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Sorry! There are no remaining departures for "The Most Mexico: Central Mexico, Yucatan & Cancún" (CMMCHW), [but here are some similar trips](#).



## **The Most Mexico: Central Mexico, Yucatan & Cancún**

16 days, Mexico City to Cancún

Trip code CMMCHW

## What's included

- Your G for Good Moment: El Hongo Mexican Community Restaurant & Youth Art Program, Playa del Carmen
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Oaxaca
- Your Foodie Moment: Yucatecan Community Lunch Experience and Cenote Swim, Cancún
- Insiders tour of Mexico City with included street food lunch
- Boat ride along the ancient canals of Xochimilco
- Typical food experience meal in Oaxaca with tequila and mezcal tastings
- CEO-led orientation walk in Puerto Escondido
- Beach time at Puerto Escondido
- Excursion from Mérida to cycle between and swim in cenotes
- Guided tour of Chichen Itzá and Tulum ruins
- Dinner inside a cenote near Valladolid
- Beach time at Tulum and Cancún
- Visit to an insect museum
- All transport between destinations and to/from included activities

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**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 March 20th, 2024 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

## Mexico City

Arrive at any time, and kick back at the hostel or head out to explore the city before meeting up with fellow Roamies in the evening. Grab a drink on the hostel rooftop terrace or check out the nearby main plaza, which is always buzzing at night.



## 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.

Mexico City is so huge that it's hard to know where or how to start exploring, but stick with us, we've got your back! Set off in a private ride with a local expert and head to the Monument to the Revolution to get great views from the top and learn a thing or two about Mexico's history. Continue to the iconic "El Angel" statue for the obligatory photos and then head to the trendy area of Colonia Roma Norte to visit a local market and find some mouth-watering tacos al pastor to devour for lunch. The rest of the afternoon is yours to continue exploring the city or maybe take a trip out to visit the ruins of Teotihuacán. Lucha libre in the evening, anyone?



## Meals included

Breakfast | Lunch



## Optional Activities - Day 2

Museum of Frida Kahlo (Casa Azul)

Mexico City

320MXN

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. Tickets can be limited so we recommend booking in advance online: <https://www.museofridakahlo.org.mx/?lang=en>

Teotihuacán Guided Tour

Teotihuacán

Visit the ruins of Teotihuacán (meaning 'the place where gods were born'), northeast of Mexico City. This ruin site dates back to 100AD and has the impressive Avenue of the Dead, Pyramid of the Sun and Pyramid of the Moon. Excavations are still underway at these ruins in the present day. These structures are so massive that the inside of the Pyramid of the Sun for example - has never been entirely explored. Bring water, wear a hat and 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!

Lucha Libre Match

Mexico City

350-500MXN

Combatants don colourful masks and catapult themselves towards their opponents off of the ring's ropes, employing a variety of different moves and holds to pin them to the mat for a three-count. The largely Mexican crowds are usually rowdy, making "lucha libre" an entertaining way to throw yourself head-first into the local culture.

Please be aware that prices for tickets will vary depending on seat location.

National Museum of Anthropology

Mexico City

210MXN

The National Museum of Anthropology houses the largest collection of Mexican art in the world. It's a must see if you're interested in the past or present-day history of Mexico. On the top of the highlights, see the Sun Stone (also known as the Aztec Calendar) an important piece in Aztec culture and mythology that illustrates the history of the universe. With over 20 exhibit halls, you may not be able to see the whole museum in just one day so grab a map and pick and choose what you're most interested in.

Day 3

## Mexico City/Puebla

You're not done with Mexico City quite yet! Head out to the colourful neighborhood of Xochimilco where you'll float along in a typical "trajinera" boat along the canals of this ancient water system built by the Aztecs. Browse the floating markets for souvenirs and snacks and maybe hear some mariachis along the way before hopping back on the bus. Arrive in the colonial city of Puebla in the early afternoon and brush up on your Spanish with the CEO before having some time to explore a bit or to relax at the hostel.



### Meals included

Breakfast



### Today's Activities

Xochimilco Boat Tour

Mexico City

1h-2h

Take on the famous canals of Xochimilco in a vibrant coloured gondola boat past vendors, mariachi bands and local artisans. Feel the vibes of the music around you as locals shop in the floating markets and hopefully you'll find something to bring back home too.

Private Vehicle

Mexico City - Puebla

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

Puebla Orientation Walk

Puebla

Puebla is known for many things, such as pottery, colonial architecture and great food. Let your CEO guide you on a short walk through the city to point out the essentials like supermarkets, main squares, and ATMs.

Head south today on a bus to Oaxaca, (pronounced "Wah-ha-cah" in case you were wondering), a city packed full of culture and incredible food. You'll dive straight into the regional cuisine in the evening with a big spread of delicious local dishes like tamales, tlayudas or some of the ridiculously delicious mole. Throw in some local tequila and you've got yourself a party in your mouth.

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## Meals included

Breakfast | Dinner

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## Today's Activities

Local Bus

Puebla – Oaxaca

5h-6h

340km

Keep the snacks handy and stretch out on this comfy public bus.

Oaxaca Orientation Walk

Oaxaca

Go on a CEO led walk through the colonial city of Oaxaca. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs.

Oaxaca Food and Drink Extravaganza

Prepare your taste buds as we dive into a culinary experience of Oaxaca's incredible food and drink specialties. Learn about the regional delicacies as we eat our way through a spread of dishes like mole, tamales and tlayudas with the ever-present fresh handmade tortillas. Wash it down with some local tequila and mezcal to round things off, which just seem to be natural fit with all of the flavours on the table.

Day 5

## Oaxaca

Freedom! Enjoy a full day in Oaxaca where you can choose from a heap of fun things to do. Want to see some ancient ruins? Visit the nearby site of Monte Albán. Want to stay local? Take a city tour or channel your inner chef with a cooking class. Ultimately the day is yours so if that means having a few more sips of mezcal at a local tavern or chilling at the hostel then that is a-ok by us too.

You can pre-book the Herve el Agua Day Trip during check-out and pay a visit to a petrified waterfall outside of Oaxaca.



### Meals included

Breakfast



### Optional Activities - Day 5

Monte Albán Tour

Monte Albán - Oaxaca

950MXN

1h-3h

1-2km

The Zapotec site of Monte Albán dates back to 500 BC and features platforms, pyramids, plazas, and a ball court sitting on a leveled mountaintop some 10km (5 mi) from Oaxaca. 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.

Herve el Agua Day Trip

Oaxaca

Begin this activity in the morning with included transport to Hierve el 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 goes. The result is known as a "petrified waterfall" – nearly white rock formations that resemble a cascading fall. Upon arrival, enjoy a few hours of free time to explore the area and perhaps go for a swim in one of the mineral pools. Then, travel to a Mezcalería for a tour of the distillery which includes an explanation of the production process of mezcal and a tasting. The group will return to Oaxaca in the late afternoon.

Please note these approximate travel times below:

Oaxaca to Hierve el Agua - Between 1 hour and 45 minutes to 2 hours

Hierve el Agua to Mezcalería- 1 hour

Mezcalería to Oaxaca - 45 minutes.

Valley of Mitla Ruins Visit

San Pablo Villa de Mitla

210MXN

The UNESCO World Heritage site of Mitla is 38km (24 mi) from Oaxaca. Its name derives from the Nahuatl language, meaning “Place of the Dead”. Occupied from 900 BC by the Zapotecs and then the Mixtecs, the ruin features five groups of structures on either side of the Mitla River. Look for ancient cut-stone mosaics and intricate stone carvings throughout.

The region is also famous for its hand-dyed, foot-loomed woven rugs.

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.

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.

Day 6

## Oaxaca/Puerto Escondido

Road trip to the beach! Head out on a windy road up through the mountains, bound for the Pacific coast and the relaxed beach town of Puerto Escondido. Enjoy a CEO-led orientation walk upon arrival. The remainder of the afternoon is all yours; find somewhere for lunch on your own and settle in for some serious R&R or beach time, you deserve it.

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### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Oaxaca - Puerto Escondido

4h

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

Puerto Escondido CEO-led Orientation Walk

Puerto Escondido

Get the lay of the land on a CEO-led orientation walk in the port town on Mexico's Pacific coast. Known especially for its impressive nightlife and surfing beaches, there's much to do in Puerto Escondido. Think golden sands, crashing waves, and palm trees swaying over the thatched-roof bars lining the main street. Choose between one of the beaches and watch the sun dip towards the horizon.

Day 7

## Puerto Escondido

Take a day to do as much or as little as you want, there's no judgement here. Maybe it's the beach or a surf class that's calling your name or possibly it's a 'hang-around'-the-hostel' kind of day with the crew. Your CEO is always on hand to make recommendations or to pull up a seat at the bar with, the choice is yours. Did someone say fish tacos?

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### Meals included

Breakfast

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### Optional Activities - Day 7

Laguna de Manialtepec Visit

Puerto Escondido

Visit the nearby Laguna de Manialtepec in the evening to witness a natural phenomenon. Bioluminescent plankton appear for a few nights each year and are activated when touched. Go for an evening boat ride and jump in the lagoon to watch the water illuminate around you. This phenomenon only happens a few times each year, so don't miss out if you're lucky enough to be there in season.

Surfing

Puerto Escondido

Spend some time riding the waves on one of the many beaches in Puerto Escondido, famous for its surfing opportunities. Depending on your skill level some beaches will be better than others, Carizalillo is great for beginners while Zicatela is only safe for experts. Talk to your CEO to figure out where to go for rentals or lessons.

Stand Up Paddle Boarding

Puerto Escondido

Grab a board and a paddle and start exploring!

Day 8

## Puerto Escondido/Mérida

Peel yourself off the beach and catch a flight north to Mérida via Mexico City. Head to the hostel and relax with a cold drink or explore the surroundings before meeting some newly-joining Roamies in the evening for the next leg of the adventure.

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### Meals included

Breakfast

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### Today's Activities

Plane

Puerto Escondido - Mérida

4h30m-5h

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

Day 9

## Mérida

Ok, so every day on this trip is amazing but we'll venture to say that this one is ridiculous. You'll explore some of the many cenotes in the area, giant sinkholes in the earth formed by underground freshwater rivers. Hop on a bike to cycle between a few of them and swim in the crystal-clear waters to take a break from the heat. After a yummy lunch, return to Mérida and spend the rest of the day wandering the city or relaxing in a hammock at the hostel. Sound about right?



### Meals included

Breakfast | Lunch



### Today's Activities

Santa Barbara Cenotes Visit

Mérida

4h

Head out in the morning from Mérida into the jungle to a state reserve that is chock-full of cenotes, natural sinkholes in the earth that were sacred to the ancient Maya. Cycle between 3 of them and swim in the crystal clear water to cool off from the heat before a delicious lunch, then return to Mérida in the afternoon.

Day 10

## Mérida/Valladolid

Ready for another epic day? Keep your sunscreen and the camera handy today as you'll be checking a major bucket item off of your list. Head into the jungle to the massive Mayan ruins of Chichen Itzá for a guided tour and time to walk around on your own. Then continue to Valladolid to drop off your stuff at the hostel and chill for a bit before heading out for dinner, where you'll learn about the Mayas and have a chance to devour a spread of delicious Yucatan dishes cooked over the fire, like pollo pibil and tamales with fresh handmade tortillas.



### Meals included

Breakfast | Dinner



### Today's Activities

Transport

Mérida - Valladolid

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

Chichen Itzá Guided Tour

Chichén-Itzá - Chichen Itza

2h

Join up with a local expert and learn about the history of Chichén Itzá and the beliefs and rituals that defined this ancient Mayan civilization. This dramatic site includes a 30m (98 ft) high temple, known as the Pyramid of Kukulcan, famous for its balustrade of 91 stairs up each of the four sides, a ball court with a grandstand, and towering walls. Visit the highlights of the site including the famous Castillo, the ball court, the cenote, and the Nunnery.

Pile into the bus and head to the white sand and turquoise waters of the Mayan Riviera. But before you hit the beach we have more ruins to see - Tulum! The only of the Mayan temples to be built right next to the ocean, you will be filling your feed with jaw-dropping photos in no time. Spend the rest of the day on the beach, hanging out at the hostel or at one of the many bars and cafes in town.

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## Meals included

Breakfast

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## Today's Activities

Tulum Ruins Visit

Tulum

1h-4h

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

Local Bus

Valladolid - Tulum

102km

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

Day 12

## Tulum

The beach at Tulum is pretty stellar that's for sure, and today is yours to do with it what you want. Feeling active and want to explore more? Go snorkelling at the natural waterpark of Xel-Há or visit some more cenotes. Feeling the ocean vibes instead? Stay local and hit the beach before shoring up at the hostel bar for a cold beverage. After dinner head to one of the beach clubs to dance the night away under the stars.

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### Meals included

Breakfast

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### Optional Activities - Day 12

Cenote Visit

Playa del Carmen

40-60USD

1h-4h

30-60km

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

Squeeze in a bit more beach time in Tulum before heading north to Playa del Carmen in the late morning. Have lunch at El Hongo, a community project that supports youth art initiatives that also happens to have delicious food. After, take some time to browse the shops along the vibrant pedestrian strip of "la quinta." Next stop, Cancún - where more beach, adventure and nightlife await! Check into the comfy hostel in the hotel zone and laze about by the pool with a cold beverage before deciding what's on for the evening.



## Meals included

Breakfast | Lunch



## Today's Activities

Private Vehicle

Tulum - Playa del Carmen

65km

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

### ACTIVITY

El Hongo (which means 'The Mushroom') is a volunteer-run restaurant started as a means to create income to support a youth art program in the 'real' Playa del Carmen, Mexico. Across the highway from the commercial beach strip is where most locals live - cross onto the unpaved roads and enjoy a delicious home-style meal at the restaurant, while learning more about this much-needed program for the community.

Private Vehicle

Playa del Carmen - Cancún

68km

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

Day trip! Head away from the tourists into the jungle of the Yucatán to a local community. You'll learn all about the delicious regional cuisine and help prepare some of the dishes before scarfing it down on the spot for lunch. Later, top it all off with a swim in a nearby cenote to cool off from the midday heat. Don't worry, you'll still have time to hit the beach or hang out at the hostel pool when we get back to Cancún in the afternoon.

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### **Meals included**

Breakfast | Lunch

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### **Today's Activities**

#### ACTIVITY

Get away from the tourist zone today on an excursion to the community of Nuevo Durango in the jungle. Learn all about the regional (and delicious!) Yucatecan cuisine and participate in the preparation of lunch with dishes like pollo pibil, tamales and fresh hand-made tortillas. Later, visit an insect museum then cool off from the heat with a swim in the clear waters of a nearby cenote before returning to Cancún in the afternoon.

A free day in Cancún, how good does that sound? If you're craving more adventure you could head out on a day trip to Isla Mujeres or Playa del Carmen, or stay local and squeeze every last moment out of that white sand beach or the hostel hang-out spots. Your CEO is always on hand to give recommendations or to show you the best local stretches of beach, the rest is up to you. Ready to party? Of course you are! Your CEO knows all the best bars and clubs Cancún has to offer. Who needs sleep anyways?



## Meals included

Breakfast



## Optional Activities - Day 15

Cenote Visit

Playa del Carmen

40-60USD

1h-4h

30-60km

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

Day Trip to Isla Mujeres

Isla Mujeres

Hop on a ferry and take a short trip from Cancún to the laid back island of Isla Mujeres, where more white sand and turquoise blue water await. Hit the beach, wander the trendy shops and restaurants and snap a picture at the Isla Mujeres sign with great views across the ocean before the return ferry back to Cancún. Your CEO can help arrange the purchase of ferry tickets and any other coordination needed.

Depart at any time, or maybe decide to add on a few more nights at the beach.

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## Meals included

Breakfast

## What's included

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- Dinner inside a cenote near Valladolid
- Beach time at Tulum and Cancún
- Visit to an insect museum
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Take an insiders tour of the sights and flavours of Mexico City, Dig into the culinary delights of Oaxaca with a food and drink experience, Chill at the beach in Puerto Escondido and Tulum, Bike and swim your way through cenotes in the jungle, Take a guided tour of the massive Mayan site of Chichen Itzá, Descend into a cenote for a delicious spread of Yucatecan cuisine cooked over the fire, Venture away from the Cancún hotel zone to prepare a meal in a local community

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

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**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 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?

### 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.

### QUINTANA ROO TOURIST TAX

Please note there may be an approximately \$45 USD tourist tax at Cancún International Airport, however it is usually included in international tickets. Please verify with your airline if the departure tax is included in your airfare.

## 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 24, avg 16

## What meals are included in this trip?

15 breakfasts, 4 lunches, 2 dinners

## What are the meals like on this trip?

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

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

Private vehicle, public air-conditioned bus, taxi, plane.

## **Are local flights included in the cost of the trip?**

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

## **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?**

Hostels (14 nts), Hotel (1 nt)

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

Accommodation will be primarily in multi-share hostels (typically 6-8 people per room), with a choice of mixed gender and female-only dorms as well as available upgrades to twin-share rooms (same gender).

Some rooming exceptions may apply due to the unique nature of the itineraries and of the hostels themselves, which have been specifically chosen to give local flavour to your trip. Please see the full itinerary description and the Rooming Exception section below for any specific exceptions to the rooming that may apply to this tour.

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

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

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

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

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

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

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

## What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, 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 through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

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

### EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

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

After hours emergency number: +51 997 582 712

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

## What 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 the use of a duffel bag or backpack (whichever you find easiest to carry). You will be responsible for carrying and handling your own luggage. You must be able to carry your luggage to our accommodations and should be prepared to load it on and off of transportation, as porters are usually not on hand. A good size daypack is also essential.

Luggage weight restrictions may apply on the internal flight during the tour.

# 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 hostels 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 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?

While US dollars may be accepted at the more popular locations such as Cancun, Mexican pesos are more widely accepted and best to use throughout the duration of the tour. Withdrawing from an ATM will offer you the best exchange rate. A small emergency fund in US Dollars is a good idea to have in the event that you are having difficulty withdrawing money from a local ATM.

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.

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 50USD (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?

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?

## Mexico City

- Museum of Frida Kahlo (Casa Azul) (320MXN per person)
- Lucha Libre Match (350-500MXN per person)
- National Museum of Anthropology (210MXN per person)

## Teotihuacán

- Teotihuacán Guided Tour

## Monte Albán

- Monte Albán Tour (950MXN per person)

## Oaxaca

- Hierve el Agua Day Trip
- Mole Cooking Class (1200MXN per person)
- Mezcal Factory Tour

## San Pablo Villa de Mitla

- Valley of Mitla Ruins Visit (210MXN per person)

## Puerto Escondido

- Laguna de Manialtepec Visit
- Surfing
- Stand Up Paddle Boarding

## Playa del Carmen

- Cenote Visit (40-60USD per person)

## Isla Mujeres

- Day Trip to Isla Mujeres

### **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 rating for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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

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

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

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

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

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

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

## What 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 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.

## 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.