

EXPEDITIONS



SIGNATURE: ECUADOR'S AMAZON RAINFOREST & ANDEAN HIGHLANDS

7 days, Quito to Quito

Trip code SEQQNS

WHAT'S INCLUDED

- Your Welcome Moment: Meet Your Expedition Leader and Group, Quito
- Signature Moment: Otavalo Market and Workshop Visit with the Head of the Zuleta Weaving Association, Otavalo
- Arrival transfer
- Welcome Dinner
- Historic Quito walking tour
- Marzipan workshop with a local artisan collective
- Internal flights
- 2 days of wildlife-spotting activities from the Amazon lodge
- Local community visit in the Amazon
- Guided tour of Hacienda Zuleta and cheese-tasting with one of the family members of the estate
- Visit the Hacienda La Compañía Rose Plantation
- Farewell Dinner
- Departure transfer
- Engaging Discussions with the National Geographic Expedition Expert Throughout
- Porterage at hotels and when getting on and off of vehicles
- Tips are included for all activities, meals and porterage, except for your Expedition Leader
- 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 June 21st, 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

QUITO

Welcome to Ecuador. Your expedition begins in Quito, a high-altitude capital nestled amid towering, cloud-shrouded Andean peaks. Upon arrival, you will be met and transferred to your hotel to settle in. This evening, gather with your National Geographic Expedition Leader, National Geographic Expedition Expert, and fellow travellers for an engaging welcome that sets the stage for your upcoming exploration. Follow this with a celebratory welcome dinner at your hotel.



Meals included

Dinner



TODAY'S ACTIVITIES

Arrival Transfer

Mariscal Sucre International Airport – Quito

1h

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

ACTIVITY

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

Awake to the morning light illuminating the UNESCO World Heritage historic centre. Navigate the iconic Plaza Grande, a square flanked by the Presidential Palace where the city's political pulse beats strongest amidst the fragrance of roasted coffee. Wander the historic San Francisco Church and Convent before stepping into the Antiguo Circulo Militar. Here, join a local artisan collective specializing in masapán. Paint traditional hummingbird figures alongside local women, directly supporting their community livelihood. As night falls, travel to the Intiñan Solar Museum for a private, after-hours tour. Try your hand at interactive experiments right on the Equator line, standing precisely between two hemispheres.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

Quito City Tour & Masapán Workshop

Quito

Discover the many layers of Quito on a curated journey through its historic heart, where grand colonial architecture, artistic heritage, and living traditions come together. Begin in the UNESCO World Heritage-listed Old Town, exploring the ornate San Francisco Church and Convent or the “Escorial of the Andes.” Continue to Plaza Grande, the historic centre of Quito’s political and civic life, surrounded by landmarks including the Presidential Palace and Cathedral. Next, step into the world of local craftsmanship as we join a local artisan collective specializing in Masapán (marzipan). Under their guidance, you will paint traditional figures. This is more than a craft; it is a tactile connection to Quito’s living heritage, where your participation directly supports the preservation of ancestral techniques and community livelihoods. Conclude with a thoughtfully curated lunch inspired by the flavours and biodiversity of the Andes.

Free Time

Quito

Enjoy some free time to relax at the hotel or head downtown to explore Quito at your own pace.

After-Hours Visit to the Intiñan Museum

Quito

Step beyond the exhibits and into the living history of the Intiñan Museum during a private visit led by a local host who once called this area home. Gather around a traditional fogón for a demonstration of handmade corn tortillas while listening to stories about the museum’s origins, the land around it, and the people who have helped preserve its cultural heritage.

Private Vehicle

Quito

2h

Settle in and scan the scenery from the convenience of a private vehicle, with transfers to and from the Intiñan Museum on the outskirts of Quito.

Day 3

QUITO TO THE AMAZON JUNGLE

Leave the highlands behind and catch a flight inland to the sprawling Amazon Jungle. Board a motorized boat to glide along the wide Napo River, watching the vegetation thicken into an impenetrable wall of deep green as you enter the Yasuni Biosphere Reserve. Arrive at your lodge on the pristine shores of Lake Garzacocho. Later, step into the rainforest with a naturalist guide under the soft light filtering through the high canopy. Marvel at ancient mahogany trees towering over four centuries old and listen to the jungle as it shifts from day to night. Return to the lodge for dinner, relaxing to a symphony of wild, nocturnal sounds.



Meals included

Breakfast | Dinner



TODAY'S ACTIVITIES

Private Vehicle

Quito – Mariscal Sucre International Airport

1h

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

Plane

Quito – Coca

30m

Sit back and enjoy the views from above on a short flight between Quito and Coca.

Canoe

Coca – Añangu

2h

Travel by motorized canoe through the lush scenery of the mighty Amazon Jungle down the Napo river to your lodge stay in the jungle.

Amazon Wildlife Excursions

Añangu

Settle into the Amazon lodge and prepare for exhilarating excursions over the next couple of days into the rainforest to try and spot birds and wildlife. Learn from the naturalist guides about the diverse plant life and about the indigenous communities who call the jungle home.

Matapalo Charapa Trail

Añangu

Named after the striking strangler fig, this short trail offers a glimpse into the remarkable diversity of the surrounding forest. Walk beneath the canopy alongside mahogany trees that have stood for more than 400 years, while your guides share their knowledge of the flora and fauna found along the way. As soft light filters through the trees, the forest comes alive with the transition between day and night, offering the chance to spot both diurnal and nocturnal wildlife.

Rise early and travel along the river to a vibrant parrot clay lick. Witness a mesmerizing display as hundreds of colourful parrots and parakeets gather to feed on mineral-rich soil. Continue to the indigenous community of Pilche to learn about their daily life, traditional dress, and culinary customs sourced from the forest. In the afternoon, ascend a spectacular 120-foot observation tower, climbing above the treetops to spot canopy birds and primates through a telescope. Watch a breathtaking sunset paint the sky before venturing onto the Tucaneta Trail for an evening walk. Your guides reveal the secret world of amphibians, insects, and mammals that emerge only when darkness falls over the rainforest.



Meals included

Breakfast | Lunch | Dinner



TODAY'S ACTIVITIES

Parrot Clay Lick and Pilche Community Visit

Añangu

Today, return to the Napo River and travel by motorized canoe to a clay lick, one of the most fascinating displays of the wild world. Hundreds of parrots and parakeets gather here to feed on mineral-rich soil, an essential part of their diet. Bring your binoculars for a closer look at this remarkable wildlife spectacle.

Continue to the Indigenous community of Pilche, where you'll learn about daily life and the deep connection between the community and the surrounding forest. Discover traditional clothing, foods, cooking methods, and the many ways the forest provides for everyday life. Meet the community, ask questions, and, if you're feeling adventurous, sample traditional food and drinks as local hosts share their ancestral knowledge and culture.

Observation Tower and Tucaneta Trail Nocturnal Walk

Añangu

After a 15-minute walk through the forest, reach an observation tower that rises 120 feet above the canopy. From this vantage point, your Naturalist and Native guides will help you spot colourful birds and, with luck, perhaps even primates moving through the treetops. As the sun sets over the forest, settle in and take in the changing landscape.

As darkness falls, the forest awakens with the sounds of nocturnal wildlife. With your flashlight and camera, set out on a guided night walk, where you may encounter amphibians, insects, reptiles, birds, and mammals as they emerge from the shadows.

Travel by motorized boat out of the rainforest to catch your flight back to Quito. From there, drive north along the dramatic Avenue of the Volcanoes, stopping for a traditional lunch amidst the mountain scenery. Arrive at an historic estate situated within a vast, 4,000-acre working farm. Surrounded by dramatic peaks and cloud forests, this hacienda offers total immersion into its rural heritage. Settle in before taking a private tour of the property with a member of the family that has owned the grounds for generations. Conclude the afternoon with a tasting of artisanal local cheeses typical to the region. Enjoy a delicious farm-to-table dinner featuring fresh, local ingredients before relaxing by the fireside.



Meals included

Breakfast | Lunch | Dinner



TODAY'S ACTIVITIES

Canoe

Añangu - Coca

2h

Travel again by motorized canoe back to civilization from your lodge in the Amazon to Coca.

Plane

Coca - Quito

30m

Fly from Coca back to Quito this morning as the adventure continues.

Private Vehicle

Quito - Angochagua

2h

Settle in and scan the scenery from the convenience of a private vehicle as you transfer from Quito to Hacienda Zuleta. Stop for lunch on the way.

Private Tour of Hacienda Zuleta and Cheese Tasting

Angochagua

Discover the history and traditions of Hacienda Zuleta on a guided tour of the property. Learn about the estate's heritage, its connection to the surrounding landscape, and the traditions that have shaped life here over generations. Conclude with a tasting of the hacienda's renowned cheeses with one of the property owners.

Immerse your senses in the vibrant colours and sounds of the Otavalo Market, renowned for its handmade textiles, intricate ceramics, and wooden musical instruments. Gain insights into the market from the President of the Zuleta Embroidery Association and visit a local artisan workshop for a private cultural exchange. Discover the rich history and storytelling woven into every traditional design, and participate in a hands-on demonstration of this delicate cultural heritage. Return to the historic hacienda to enjoy a peaceful afternoon at your own pace, perhaps strolling the green pastures. In the evening, gather with your fellow travellers for a grand farewell dinner, celebrating the rich traditions and unforgettable encounters of your Ecuadorian experience.



Meals included

Breakfast | Lunch | Dinner



TODAY'S ACTIVITIES

Private Vehicle

Angochagua – Otavalo

1h

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

ACTIVITY

The Otavalo Market is known for its artisanal products, handmade by local artisans and master craftsmen. You can find everything from intricate ceramics to musical instruments made with wood from the nearby cloud forest and various textiles and clothing items. Continue from the market to the workshop of local artisans for a cultural exchange and to learn about the history and storytelling of the traditional embroidery of the region. Take part in a weaving demonstration of Zuleta embroidery to witness the traditional techniques and cultural patrimony that the designs play in the indigenous cultures of Ecuador's highlands.

Private Vehicle

Otavalo – Angochagua

1h

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

Free Time

Angochagua

Enjoy some free time at Hacienda Zuleta. Relax and unwind with a soothing spa treatment (at additional cost) or take a refreshing dip in the pool, surrounded by the peaceful beauty of the Andean countryside.

After breakfast, drive to the historic Hacienda La Compañía, a beautifully preserved private home held by the same family for five generations. Begin your visit at their rose farm, Rosadex, to see where the estate's spectacular blooms originate. Wander a vibrant showroom displaying dozens of exquisite rose varieties before enjoying a traditional snack in the old hacienda building. After lunch on the property, continue your drive back toward the capital to check into a comfortable hotel located near the airport, where the tour ends. Take advantage of the convenient day-use rooms to relax and prepare for your evening departure flight.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

Private Vehicle

Angochagua - Cayambe

45m

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

Hacienda La Compañía

Cayambe

Step into the history of La Compañía, a beautifully preserved hacienda originally owned by the Jesuits and now cared for by the same family for five generations. Begin your visit at the nearby Rosadex rose farm, where you'll discover how the exquisite roses that adorn the hacienda are grown. Continue to a showroom showcasing a selection of the estate's 58 rose varieties before visiting the "Old Hacienda," where you'll enjoy a traditional local snack.

Private Vehicle

Cayambe - Quito

1h30m

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

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What are the main highlights of this trip?

Explore the Intiñan Museum after hours with a private tour and equatorial experiments, Paint traditional figures with a local artisan collective inside a historic building, Search for rainforest wildlife alongside expert naturalist guides in the canopy, Spend two nights at an active, historic estate and working farm in the highlands, Explore Otavalo's famous market and an embroidery workshop with a local association leader

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

This compiled itinerary represents our thoughtfully designed plan, provided in good faith and correct at the time of publication. However, to ensure we deliver the most rewarding experience possible, our itineraries remain dynamic; we continuously refine our routes based on research, field insights, and guest feedback, meaning details may evolve between the release of our annual directory and your departure. Flexibility is a cornerstone of our travel philosophy, and while we intend to follow the path described, the nature of exploring unpredictable environments means alterations may occur, and any mention of specific destinations or wildlife encounters cannot be guaranteed. We invite you to view these travel times and details as an approximate guide rather than a strict contract, and we kindly ask that you review a final copy of your Trip Details a few days prior to departure to ensure you have the most current information for your upcoming expedition.

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

Important notes about visiting the Amazon:

How to keep things dry:

We recommend that passengers bring zip-lock plastic bags or dry sacks for your lenses and camera equipment. A waterproof backpack will also help you to protect your camera gear or anything else you wish to keep completely dry. The humidity is high in the rainforest, however, if you follow the advice about packing appropriate belongings it should not be an issue.

The weather in the Amazon:

Year-round temperature average is 82°F (28°C), nights can be cooler. Since Ecuador is located right on the equator, the country does not experience extreme weather changes, and the weather is surprisingly comfortable all year round. Please be prepared for rain.

Digital camera users need only beware (as SLR users) that moisture can fog their lenses rapidly. Silica gel in the camera carrying case should do the job and remember to put your camera back in the case when not using it. Bring plastic zip-lock bags for protecting your gear.

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

Every National Geographic Signature departure is accompanied throughout by a dedicated National Geographic Expedition Leader, whose purpose is to ensure a seamless experience so you can fully immerse yourself in the destination. Your Expedition Leader offers deep insight into the landscapes you traverse, suggests enriching independent activities, recommends exceptional local dining venues, and connects you with our community friends along the way. Rather than acting as conventional guides, they possess a broad, sophisticated understanding of the historical, cultural, religious, and social tapestry of the region. To offer the ultimate perspective, we complement their expertise with specialist local guides whose deep regional knowledge adds profound depth to specific sites—delivering a masterfully balanced exploration.

What is the maximum and typical number of participants on this tour?

Max. 16, Avg. 12.

What meals are included in this trip?

6 breakfasts, 5 lunches, 5 dinners

What are the modes of transportation on my trip?

Private vehicle, plane, motorized boat, canoe, walking.

Is there an extra cost for travelling solo?

Yes, for those travelling solo there is a single supplement

Where will we stay during the trip?

Hotel (2 nts), Amazon Lodge (2 nts), Historic Hacienda (2 nts)

What should I expect from the accommodations on this trip?

On this trip we use various different types of accommodations that are unique to the various environments experienced on this trip. From a luxury jungle lodge in the Amazon to an historic hacienda in the highlands, these are wonderful and comfortable places to stay.

What are the joining instructions?

To review the specific details of your starting property, please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

A seamless arrival transfer is included for guests landing on the first day of the itinerary, or up to three days prior if your pre-trip accommodations were arranged directly through G Adventures at our starting property. To maintain the exceptional quality and continuity of your experience, all scheduled services must run consecutively.

Upon arriving at the starting property, where check-in begins typically by 3:00PM, please look for a dedicated notice from your National Geographic Expedition Leader at the reception desk. This message will outline the specific details for our evening welcome reception and meeting—typically held between 5:00 p.m. and 7:00 p.m.—where you will gather with your Expedition Leader, Expedition Expert, and fellow travellers to look ahead at the days to come. Should you arrive later in the evening and miss this initial gathering, your Expedition Leader will leave a comprehensive briefing note for you at reception detailing the next morning's schedule.

Please note that the joining day of the itinerary can vary, please refer to your specific itinerary for further details.

What should I do if I can't find my airport transfer or experience arrival issues?

While we anticipate a seamless arrival, your peace of mind is our utmost priority. Should any unforeseen circumstances prevent you from beginning your expedition as scheduled, please refer to the essential emergency contact details provided in your documentation and contact us as soon as possible.

Upon landing, if you do not connect with our representative within 30 minutes of clearing customs and immigration, we recommend making your own way to the starting point property by following the Joining Instructions. Rest assured, you may submit a request to your travel professional upon your return to secure a refund for any transport costs incurred during this time.

Who do I contact for arrival issues or in the event of an emergency?

Should you require urgent assistance during your travels, your first point of contact should be our local representative or regional office. If your call is not answered immediately, please leave a detailed message with your contact information so our team can return your call and assist you as quickly as possible. The numbers can be found below.

G Adventures Office Lima, Peru.

During office hours (Weekdays, 9-6pm Local Time): +51 1 241 1650

After hours Emergency number: +51 99 758 2712 (WhatsApp Available)

In addition, a dedicated toll-free line is available for guests within North America, connecting you directly to our global operations team during regular business hours. For support outside of standard hours, an emergency mobile line is actively monitored day and night to ensure you are never out of reach. In the rare event that your call is not answered immediately, please leave a detailed message along with your contact information so our team can return your call and assist you as swiftly as possible.

Toll-free (North America only): 1-800-465-5600

From the United Kingdom: 0870 080 1756

International (Outside North America and the UK): +1 416 260 0999

Emergency Mobile: (416) 305-6139

Your included arrival transfer has been meticulously arranged based on the flight details you provided. If you experience a flight schedule change or cancellation within 48 hours of your scheduled arrival, please contact our emergency number immediately with your updated details. Prompt notification ensures we can adjust your transfer; otherwise, you will need to arrange your own transportation to the starting property. Upon arrival, if your transfer representative does not connect with you within 30 minutes of exiting the arrivals area, please take a local taxi directly to the starting property.

What are the packing guidelines and luggage restrictions?

When deciding what to pack, considerations will vary based on your specific itinerary, the regions you are visiting, and the season in which you are travelling. Generally speaking, we recommend packing thoughtfully and keeping your luggage to one checked bag at a manageable weight to facilitate seamless transitions throughout your expedition.

In addition to your primary luggage, you will also require a small day pack or shoulder bag. This smaller bag is essential for keeping your camera, water, and personal items close at hand during day walks, excursions, and daily explorations.

What should I pack for this trip?

Amazon:

- Knee-length socks
- Loose-fitting, light coloured hiking pants
- Loose-fitting, light coloured long-sleeved shirts
- Pack liners to waterproof bags

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, band-aids/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

What are the visas and entry requirements for my trip?

Securing the necessary visas and travel documentation is an essential step in preparing for your upcoming expedition, and remains the responsibility of each individual traveller. Entry requirements fluctuate depending on your nationality and destination; while we strive to provide the most current information, immigration regulations change frequently. We strongly advise verifying all entry protocols directly with the relevant embassy or consulate well in advance of your departure. Please also ensure your passport remains valid for at least six months beyond your scheduled departure date from the country.

For tailored details specific to your nationality and destination, please consult our dedicated pre-departure resource page at

[here](#)

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

While personal spending habits naturally vary, we recommend factoring in your individual preferences for shopping, tipping, and beverages to ensure a seamless experience. In addition to these day-to-day comforts, we kindly ask that you maintain access to a minimum of USD \$200 (or its equivalent) as a dedicated emergency fund; though exceptionally rare, unpredictable circumstances such as changing weather patterns or natural events may occasionally necessitate a shift from our planned route, and this reserve ensures we can navigate any path ahead with peace of mind.

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

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available some may not accept all international credit or debit cards. You may need to try at more than one machine if the first does not accept your card. You should also check with your bank before leaving to ensure that your card works internationally. 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 dollar 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. Please bring USD banknotes in denominations smaller than 100, as they can be hard to exchange in Ecuador. 100 dollar bills of certain series (e.g. CB B2) can be especially hard to cash! 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 \$100 USD (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

What are the tipping guidelines for this trip?

To ensure a seamless and elevated experience throughout your National Geographic Signature departure, gratuities have been fully taken care of for all included meals, activities, and luggage portage.

On our National Geographic Signature tours, tipping is included for all included activities and meals, and portage. Tipping is not included for the Expedition Leader. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. At the end of each trip if you felt your National Geographic Signature Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline would be \$10-\$15 per person per day. Tipping is neither required nor expected for your National Geographic Expedition Expert.

For the independent moments on your itinerary, tipping is generally not expected across Central Asia. However, should you wish to reward exceptional service during independent dining or activities, a modest gratuity of 3-5% is entirely appropriate and warmly received by local community members.

What activities are optional on this trip?

- No optional activities

Are there any health considerations I should know before travelling?

Please note that health requirements and recommended inoculations vary by destination. To ensure your well-being, it is your responsibility to consult with a specialized travel physician for up-to-date medical guidance well before departure.

We highly recommend carrying a personal first aid kit, hand sanitizer, and any essential prescription medications. Because our itineraries frequently trace paths through remote regions far from advanced medical facilities, legal regulations prohibit our National Geographic Expedition Leaders from administering any medication, including standard over-the-counter pain relievers. While local pharmacies along our route may stock familiar remedies, they are often produced under regional names, so we advise bringing the generic chemical name of any critical prescription. Before finalising your plans, please carefully review the itinerary and physical requirements to ensure your personal fitness aligns with our style of exploration. To safeguard the well-being of the group, we reserve the right to excuse any traveller from all or part of an itinerary if, in the professional judgment of our Expedition Leader, continuing would pose an undue risk to themselves or their fellow travellers.

What general safety tips and free-time guidelines should I follow?

To ensure your well-being and security throughout our explorations, we recommend consulting your home government's regularly updated international travel advisories prior to departure. For peace of mind while on the move, we strongly advise using a concealed neck wallet or money belt to secure your passport, travel documentation, and currency. We suggest leaving exceptional jewelry at home, as it is unnecessary for our style of travel; instead, make use of the safety deposit boxes available at most of our accommodations. Securing your luggage with a reliable lock is also highly recommended.

When travelling on a departure, your National Geographic Expedition Leader maintains the authority to modify or adapt any portion of the itinerary should environmental conditions or safety considerations require it. Your Expedition Leader accompanies the group on all scheduled activities, but you will also enjoy unstructured time to pursue personal interests, relax, or discover locales at your leisure. While your leader is delighted to suggest local options for these independent periods, please note that these optional choices do not form part of our curated itinerary, and we make no representations regarding their operating standards; we encourage you to exercise your own discerning judgment.

While the destinations we visit are welcoming during the daytime, navigating urban environments at night requires mindfulness. We recommend exploring in small groups and utilizing local taxis when dining out or moving about after dark. Furthermore, should you encounter public demonstrations or political gatherings, please prioritize your safety by leaving the vicinity immediately rather than remaining for photographs, as these situations can evolve rapidly.

Water-based experiences carry inherent risks. To ensure your protection, we recommend participating in aquatic activities only when accompanied by professional guides. Our commitment to safety means that our Expedition Leaders are strictly prohibited from facilitating unguided water activities on your behalf. Please note that swimming and snorkelling are always undertaken at your own risk. For further insights on enhancing your personal safety during your voyage, please visit www.gadventures.com/travel-resources/safety/

Are there any specific safety considerations for this itinerary?

For peace of mind while on the move, we strongly advise using a concealed neck wallet or money belt to secure your passport, travel documentation, and currency. We suggest leaving exceptional jewelry at home, as it is unnecessary for our style of travel; instead, make use of the safety deposit boxes available at most of our accommodations. Securing your luggage with a reliable lock is also highly recommended.

What are the mandatory group rules regarding laws and behaviour?

Our philosophy of travel is rooted in deep respect for the people, cultures, and lands we encounter. To ensure the safety of our travellers, staff, and the communities that welcome us, the possession or use of illegal drugs is strictly prohibited on all departures. While certain substances may be woven into local traditions in some regions, they are not permitted within our groups. Furthermore, any form of exploitation, including the solicitation of sex workers, directly contradicts our values. To protect the integrity of the experience and the well-being of the group, our National Geographic Expedition Leader retains the right to remove any traveller who violates these standards.

What are the mandatory travel insurance requirements for this trip?

Comprehensive travel insurance is a mandatory prerequisite for participation in all our departures. To safeguard your well-being, your National Geographic Expedition Leader will kindly request to verify your physical policy details before you may officially join your fellow travellers.

When choosing your coverage, please ensure your policy includes full medical protection, featuring a strict minimum requirement of \$200,000 USD for emergency rescue and medical repatriation. For complete peace of mind while exploring, we also strongly advise securing comprehensive coverage for personal liability, trip cancellation or curtailment, and the loss of luggage and personal belongings. If you intend to rely on insurance provided through your credit card, you must supply formal proof of purchase—such as a credit card statement or receipt in your name—along with explicit confirmation from your banking institution regarding the participating insurer, exact policy limits, and their dedicated 24-hour emergency contact 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?

Upon your return, we invite you to share your insights with us. Your valued feedback shapes the future of our itineraries and ensures we continue to deliver meaningful experiences. As a token of our appreciation for your time, we are pleased to offer a 5% savings (up to a maximum of \$100 USD) toward your next expedition with us. Simply submit your evaluation within four weeks of completing your travels to unlock this benefit and join our global community of returning travellers.

*This offer is valid for new bookings only, limited to one per person, and cannot be combined with other promotions or applied to independent itineraries. Maximum value of \$100 USD (or local currency equivalent). This program may be amended or withdrawn at any time.

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/

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.

What are the age restrictions for this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

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.