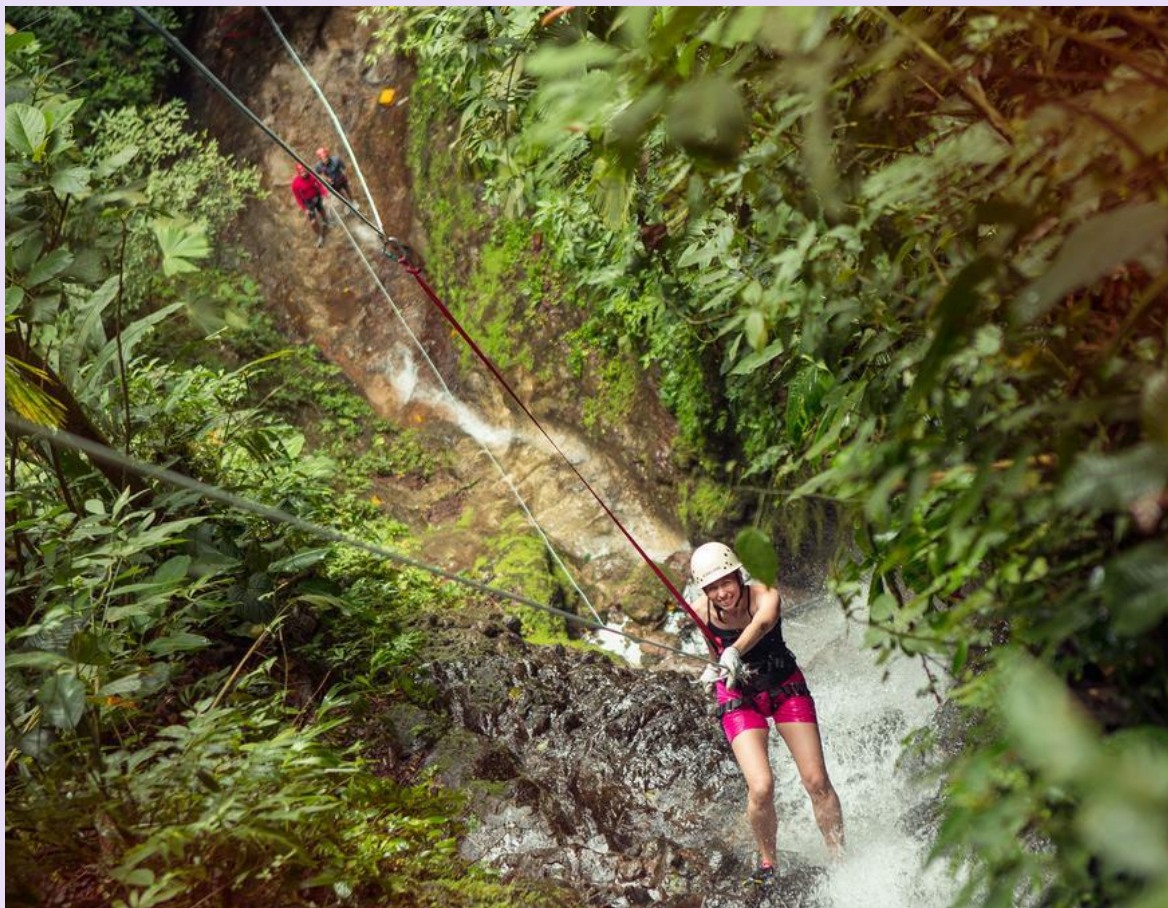


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Sorry! There are no remaining departures for "The Best of Central America: Ruins & Remote Beaches" (CRBA), [but here are some similar trips](#).



## **The Best of Central America: Ruins & Remote Beaches**

33 days, San José to Playa del Carmen

Trip code CRBA

## What's included

- Your G for Good Moment: Puesta del Sol Community Guesthouse Stay, Isla de Ometepe
- Your G for Good Moment: Posadas Mayas Homestay, San Juan La Laguna
- Your G for Good Moment: Belize Bike with Purpose Tour, Caye Caulker
- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Discover Moment: La Fortuna
- Your Discover Moment: Monteverde
- Your Big Night Out Moment: Granada
- Your Discover Moment: Granada
- Your Discover Moment: Antigua Guatemala
- Your Discover Moment: San Ignacio
- Your Discover Moment: Caye Caulker
- Your Big Night Out Moment: Caye Caulker
- Guided tour of Tikal
- Orientation walk in Granada and Antigua
- Beach time in Poneloya and Mahahual
- Free time in La Fortuna, Monteverde, Cerro Verde and Suchitoto
- 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 November 1st, 2019 and onwards

# Itinerary



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

Day 1

## San José

Arrive at any time. Tonight, explore the La California barrio with your fellow travellers. Stop in at one of the many bars to get to know your group over a few drinks. Cheers to new friends and new adventures!

Arrive at any time. Check into our hotel and enjoy the city. Please try to arrive before 6pm for an important group meeting where you can meet the CEO (Chief Experience Officer) and the other group members.

Amid the hustle and bustle of this busy capital, San José has beautiful parks, museums and an ornate National Theatre. Enjoy the view of the surrounding lush mountains from the downtown streets, head to the central plaza, shop for souvenirs and pass the time people-watching.

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### 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.

Options abound—soak in Arenal's hot springs or get the adrenaline pumping with whitewater rafting or waterfall rappelling.

La Fortuna, the town near the Arenal Volcano, is an excellent base for adventure. Hike the area's nature trails, swim in chilly La Fortuna waterfall, or join a canopy tour and catch a bird's eye view of the forest greenery. Take an unforgettable night hike around the foot of the volcano, accompanied by a soundtrack of monkeys and the rumblings of the volcano.

Other optional activities include: full-day Class III & IV white water rafting on the Balsa or Toro Rivers, mountain biking, caving, horseback riding, or a tour of the Caño Negro Wildlife Refuge. Like much of Costa Rica, the area is a birders' paradise, with over 600 species as permanent residents.

After a long day of exploring, the Baldi Hot Springs might just be the answer for your tired muscles. Soak in one of the natural thermal baths and hope the clouds part long enough for a glimpse of Arenal's slopes.



## Today's Activities

Local Bus

San José - La Fortuna

3h-5h

150km

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



## Optional Activities - Day 2

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.

Ecotermals Hot Springs

La Fortuna

64USD

3h-5h

Relax in the shadow of the Arenal Volcano immersed in one of the naturally heated pools at Ecotermals. 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.

Free day to get the adrenaline pumping with rafting and other outdoor pursuits or one of many other optional activities.



## Optional Activities - Day 3

Whitewater Rafting

La Fortuna

61-86USD

Pull on your bathing suit and water shoes, don a helmet and prepare to get wet and wild. Guided by expert leaders, paddle through Class II-IV rapids as you raft past spectacular scenery. Feel the burn, work up a sweat, then cool off in the pure river water. Experience the energy and excitement and enjoy! Minimum age: 8-12 depending on rapid class.

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.

Venado Caves Exploration

La Fortuna

78USD

Duck your head and enter an underground world formed some 15 million years ago. The Venado Caves are 45 min NW of Fortuna. Ford rivers, crawl through caverns, and marvel at the strange stalactites, stalagmites and subterranean inhabitants including bats, frogs, and spiders. Not ideal if you get anxious in closed spaces. Great for those who want to channel their inner Indiana Jones. Please note the price listed does not include the IVA Tax.

Horseback Riding

66-68USD

Throw on some long pants, grab the reins and hop up on a well-trained horse. Trail ride through the tropical forest and across the area's most beautiful landscape. Look for toucans in the trees and admire the ocean views. Visit waterfalls and end your journey with a good gallop.

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.

Lost Canyon Adventures Canyoning

La Fortuna

Hold on tight and get ready to rappel down the face of rushing waterfalls. Fear and fun collide in the rainforest as you throw caution to the monkeys and launch yourself into nature. Get soaked and feel completely alive. Trek through rivers and keep your eyes peeled for exotic birds and wildlife. Let the action begin! Please note the price listed does not include the IVA Tax. Minimum age: 8.

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 4

## La Fortuna/Monteverde

Travel from La Fortuna to Monteverde by boat and van and enjoy gorgeous scenery along the way.

Costa Rica is a natural gem because of its breathtaking flora and fauna. Travelling into the cool cloud forest of Monteverde, appreciate how lush ecosystems truly are works of art. Take time to bird watch, ride a horse, mountain bike, or zip line over the forest canopy.

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### Today's Activities

Shared Van

La Fortuna - Laguna de Arenal

30m

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

Arenal - Monteverde

2h

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

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



## Optional Activities - Day 5

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.

Ziplining

Monteverde

3h-4h

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

Monteverde 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.

Get to know local friends during a two-night community guesthouse stay on Ometepe Island. Test out some language skills, opt to climb a volcano, or visit the local swimming hole.

From the town of San Jorge, we cross Lake Nicaragua by ferry to arrive at Ometepe Island. The group will be split up amongst different families who will host you in their homes. Breakfast and dinner will be provided in the home.

Explore the island, pass plantain plantations and other small villages, to get a chance to see how rural Nicaraguans live. Enjoy a challenge? Hike Concepción Volcano. If not, check out the pre-Columbian petroglyphs, try the Tarzan swing at a nearby jungle swimming hole, or enjoy the beach.



## Meals included

Dinner



## Today's Activities

Private Vehicle

Monteverde - Peñas Blancas

4h-5h

190km

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

Border Crossing (Costa Rica - Nicaragua)

Peñas Blancas

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

Local Bus

Peñas Blancas - Rivas

1h

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.

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 7

## Isla de Ometepe

Full day on the island to spend time with your hosts and enjoy optional activities such as hiking and swimming.



### Meals included

Breakfast | Dinner



### Today's Activities

Free Time

Isla de Ometepe

Enjoy beautiful Ometepe with a free day to do whatever you'd like from hiking to swimming to simply relaxing.

#### 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 7

Hike Concepción 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.

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.

See Granada's colourful colonial buildings on an orientation walk. Enjoy a Big Night Out with the group.

Nicaragua has flourished in the past few years and boasts both incredibly friendly people as well as impressive natural beauty. Granada's colonial charm is complimented by the surrounding active volcanoes and lakes, making day trips a fun and easy option.

Walking is probably the easiest way to see all the sights of Granada, your Chief Experience Officer will give you an initial orientation walk in the city, after which you will have plenty of time to explore in more depth.



## Meals included

Breakfast



## Today's Activities

Private Vehicle

Isla de Ometepe - Moyogalpa

15m

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 - Granada

2h

75km

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

Orientation With CEO

30m-1h

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.

Day 9

## Granada

Take advantage of a free day to explore Granada or kayak the isletas in Lake Nicaragua.

For a relaxing afternoon, spend a couple of hours in a boat touring some of the 350+ "Isletas" or little islands found near Granada in Lake Nicaragua.

Other optional activities include visiting the nearby extinct Mombacho Volcano, now shrouded in vegetation. Granada is located on the shores of Lake Nicaragua and has a long park ideal for strolling. The nearby markets of Masaya house vendors selling great Nicaraguan handicrafts such as hammocks, pottery, and paintings.



### Optional Activities - Day 9

Mombacho Volcano Trails Hike

Volcán Mombacho

35USD

4h30m-5h

Board a truck at the base of Mombacho Volcano and slowly make your way up the steep road. Hike the muddy paths at the top of Mombacho Volcano. At the windy summit, see four dormant craters, all covered in dense cloud forest. On a rare clear day, capture views of Granada, las Isletas, Laguna de Apoyo, and Lake Nicaragua beyond.

Masaya Volcano Day Excursion

Granada

40USD

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

Day 10

## Granada/Poneloya

Arrive in the afternoon to relax on a remote northern beach on Nicaragua's Pacific coast. Surfing, swimming and beach lounging await.

Our accommodation is in a large, multi-share mixed-gender beach lodge dorm right on the beach with an attached bar and restaurant. There's not much on our stretch of beach, but that's part of the beauty of Nicaragua's northern Pacific coast.



### Today's Activities

Private Vehicle

Granada - Poneloya

4h

150km

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



### Optional Activities - Day 10

Surfing

Poneloya

20USD

Get ready to ride the waves. Rent a board or take a private lesson to help improve your ability to hang ten.

Swimming

Grab your bathing suit and go for a refreshing swim.

Day 11

## Poneloya

Spend your day enjoying the coast. Opt to explore the city of Leon or hit the beach.

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### Today's Activities

Free Time

Poneloya

Enjoy the beach or explore further inland.

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### Optional Activities - Day 11

Surfing

Poneloya

20USD

Get ready to ride the waves. Rent a board or take a private lesson to help improve your ability to hang ten.

Swimming

Grab your bathing suit and go for a refreshing swim.

After a long day of travel via bus, boat, and private vehicle, arrive to El Salvador's Cerro Verde National Park, home of the famous trio of volcanos, Cerro Verde, Izalco, and Santa Ana.



## Today's Activities

Walking

Poneloya - Río Telica

30m

Lace up your shoes and get to the next stop under your own power.

Boat

Río Telica

15m

Climb aboard and get your float on.

Private Vehicle

Río Telica - Potosí

4h

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

Border Crossing (Nicaragua - El Salvador)

Potosí - La Unión

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

Boat

Potosí - La Unión

3h

Climb aboard and get your float on.

Private Vehicle

La Unión - Cerro Verde

4h

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

Spend a free day in Cerro Verde at leisure. Opt to hike up to the edge of Santa Ana's Volcano crater for some more spectacular views. Or choose to take a dip in Lake Coatepeque, there are many ways to keep busy in one of El Salvador's most beautiful national parks.

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## Today's Activities

Free Time

Cerro Verde

Here's the chance to explore Cerro Verde and soak in the views of this lush green national park on a free day.

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## Optional Activities - Day 13

Santa Ana Volcano Hike

Cerro Verde

Take a hike up to the edge of Santa Ana's Volcano crater. Once at the top, relax for a while to enjoy the views of the sulfur green lagoon inside the crater, along with the surrounding Coatepeque Lake and the Pacific Ocean with a provided lunch in hand. On a clear day, even the ships on the Pacific Ocean can be seen!

Day 14

## Cerro Verde/Suchitoto

In the morning enjoy a guided tour in Cerro Verde National Park taking in the lush surroundings. Travel to El Salvador's colonial town of Suchitoto. Don't forget to try the delicious pupusas, a local Salvadorian specialty.



### Today's Activities

Cerro Verde National Park Visit

Cerro Verde

1h30m

Visit Cerro National Park which is home to three volcanos - Cerro Verde, Izalco, and Santa Ana. Take the "Una Ventana a la Naturaleza" (A Window to Nature) walking path around Cerro Verde's crater, stopping at different view points to take in all the beauty this park has to offer.

Private Vehicle

Cerro Verde - Suchitoto

2h30m

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

Day 15

## Suchitoto/Copán

Watch diverse landscapes pass by as we travel through 3 countries in one day en route to Copán.

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### Today's Activities

Private Vehicle

Suchitoto - Copán

6h

215km

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

Border Crossing (El Salvador - Guatemala)

Anguiatú - Ermita

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-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.

Enjoy a free day in Copán. Opt to visit the Mayan ruins of Copán or explore the colonial highland town on horseback and check out some lesser known Mayan sites along the way, or journey to some local hot springs for a relaxing soak.



## Today's Activities

Free Time

Copán

Explore the ruins, poke around in local shops, or explore Copán's surroundings on a free day.



## Optional Activities - Day 16

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.

Horseback Riding

Copán

25USD

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

Luna Jaguar Hot Springs Visit

Copán

50USD

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

Cross into Guatemala. Enjoy an orientation walk to explore the colonial city of Antigua.

After a long travel day arrive to Antigua, where you can stretch your legs during an orientation walk with your CEO. Enjoy the beautiful Spanish colonial architecture of this UNESCO World Heritage Site.

This tour arrives to Antigua in the early evening. If you are interested in exploring the city and its nearby attractions, it is recommended you book additional post-trip accommodation nights.



## Today's Activities

Private Vehicle

Copán - Antigua Guatemala

8h

200km

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.

Orientation With CEO

30m-1h

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.

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.



## Optional Activities - Day 18

Cycling

Antigua Guatemala

30-50USD

1h-5h

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

Finca Valhalla Visit

Antigua Guatemala

5-10USD

1h30m-3h

20-25km

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

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.

Day 19

## Antigua Guatemala

Enjoy a free day to explore. Opt to relax with a massage or soak up the culture in one of many cafés.

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.



### Today's Activities

Orientation With CEO

30m-1h

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.

Free Time

Antigua Guatemala

Get out and explore this beautiful colonial city.



### Optional Activities - Day 19

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.

Massage

Antigua Guatemala

30-60USD

30m-2h

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

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.

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!)

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.

Pacaya Volcano Hike

Escuintla

75USD

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

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.

Travel to beautiful Lake Atitlán and enjoy the views. Take a boat across the lake to a G Adventures-supported homestay with a local family in a Mayan Tz'utujil village. Tour the village with a local guide to learn more about daily life and see some artisan workshops.

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.

We will overnight at a G Adventures-supported homestay with a local family. Tonight, the group will be spread out among a number of homes, where dinner will also be provided. This once-in-a-lifetime experience will help you to gain a better understanding of the day-to-day life of the locals in this region.

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



## Meals included

Dinner



## Today's Activities

Private Vehicle

Antigua Guatemala - Panajachel

4h

80km

Stretch out and unwind aboard our private ride.

### 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.

Boat

Panajachel - San Juan La Laguna

30m-45m

25km

Climb aboard and get your float on.

Day 21

## San Juan La Laguna/Panajachel

Return across the lake and enjoy free time in Panajachel to visit the market or relax.

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### Today's Activities

Boat

San Juan La Laguna - Panajachel

30m-45m

25km

Climb aboard and get your float on.

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### Optional Activities - Day 21

Massage

Panajachel

Revive sore muscles with a relaxing massage.

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 22

## Panjachel/Rio Dulce

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.

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### Today's Activities

Private Vehicle

Panjachel - Rio Dulce

9h

400km

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

Opt to visit the coastal town of Livingston by boat, or go for a swim in a natural hot waterfall.

There are plenty of opportunities for R & R. Aside from boating on Lake Izabal, there are optional tours in the area to view protected manatees. You may opt to horseback ride through a rubber plantation, explore San Felipe fort, take the morning monkey kayak tour, relax in the thermal springs, or hike through the jungle-strewn trails in the Chocón-Machacas Natural Reserve area.



## Today's Activities

Free Time

Rio Dulce

Enjoy a free day in this beautiful area of southern Guatemala.



## Optional Activities - Day 23

Chocón-Machacas Nature Reserve Hike

Livingston

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

San Felipe Fort Visit

Rio Dulce

5USD

The Castillo de San Felipe de Lara is a Spanish colonial fort at the entrance to Lake Izabal in eastern Guatemala. Built originally in 1644, the fort was purposely located at the narrowest point on the river so they could try to protect themselves against (often British) pirates. Tour the grounds, cross the moat and head up to one of the watch towers and imagine firing a canon at your enemy across the river.

Natural Hot Waterfall Visit

Rio Dulce

35USD

3h-5h

30-50km

Finca el Paraiso contains a unique volcanic vein that heats spring water and dumps it into a colder river below. Refresh and relax as you bathe in these therapeutic thermal waters and swim in the river below. Arrive by boat or overland.

Sunrise Monkey Kayak

Rio Dulce

20USD

2h-3h

5-10km

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

Scenic Boat Ride to Livingston

Rio Dulce - Livingston

30USD

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”.

Horseback Riding Rio Dulce

Rio Dulce

30USD

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

Day 24

## Rio Dulce/Flores

Head north to our final stop in Guatemala, Flores, a picturesque town surrounded by Lake Petén Itzá.

Flores is well-known for its proximity to Tikal—the largest excavated Mayan site.



### Today's Activities

Private Vehicle

Rio Dulce - Flores

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

Learn about Mayan culture and history on a guided tour of Tikal before crossing into Belize.

The spiritual centre of Tikal boasts the Mayan's highest pyramids and abundant flora and fauna in the surrounding jungle.



## Today's Activities

Private Vehicle

Flores - Tikal

1h-1h30m

64km

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 - Melchor de Mencos

1h-1h30m

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

Border Crossing (Guatemala - Belize)

Melchor de Mencos - Benque Viejo del Carmen

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

Taxi

Benque Viejo del Carmen - San Ignacio

15m-30m

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

Opt to visit the sacred Mayan cave Actun Tunichil Muknal (Cave of the Crystal Maiden), or check out the seldom-visited Mayan ruins of Xunantunich.

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.



## Optional Activities - Day 26

Mountain Pine Ridge Forest Reserve Visit

Mountain Pine Ridge

75USD

3h-4h

The Mountain Pine Ridge Forest Reserve covers almost 500 square km (310 square miles) and only controlled logging is allowed. Interesting stops include Hidden Valley Falls, a spectacular waterfall dropping more than 300m (984 ft) over the granite edge of the jungle. Further along, you will cross the Rio On and a climb over an assortment of worn boulders and rocks that will bring you to a delightful site with waterfalls and several warm water pools. The area is also renowned for its system of caves, the biggest and most famous being the Rio Frio Cave. With its enormous arched entryway into the kilometre-long cave, this river cave is the largest in Belize. A day trip to the ridge can easily be arranged in San Ignacio.

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.

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 stelae, 25 temples, and well-preserved palaces.

Actun Tunichil Muknal Cave Visit

Actun Tunichil Muknal

140USD

6h-8h

29km

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

Day 27

## San Ignacio/Caye Caulker

Hop aboard a local bus, then board a water taxi to the island paradise of Caye Caulker. Later, explore Caye Caulker on the G Adventures-supported Bike with Purpose tour.

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### Today's Activities

Local Bus

San Ignacio - Belize City

3h-4h

123km

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

Boat

Belize City - Caye Caulker

1h

Climb aboard and get your float on.

#### ACTIVITY

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

Free Time

Caye Caulker

The earlier we leave San Ignacio, the earlier you have time to get used to the slow pace of life on Caye Caulker.

Days 28–29

## Caye Caulker

Enjoy free time to snorkel with stingrays and nurse sharks at Hol Chan Marine Reserve, or just chill out, Belizean style. Take part in a Big Night Out with the group this evening.



### Today's Activities

#### 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 - Days 28–29

Hol Chan Marine Reserve Day Tour

Caye Caulker

6h-7h

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

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

Guided Kayak Trip

Caye Caulker

15-20USD

2h30m-3h

Follow a guide on a sea kayak tour around the southern portion of Caye Caulker. Paddle around the mangroves and try to spot some of the unique wildlife in the area.

Fishing

Caye Caulker

250-450USD

4h-8h

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

Bike with Purpose Rental

Caye Caulker

1-30USD

1h-72h

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

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 30

## Caye Caulker/Mahahual

Leaving Belize and its Caribbean reggae-tinged vibe, head north to the Costa Maya, Mexico, to the beachside town of Mahahual.

### Today's Activities

Boat

Caye Caulker - Belize City

1h

Climb aboard and get your float on.

Local Bus

Belize City - Chetumal

3h

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

Border Crossing (Belize - Mexico)

Santa Elena - Subteniente López

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

Chetumal - Mahahual

2h

145km

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

Day 31

## Mahahual

Enjoy a free day for beach lounging and sipping seaside margaritas.

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### Today's Activities

Free Time

Mahahual

Do as much or as little as you'd like on a free day.

Day 32

## Mahahual/Playa del Carmen

Head up the coast to Playa del Carmen, the de facto centre of the Mayan Riviera, for a final night with the group.

This once sleepy village is quickly becoming a popular destination among sun worshippers and partiers worldwide.



### Today's Activities

Private Vehicle

Mahahual - Playa del Carmen

5h

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

Free Time

Playa del Carmen

So much beach, so little time! Get out and explore it.



### Optional Activities - Day 32

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!

Sian Ka'an Biosphere Reserve Canal Float

Tulum

135USD

Sian Ka'an Biosphere Reserve is one of Mexico's most important protected areas due to its diversity in bird and animal species. The Reserve uses ecologically responsible technologies, including systems for wetland waste management, rainwater collection, and solar and wind energy generation to protect the environment.

Visit the reserve and take a boat ride across the lagoon before hopping into the crystal clear water of one of the canals. Next, enjoy nature's lazy river as you float past Mayan ruins and mangrove forests,

letting the current slowly bring you down stream. It's just you, the sound of chirping birds, and the fish swimming around your feet - pure paradise!

Day 33

## Playa del Carmen

Depart at any time.

Playa del Carmen is located just south of Cancún airport (45 min drive) so you can easily head directly there without returning to Cancún.



### 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: Puesta del Sol Community Guesthouse Stay, Isla de Ometepe
- Your G for Good Moment: Posadas Mayas Homestay, San Juan La Laguna
- Your G for Good Moment: Belize Bike with Purpose Tour, Caye Caulker
- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Discover Moment: La Fortuna
- Your Discover Moment: Monteverde
- Your Big Night Out Moment: Granada
- Your Discover Moment: Granada
- Your Discover Moment: Antigua Guatemala
- Your Discover Moment: San Ignacio
- Your Discover Moment: Caye Caulker

- Your Big Night Out Moment: Caye Caulker
- Guided tour of Tikal
- Orientation walk in Granada and Antigua
- Beach time in Poneloya and Mahahual
- Free time in La Fortuna, Monteverde, Cerro Verde and Suchitoto
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Bliss out on a stretch of remote Nicaraguan beach, walk the colonial streets of colourful Granada and Antigua, experience an overnight homestay in Guatemala and a community guesthouse stay in Nicaragua, explore Mayan ruins, visit seven countries in a month.

## What are the main highlights of this trip?

Bliss out on a stretch of remote Nicaraguan beach, walk the colonial streets of colourful Granada and Antigua, experience an overnight homestay in Guatemala and a community guesthouse stay in Nicaragua, explore Mayan ruins, 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.

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

1. As this trip crosses national borders, please be prepared to pay some border fees for certain countries ranging from \$1 to \$30 USD. Please check with your local embassy or consulate for up-to-date visa requirements, or see your travel agent.

### **2. 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.

### **3. YELLOW FEVER**

It may be required to show a Yellow Fever certificate upon entering Nicaragua if you have travelled to certain countries with Yellow Fever risk prior to arriving. Please check in with your local health expert for advice on Yellow Fever and other inoculations required for this area.

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

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

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

Max 18, avg 14.

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

2 breakfasts, 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. 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, boat, van, taxi, ferry, 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 (27 nts, most multi-share), beach lodge (2 nts, multi-share), community guesthouse stay (2 nts), homestay (1 nt)

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

Accommodation will be varied throughout your adventure. Some nights we use multi-share accommodation, on a single-sex basis (typically 4-6 people per room). We have specifically chosen unique accommodations to give local flavour to your trip.

Couples: Please note that due to the variety of accommodation used in Central America, couples will be split into separate rooms when we use multi-share hostels. Pending availability, couples may be able to pay extra while on tour to have their own room in some destinations.

## **What is the joining hotel?**

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

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

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 for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

## **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 within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

### EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

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

After hours emergency number: +51 997 582 712

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

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

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying 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](#)

## 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 Nicaragua the Cordoba (NIO), 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?

Costa Rica exit tax: \$8USD

Nicaragua entrance tax: \$13USD

Nicaragua exit tax: \$2USD

Honduras entrance tax: \$3USD

Honduras exit tax: \$3USD

Guatemala entrance tax: 10Q (\$1.25USD)

Guatemala exit tax: 10Q (\$1.25USD)

Belize entrance tax: free

Belize exit tax: BZ\$40 or US\$20

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?

## La Fortuna

- La Fortuna Waterfall Swim (20USD per person)
- Ecotermals Hot Springs (64USD per person)
- Whitewater Rafting (61-86USD per person)
- Mountain Biking (79USD per person)
- Venado Caves Exploration (78USD per person)
- Horseback Riding (66-68USD per person)
- Birdwatching
- Lost Canyon Adventures Canyoning
- Caño Negro Wildlife Refuge Tour (65-133USD per person)

## Monteverde

- Santa Elena Cloud Forest Visit (35-50USD per person)
- Ziplining
- Monteverde Coffee Plantation Tour (40USD per person)

## Isla de Ometepe

- Hike Concepción Volcano (45USD per person)
- Ometepe Island Cultural and Pre-Columbian Petroglyphs Tour (45USD per person)
- Swimming (Free)

## Volcán Mombacho

- Mombacho Volcano Trails Hike (35USD per group)

## Granada

- Masaya Volcano Day Excursion (40USD per person)
- Swimming

## Poneloya

- Surfing (20USD per person)

## Cerro Verde

- Santa Ana Volcano Hike

## Copán

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

## Antigua Guatemala

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

## Escuintla

- Pacaya Volcano Hike (75USD per person)

## Panajachel

- Massage

## San Juan La Laguna

- Shopping

## Livingston

- Chocón-Machacas Nature Reserve Hike

## Rio Dulce

- San Felipe Fort Visit (5USD per person)
- Sunrise Monkey Kayak (20USD per person)
- Horseback Riding Rio Dulce (30USD per person)
- Natural Hot Waterfall Visit (35USD per person)
- Scenic Boat Ride to Livingston (30USD per person)

### **Mountain Pine Ridge**

- Mountain Pine Ridge Forest Reserve Visit (75USD per person)

### **Barton Creek**

- Barton Creek Cave Canoeing (120USD per person)

### **Caracol**

- Caracol Ruins Tour (125USD per person)

### **Xunantunich**

- Xunantunich Visit (65USD per person)

### **Actun Tunichil Muknal**

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

### **Caye Caulker**

- Hol Chan Marine Reserve Day Tour
- Guided Kayak Trip (15-20USD per person)
- Fishing (250-450USD per person)
- Bike with Purpose Rental (1-30USD per person)
- Sunset Sailing Boat Tour (60USD per person)

### **Playa del Carmen**

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

## Tulum

- Sian Ka'an Biosphere Reserve  
Canal Float (135USD 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.

# 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 jewellery.

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

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

## Is travel insurance required for my trip?

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

## What is Planeterra?

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

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

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

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

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

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

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

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

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

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

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