

## Xunantunich

- Xunantunich Visit (65USD per person)

## Barton Creek

- Barton Creek Cave Canoeing (120USD per person)

## Caves Branch

- Cave Tubing (95USD per person)

## San Ignacio

- Horseback Riding (80USD per person)

### **Caracol**

- Caracol Ruins Tour (125USD per person)

### **Actun Tunichil Muknal**

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

### **Antigua Guatemala**

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

### **Panajachel**

- Massage

### **Lago de Atitlán**

- Kayaking
- Swimming

### **San Juan La Laguna**

- Shopping

### **Copán**

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

### **Playa El Tunco**

- Surfing Lesson (60USD per person)

## Granada

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

## Masaya

- Market Exploration

## Isla de Ometepe

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

## Monteverde

- Monteverde Butterfly Garden Visit (20USD per person)
- Santa Elena Cloud Forest Visit (35-50USD per person)
- Sky Walk (55USD per person)
- Ziplining
- CASEM Coop Visit
- Monteverde Coffee Plantation Tour (40USD per person)
- Monteverde Horseback Riding (45USD per person)

## La Fortuna

- Costa Rica Adrenaline Bundle
- La Fortuna Waterfall Swim (20USD per person)
- Ecotermals Hot Springs (64USD per person)
- Mountain Biking (79USD per person)
- Birdwatching
- Horseback Riding (59USD per person)
- Lost Canyon Adventures Canyoning (90USD per group)
- Caño Negro Wildlife Refuge Tour (65-133USD per person)

## Sarapiquí

- Sarapiquí River Rafting (99USD per person)

## **Are there any health considerations I should know before travelling?**

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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

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

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

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

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

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

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

## What are the trip specific safety considerations?

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

## **What 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.

# Trip Specific Responsible Travel

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

## OPEN WINDOWS FOUNDATION

Open Windows is a non-profit organization that provides educational opportunities for children in the community of San Miguel Dueñas. Programs offered by Open Windows are free and have supported over 1,500 children in the areas of literacy, computer skills, tutoring and art with priority given to those who have greater financial need. A scholarship program is offered to children who show great interest in learning and strong dedication to studying and for those in need of medical support, a health clinic is open free to the community twice each month.

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

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

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

## How You Can Help

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

While our goal is to raise funds to support the Open Windows Scholarship program, travellers can also help make a difference by visiting the Open Windows project while on your G Adventures tour and donating the following items:

- School supplies (i.e. pens, pencils, notebooks)
- Art supplies (i.e. yarn, crochete hooks, paint)
- Children's clothes (i.e. T-shirts)
- Running shoes (new and used)
- Mouse pads and earphones to be used with the computers
- Toys to be used for the reading points program
- Over the counter medicine to be used in the health clinic (i.e. Tylenol, cough medicine etc.)

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

## CORNERSTONE FOUNDATION

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

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

### Relief & Aid

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

### HIV/AIDS Education

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

### Women's Issues

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

### Disabilities

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

### Literacy

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

### How You Can Help

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

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

For more information about these projects and/or to make a donation please visit our website at [www.planeterra.org](http://www.planeterra.org) or contact us at [info@planeterra.org](mailto:info@planeterra.org)

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

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

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

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

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

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

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

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

Minimum age of 18 years for this trip.

## Are international flights included in this trip?

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

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

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

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

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

## Dossier Disclaimer

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.