



## **Central Mexico: Oaxaca to Mexico City**

7 days, Oaxaca to Mexico City

Trip code CMOM

### **What's included**

- Your G for Good Moment: Boat Tour of Xochimilco, Mexico City
- Your Welcome Moment: Meet Your CEO and Group

- Your Foodie Moment: Mole-Making Demonstration, Puebla
- Your OMG Day: Teotihuacán Visit or Mexico City Food Tour, Mexico City
- Complimentary arrival transfer
- Welcome dinner
- Historical walking tour of Oaxaca and Monte Albán visit with a local guide
- Full-day biking excursion to Hierve el Agua petrified waterfall
- Mezcal tasting at an agave plantation
- Orientation walk of Puebla's historical centre with visit to a talavera workshop
- Boat ride through the Xochimilco canals on a traditional 'trajinera'
- Visit the Frida Kahlo Museum at Casa Azul
- Farewell Dinner
- All tips included for activities and meals, except for CEO and portage
- 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 August 23rd, 2026 and onwards

# Itinerary

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**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

## Oaxaca: An Immersion into Mexico

In the heart of Mexico lies Oaxaca, a land rich with indigenous cultures and incredible food, often considered to be the gastronomical heartland of the country. As you make your way into the city from the airport, savour the sights, sounds and smells of this vibrant and ancient metropolis. We welcome you to Mexico, and invite you to indulge in the traditions and flavours that make the country so unique.

Arrive to Oaxaca at any time and transfer to the hotel. Meet your fellow group members at the welcome meeting in the evening and get all the important information about the adventure ahead. Afterwards, head to a nearby restaurant for a delicious welcome dinner with new friends.



### Meals included

Dinner



### Accommodation

Parador San Miguel (or similar)

Hotel

Cozy and quintessentially Mexican, the Parador San Miguel oozes charm, with colourful traditional design that Oaxaca is known for. With comfortable rooms and spacious common areas, the hotel is the perfect place to return to after a day of exploring.



### Today's Activities

Arrival Transfer

Oaxaca - Xoxocotlán International Airport - Oaxaca

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

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. 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.



### Optional Activities - Day 1

Mezcal Factory Tour

Oaxaca

The Valley of Oaxaca is renowned as the birthplace of mezcal. Not to be confused with tequila, this distilled liquor is made in small batches from a variety of species of agave (spiky green plants that look like the tops of pineapples). Sample different types, including white unaged mezcal (often sold with an agave larva inside), along with “reposado” and “añejo” (aged) batches. Grab a slice of orange that's coated in salt and mixed with chili and ground worms. Now, it's time to sip and enjoy.

Mole Cooking Class

Oaxaca

1200MXN

Take a cooking class and learn that there's more to mole than meets the eye (and mouth). In fact, in Oaxaca, there are at least seven different versions of this popular made-in-Mexico sauce cooked with ground chili, chocolate, and sesame seeds. Black, red, yellow, green – the list is endless. Take a guided trip to the local market and let your senses get lost in the spices, colours, and smells. Following your cooking class, sample your tasty creation.

## Oaxaca: Cycle to Herve el Agua

Feel the breeze on your face as you pedal through farmland and agave plantations, a plant that has become a symbol of Mexico's famous spirits – tequila and mezcal. Indigenous communities have thrived in these parts and have held the agave plant sacred, as well as the imposing petrified waterfall of Herve el Agua which is the crowning jewel of your ride.

Head out on a biking excursion from Santa Maria del Tule to Herve el Agua petrified waterfall with time for swimming and lunch, then stop at a local agave farm for mezcal tastings on the way back to Oaxaca. Free evening with dinner on your own or with the CEO.



### Meals included

Breakfast | Lunch



### Accommodation

Parador San Miguel (or similar)

Hotel

Cozy and quintessentially Mexican, the Parador San Miguel oozes charm, with colourful traditional design that Oaxaca is known for. With comfortable rooms and spacious common areas, the hotel is the perfect place to return to after a day of exploring.



### Today's Activities

Biking Excursion Santa Maria to Herve el Agua

Santa María del Tule – Tlacolula

26km

Pedal through the valleys of Oaxaca from Santa Maria del Tule to Tlacolula. Drive around 30 minutes from Oaxaca City to the start of the biking portion. Listen to a safety briefing and begin the route through farm fields, agave plantations, and small Zapotec villages with mountain views, glimpsing daily life in Oaxaca. Once in Tlacolula de Matamoros the bikes will be put away and a 1-hour drive to Herve el Agua will commence.

Herve el Agua Petrified Waterfall Visit

Oaxaca

Travel to Hierve del Agua. This stunning natural formation consists of a series of mineral pools near the edge of a cliff. Over thousands of years, the heavily calcified water has flowed over the cliff, leaving mineral deposits as it does. The result is known as a "petrified waterfall" - nearly white rock formations that resembles a cascading fall. Enjoy time to explore the area and go for a swim in one of the mineral pools.

Agave Farm Visit & Mezcal Tasting

Oaxaca

The Valley of Oaxaca is renowned as the birthplace of mezcal. Not to be confused with tequila, this distilled liquor is made in small batches from a variety of species of agave (spiky green plants that look like the tops of pineapples). Visit an Agave farm, learn about the process and sample different types, including white un-aged mezcal (often sold with an agave larva inside), along with "reposado" and "añejo" (aged) batches. Grab a slice of orange that's coated in salt and mixed with chili and ground worms. Now, it's time to sip and enjoy.

Oaxaca's rich history and architecture is on full display with picturesque plazas, churches and charming cafes and restaurants around every corner. The valley and environs of Oaxaca have been inhabited for tens of thousands of years and has a wealth of fascinating archaeological sites which all tell their own stories about the Oaxaca's past and about how it has evolved into what it is today.

Take a morning historical tour of Oaxaca on foot and by vehicle with a local guide before visiting the Monte Albán archaeological site. Have a delicious lunch at a typical restaurant as an introduction to the regional cuisine before a free afternoon for individual exploration. In the evening, travel from Oaxaca to Puebla and take an orientation walk with the CEO of the historical centre.



### Meals included

Breakfast | Lunch



### Accommodation

Hotel Casa Reyna (or similar)

Hotel

Set in the heart of Puebla's historic centre, Casa Reyna blends boutique comfort with the city's rich culinary heritage. Housed in a beautifully restored colonial building, the hotel features warm, elegant rooms and inviting courtyard spaces that reflect Puebla's timeless charm. With its renowned restaurant and tranquil atmosphere, it's an ideal place to unwind after a day spent exploring the city's vibrant streets.



### Today's Activities

Oaxaca Historical Tour and Monte Albán

Oaxaca

4h-4h30m

Set off on a walking tour of charming Oaxaca, rich with history and culture. See the Santo Domingo Cultural Centre, walk through the zocalo and the famous 20th of November market where you can opt to sample some delicious Oaxacan foods along the way such as mole, tlayudas or chapulines. Transfer to the nearby archaeological site of Monte Albán, a Zapotec site dating back to 500 BC which features platforms, pyramids, plazas, and a ball court sitting on a leveled mountaintop. Enjoy the 360-degree views, see Olmec carvings, and be sure to visit the museum to see artifacts and stele excavated in the early 20th century.

Transport

Oaxaca - Puebla

5h30m

340km

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

Orientation Walk

Puebla

The route will vary for each tour, allowing our CEOs to share their personal favourites. You can expect to see the zócalo, artisans' market and visit the historic buildings within centre of this World Heritage city.

## Puebla: Artistic and Culinary Traditions

Nestled amongst mountains and active volcanoes, Puebla is a feast for the senses. Marvel at 15th century architecture as you wander the cobblestone streets of the historical centre and get wafts of delicious aromas around every corner. Famous also for its beautiful and unique talavera pottery, Puebla is a treat to explore and to taste, with the delectable and essential mole poblano standing out as the region's flagship dish.

Enjoy free time in the morning on your own. Visit a Talavera pottery workshop before lunch at a local restaurant. In the evening, enjoy a mole demonstration and dinner.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

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Hotel

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### Today's Activities

Free Time

Puebla

Spend a free morning enjoying Puebla on your own. Opt to visit Cholula, the city's churches, or wander the markets sample local treats.

Talavera Pottery Experience

Puebla

Spend time with a local artist to discover the historical and cultural significance of Talavera pottery dating back to the 16th century. Witness the process from clay to creation, learning about its uses from tableware to tiles and hearing about the purpose behind the colours chosen.

ACTIVITY

Learn to make the traditional sauce of mole, made with an assortment of chilis and chocolate. Sample your mouth-watering creation when you're done and sit down for an included group dinner at the hotel.

Day 5

## Mexico City: Canals and Frida Kahlo

Gliding along the ancient canals of Xochimilco on a traditional 'trajinera' boat is a multi-sensory and quintessentially Mexican experience. The brightly-coloured boats pass by with everything from local families, to mariachi bands to vendors selling tacos or flowers. Many of these aspects of traditional popular culture also served as an influence in the artwork of Frida Kahlo, one of Mexico's most famous artists who grew up in the nearby neighbourhood of Coyoacán, in Mexico City's southern reaches.

Drive to Mexico City and take a boat trip along the Xochimilco canals before visiting the Casa Azul, which was home to Frida Kahlo and now houses a museum of her work and story. Free evening with dinner on your own or with the CEO.



### Meals included

Breakfast | Lunch



### Accommodation

Novotel Mexico City Centro Historico (or similar)

Hotel



### Today's Activities

Transport

Puebla - Xochimilco

2h30m

136km

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

#### ACTIVITY

Explore Mexico City's Xochimilco, a system of canals built by the ancient Aztecs. Navigate through colourful floating gardens on a brightly painted, flat-bottomed punt-a-boat. The waters are home to the critically endangered axolotl, a rather unusual amphibian native to Mexico with deep roots into Aztec mythology. After navigating the waters, stop at a Chinampa for a traditional meal.

Private Vehicle

Xochimilco - Mexico City

45m-1h

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

Museum of Frida Kahlo (Casa Azul)

Mexico City

Visit the famed "Blue House" where Frida Kahlo was born, lived and died. Her lifelong home is open to those looking to learn more about or see what life was like for the celebrated artist. The museum consists of ten rooms throughout the home, each filled with original furniture from when she lived there with her husband Diego Rivera, and personal items of Frida's from letters, art materials, original works of art, to handcrafted kitchenwares.

Free Time

Mexico City

Spend a free evening in Mexico City and grab dinner on your own.

## Mexico City: Your OMG Day

The history of the ancient Aztecs permeates all aspects of Mexico City in its architecture, traditions and food. Whatever your interest, you will have the opportunity to visit the massive pyramids of Teotihuacán or to stay in the city dig deeper into what makes the bustling metropolis one of the world's most interesting cities.

Choose either a half-day visit to the Teotihuacán archaeological site or take a historical and food tour of Mexico City. Enjoy a free afternoon to continue exploring or to visit one of the many excellent museums before a farewell dinner in the evening.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Novotel Mexico City Centro Historico (or similar)

Hotel



### Today's Activities

Free Time

Mexico City

Spend the afternoon on your own. Opt to visit museums or other monuments. Then come back together with the group for an included dinner this evening.

#### ACTIVITY

Option 1: Enjoy a half-day visit to the archaeological site, Teotihuacán. Bring water, wear a hat, solid walking shoes, and climb the pyramids to learn all about this pre-Columbian Mesoamerican city. Don't forget to stop by the museum too!

Option 2: Partake in a culinary-focused tour of Mexico City with a visit to a market with lots of stops for food sampling as you walk. Fill up on the local flavours and get to know what daily community life is like in the city.

Day 7

## Mexico City

Although the tour finishes today, Mexico will live on in your memory, beckoning you to return someday.

Depart Mexico City at any time.

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### Meals included

Breakfast

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### Today's Activities

Departure Day

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

## What's included

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## What are the main highlights of this trip?

Explore the ancient ruins of Monte Albán, Bike through farmland and agave fields to a petrified waterfall, Learn all about (and eat!) Mexico's delectable regional cuisine, Visit a talavera ceramics workshop in Puebla, Glide through the canals of Xochimilco on a boat, Observe some of Frida Kahlo's famous self-portraits in Mexico City

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

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## **Is there an 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.

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

1. Please note that on Mondays most museums in Mexico City are closed. The itinerary allows for a free afternoon on day 2 (Sunday) to visit some of the most popular museums should you choose, however if you desire more time than this then we recommend booking extra hotel nights before the tour starts to get the most out of Mexico City.

2. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

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

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

## How large will the group be?

Max 16, avg 12

## What meals are included in this trip?

6 breakfasts, 5 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. On truck trips in Africa, aboard the expedition ship Explorer or our Galapagos yachts, while trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

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

Private vehicle, boat, walking.

## Is there an extra cost for travelling solo?

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

## Where will we stay during the trip?

Hotels (6 nts).

## Will I get my own room?

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

## What is the joining hotel?

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

## What are the joining instructions?

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

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

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

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

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your 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, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you 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 transfer or if an arrival transfer is included in the cost of your tour, please note that:

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

### EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

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

After hours emergency number: +51 997 582 712

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

## What instructions should I follow at the finishing point?

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.

## What should I take on my trip?

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

# What should be on my packing list?

## Documents:

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

## Essentials:

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

## Health & Safety:

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

### **Warm Weather:**

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

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

Laundry facilities are offered by some of our hotels for a charge. If laundry is not available at your hotel, your CEO will be able to direct you to a nearby laundromat.

## **What 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](#)

## **How much spending money do I need for my trip?**

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

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

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash and cards as backup is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

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

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

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

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

## **Do I need to pay a departure tax?**

Depending on the exchange rate departure tax is approximately \$35 USD per person. This tax is sometimes included in the price of your ticket, contact your airline to confirm.

## **Should I be tipping on my trip?**

On the Geluxe Collection tours, tipping is included for all included activities and meals. Tipping is not included for the CEO or Porterage. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. At the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$10-15 USD per person, per day can be used.

For meals and activities not included in your itinerary, it is appropriate in Latin America to tip 10%. Though not compulsory, tipping is expected. 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 and shows an expression of satisfaction.

## What activities are optional on this trip?

### Oaxaca

- Mezcal Factory Tour
- Mole Cooking Class (1200MXN 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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

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

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

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

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

## Is travel insurance required for my trip?

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

## What is Planeterra?

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

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

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

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

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

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

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

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

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

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

## Are international flights included in this trip?

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

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

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

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

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

## Dossier Disclaimer

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

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

## Itinerary Disclaimer

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

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