



## **Dominica: Whales, Waterfalls & the Wild Caribbean**

7 days, Roseau to Roseau

Trip code CORW

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your OMG Day: Swim with Whales or Visit the Botanical Gardens, Trafalgar Falls & Champagne Beach, Roseau
- Complimentary arrival transfer
- Welcome dinner
- 5 days of excursions by boat with local guides and crew to spot and swim with sperm whales
- Snorkelling equipment
- Farewell dinner
- All tips included for activities and meals, except for CEO and portorage
- All transport between destinations and to/from included activities

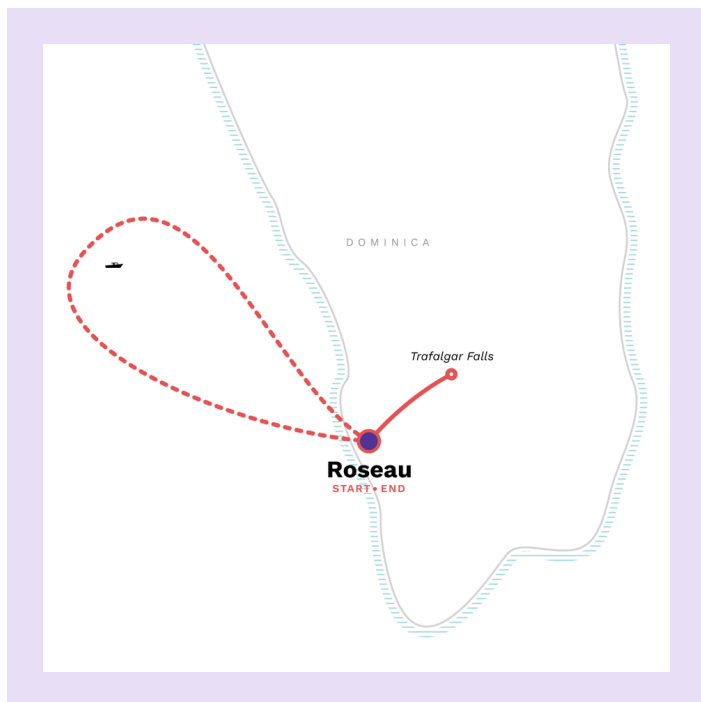
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one 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 May 1st, 2026 and onwards

# Itinerary

---



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

Day 1

## Roseau: Welcome to Dominica

As soon as the plane touches down you realize that this island is not your typical Caribbean postcard beach destination. Cross the island on a winding road through the rainforest, catching the occasional glimpse of the ocean in the distance and hearing the rush of rivers and waterfalls through the open window. We welcome you to Dominica, and invite you to prepare for incredible natural beauty and marine life encounters that will live in your memory forever.

Arrive at any time and transfer to the hotel for check-in. In the evening, meet up with your CEO and fellow travellers at a welcome briefing to prepare for the adventure ahead, followed by a welcome dinner.



### Meals included

Dinner



### Accommodation

Fort Young Hotel (or similar)

Hotel

Fort Young Hotel & Dive Resort is a full-service, 4-star hotel on the Caribbean Sea that blends heritage charm with contemporary comfort from a landmark waterfront location in the capital. Enjoy modern accommodations, dining, spa, pool, jacuzzi, and more – Fort Young is your gateway to explore Dominica, by land and sea.



### Today's Activities

Arrival Transfer

Roseau

1h-1h

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

#### ACTIVITY

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

Days 2–3

## Roseau: In Search of Whales

The waters surrounding Dominica are a sanctuary for a resident population of sperm whales, making the island one of the few locations in the world to encounter them. Set off in the mornings by boat along with marine and naturalist experts in search of these gentle giants for the chance to swim and snorkel with them in their natural habitat. Afternoons are free to go on optional excursions, explore town or to relax by the pool.

Head out by boat each morning with the local guide and crew for the chance to swim with the whales. Return to the hotel generally around midday, and the rest of the afternoon and evening is free.



### Meals included

Breakfast



### Accommodation

Fort Young Hotel (or similar)

Hotel

Fort Young Hotel & Dive Resort is a full-service, 4-star hotel on the Caribbean Sea that blends heritage charm with contemporary comfort from a landmark waterfront location in the capital. Enjoy modern accommodations, dining, spa, pool, jacuzzi, and more – Fort Young is your gateway to explore Dominica, by land and sea.



### Today's Activities

Swimming with Whales

Roseau

5h-5h

Get ready for a truly unique and humbling experience as you set off each day in search of the sperm whales and to have the chance to swim with them in their natural habitat. Meet up with the swimming guide at the dive shop in the morning then proceed to the boat for a briefing on safety and about the strict protocol around this special experience, in order to ensure sustainable practices and to minimize any potential impact on the whales and on their environment. Experienced captains, spotters and guides will be on the lookout for the whales and, once spotted, the boat will proceed very slowly to the area. Travellers will then gear up while the guide evaluates the conditions before entering the water at the guide's instruction. The boat will move away slightly and remain in neutral after the swimmers are in the water and will return to pick people up only after the whales have swum away naturally. This creates a very natural encounter where the whales ultimately determine the duration and quality of the

interaction. There is a maximum of 4 people in the water at any given time (3 guests + the guide), so people will take turns.

Swim-with-whale excursions are limited overall in terms of encounter duration and number of attempts. Tourist permits allow:

- Up to approximately 4 hours after whale detection
- Up to approximately 10 in-water attempts per encounter

The guiding principle is that the whales control the interaction, not the operators or guests. If the whales show any signs of disturbance or avoidance, the interaction must stop immediately. The boat will return to the hotel around midday. Please note that these whales are in the wild and sightings, although somewhat likely, are never guaranteed.

Free Time

Roseau

Spend the afternoons exploring Roseau, relaxing by the pool or take one of the many optional excursions available to see waterfalls, go hiking, or soak in hot springs.

---

## Optional Activities - Days 2-3

Hike to Middleham Falls

Middleham Falls

183None

2km

This adventure leads you through dense primary rainforest to reach the island's tallest waterfall. The hike begins with a shallow river crossing followed by a humid, twenty-minute ascent up jungle steps, eventually leveling out before a final descent over rocks and roots to the viewing platform. Once there, you'll have time to swim in the mist-filled basin (conditions permitting) and capture photos before retracing the forest path back to the trailhead.

Cooking Class

Roseau

80None

Get hands-on with a cooking class to learn all about the delicious local cuisine, with fresh Caribbean flavours and local ingredients.

River Tubing

Roseau

80None

1h30m-2h

Dominica has been called the land of 365 rivers with one for every day of the year and today you'll go tubing on one of them. Drive to the launch site for a safety briefing with the local guides then set off on modified inner tubes for a paddle before getting right into the river. With everyone in the water, your guides will set you loose to begin your journey, gently spinning and swirling in the current, taking in the lush scenery at the same time - if you can.

Day 4

## Roseau: Your OMG Day

The whales still beckon but today could be the chance to do something different if the time is right. Choose to set off again by boat to spot and swim with the whales or head to the iconic Trafalgar Falls and go snorkelling amongst the volcanic bubbles at Champagne Beach. Whichever you choose, the afternoon is free to relax and catch the poolside views of the sunset.

Choice of activity to swim with the whales or visit the Botanical Gardens, Trafalgar Falls and snorkel at Champagne Beach. Both options return by early afternoon, leaving the rest of the day free.

---



### Meals included

Breakfast

---



### Accommodation

Fort Young Hotel (or similar)

Hotel

Fort Young Hotel & Dive Resort is a full-service, 4-star hotel on the Caribbean Sea that blends heritage charm with contemporary comfort from a landmark waterfront location in the capital. Enjoy modern accommodations, dining, spa, pool, jacuzzi, and more – Fort Young is your gateway to explore Dominica, by land and sea.



## Today's Activities

### ACTIVITY

Option 1: Morning begins with a boat excursion led by expert local guides for a rare chance to swim with resident sperm whales in their natural habitat. You will return to the hotel by early afternoon, leaving the rest of the day open for relaxation or personal exploration.

Option 2: Explore the lush botanical gardens on a guided walk through Roseau before heading into the mountains to witness the magnificent twin Trafalgar Falls. After visiting the falls, travel to the coast for a unique snorkeling experience at Champagne Beach, famous for its volcanic underwater bubbles and vibrant marine life.

Both excursions will last 5 hours and begin and end at the hotel in Roseau.

Free Time

Roseau

Enjoy some more downtime to relax by the pool or explore the town.

Days 5–6

## Roseau: Whale Encounters

Spend the next days heading out to sea in search of encounters with Dominica's resident sperm whales. Under the gentle guidance of expert guides, you will slip into the sapphire blue to witness the quiet majesty and immense grace of these gentle giants in their silent underwater world. This profound experience offers a rare bridge between two worlds, leaving you with a lingering sense of wonder as your marine journey continues. Afternoons are spent relaxing by the pool or exploring some of Dominica's other inland attractions like rivers, waterfalls and hot springs. Share stories and experiences over a farewell dinner with your fellow travellers and CEO on the final evening.

Head out by boat each morning with the local guide and crew for the chance to swim with the whales. Return to the hotel generally around midday, and the rest of the afternoon and evening is free, with an included farewell dinner on the final night.



### Meals included

Breakfast



### Accommodation

Fort Young Hotel (or similar)

Hotel

Fort Young Hotel & Dive Resort is a full-service, 4-star hotel on the Caribbean Sea that blends heritage charm with contemporary comfort from a landmark waterfront location in the capital. Enjoy modern accommodations, dining, spa, pool, jacuzzi, and more – Fort Young is your gateway to explore Dominica, by land and sea.



### Today's Activities

Swimming with Whales

Roseau

5h-5h

Set off again by boat each morning for the chance to encounter Dominica's resident sperm whales. Led by expert local guides, you will venture into the deep blue for the opportunity to swim alongside these majestic giants in their natural environment. After these incredible mornings on the sea, you will return to the hotel around midday to enjoy a relaxed and open schedule.

Free Time

Roseau

Spend your free time exploring the vibrant streets of Roseau to browse local markets, shop for unique crafts, and enjoy the island's authentic Caribbean architecture.

---



## Optional Activities - Days 5-6

Hike to Middleham Falls

Middleham Falls

183None

2km

This adventure leads you through dense primary rainforest to reach the island's tallest waterfall. The hike begins with a shallow river crossing followed by a humid, twenty-minute ascent up jungle steps, eventually leveling out before a final descent over rocks and roots to the viewing platform. Once there, you'll have time to swim in the mist-filled basin (conditions permitting) and capture photos before retracing the forest path back to the trailhead.

Cooking Class

Roseau

80None

Get hands-on with a cooking class to learn all about the delicious local cuisine, with fresh Caribbean flavours and local ingredients.

River Tubing

Roseau

80None

1h30m-2h

Dominica has been called the land of 365 rivers with one for every day of the year and today you'll go tubing on one of them. Drive to the launch site for a safety briefing with the local guides then set off on modified inner tubes for a paddle before getting right into the river. With everyone in the water, your guides will set you loose to begin your journey, gently spinning and swirling in the current, taking in the lush scenery at the same time - if you can.

Your journey concludes today, leaving you with lasting memories of your incredible time in Dominica.

Depart at any time.

---



## Meals included

Breakfast

---



## Today's Activities

Departure Day

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

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your OMG Day: Swim with Whales or Visit the Botanical Gardens, Trafalgar Falls & Champagne Beach, Roseau
- Complimentary arrival transfer
- Welcome dinner
- 5 days of excursions by boat with local guides and crew to spot and swim with sperm whales
- Snorkelling equipment
- Farewell dinner
- All tips included for activities and meals, except for CEO and portorage
- All transport between destinations and to/from included activities

## **What are the main highlights of this trip?**

Set off each morning by boat with a naturalist guide in search of sperm whales, Slip into the water and come face to face with Dominica's resident whale pod, Spend free afternoons exploring the island or unwinding poolside at your leisure, Visit the spectacular twin cascades of Trafalgar Falls on your OMG Day

## **What are the main highlights of this trip?**

Set off each morning by boat with a naturalist guide in search of sperm whales, Slip into the water and come face to face with Dominica's resident whale pod, Spend free afternoons exploring the island or unwinding poolside at your leisure, Visit the spectacular twin cascades of Trafalgar Falls on your OMG Day

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

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

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

## **Is there a travel disclaimer for my itinerary I should review before booking this trip?**

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

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

## **What 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 8, avg 6

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

6 breakfasts, 1 dinner

## **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. 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?**

Hotel (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 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.

From the customs checkpoint please continue to the airport exit doors and outside there will be a driver waiting there with a G Adventures sign. If for any reason you are not met at the airport, please call our local emergency number. 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

As 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

Fort Young Hotel (Local Contact): +1 767-448-5000

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 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)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

## Essentials:

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

## Health & Safety:

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

**Optional Items:**

- Swimwear

**Warm Weather:**

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

## What are the visas and entry requirements for my trip?

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

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

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

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

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

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

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

## 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?

Most airlines include departure tax in the cost of the ticket. Please check with the airline with which you are travelling.

## Should I be tipping on my trip?

It is customary in the Caribbean 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?

### Middleham Falls

- Hike to Middleham Falls (183 per person)

### Roseau

- Cooking Class (80 per person)
- River Tubing (80 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 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 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?

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

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

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

## 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.