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Sorry! There are no remaining departures for "Essence of Nicaragua" (CNEN), [but here are some similar trips](#).



Essence of Nicaragua

12 days, Granada to Granada

Trip code CNEN

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Granada

- León orientation walk including entrance to cathedral rooftop
- G Adventures-supported homestay on Ometepe Island
- Beach time in San Juan del Sur
- Free time in León and Ometepe
- 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 January 1st, 2015 - December 31st, 2016

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

Granada

Arrive at any time.

There are no planned activities until an evening welcome meeting.

Granada is approx. one hour from the Managua International Airport.



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.

Days 2–3

Granada

Start with an orientation walk before free time to kayak through the nearby isletas in Lake Nicaragua, hike Mombacho Volcano, or sit in the main square watching life go by.



Today's Activities

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.



Optional Activities - Days 2–3

City Tour

Granada

20USD

Head out for a guided tour of the charming colonial city of Granada. Visit churches, museums and parks and learn more about the history and culture of the city.

Kayaking

Granada

25-35USD

Grab a paddle, put on a lifejacket and set off to explore by kayak.

Laguna de Apoyo Visit

Granada

35USD

Travel less than half an hour from Granada to the picturesque Laguna de Apoyo. The warm clean waters of this lake are said to have healing properties; this former volcano crater is nature's giant bathtub, filled by natural springs and rain water from the past 20,000 or so years. Hike the forested trails in the surrounding hills. See hummingbirds, monkeys, and toucans. Slip into the mild waters and enjoy a peaceful swim. How many people can boast they swam in a volcano?

Mombacho Volcano Trails Hike

Volcán Mombacho

35USD

4h30m-5h

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

Masaya Volcano Day Excursion

Granada

40USD

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

Travel to León with an orientation walk around town. Opt to visit Central America's largest cathedral or explore León's history-filled streets.

Today's Activities

Private Vehicle

Granada – León

3h

130km

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

Orientation Walk

León

Take a brief walk of the historic center of León. Pass through the central park, the local market, and various historical churches.

Optional Activities - Day 4

Flor de Caña Factory Visit

León

35-40USD

Head to the distillery to learn more about the production and history of this potent liquor. Flor De Caña has won countless international awards and is regarded as one of the best rums in Latin America.

White, dark, young and aged, sample them all!

Isla Juan Venado Visit

León

55USD

5h-5h30m

Hop into the boat and motor off through the mangroves along the shores of Juan Venado Island.

Cruise the waterways to see egrets and other birds, crocodiles, crabs, iguanas and more. Through local guides, learn about the different types of mangrove forests, then take a swim at one of the nearby beaches. This is sure to be a day you won't forget!

Horseback Riding Asososca Crater Lake

León

35-40USD

5h30m-6h

Put on some long pants and travel by horse through a unique landscape accented by volcanic peaks and craters. Check out the huge round hole on the slope of El Hoyo, enjoy the view of Momotombo on the horizon, then go for a swim in the Asososca Crater Lagoon.

Telica Twilight Tour

León

40-65USD

7h-8h

Hike up Telica Volcano in the afternoon to enjoy the sunset and views. This volcano is so active, nothing grows on its slopes. At nightfall, hike the last section up to the crater to see the glowing orange-red lava. Afterwards, hike in the dark back down to the transport.

Kayak Isla Juan Venado

León

40-55USD

4h30m-5h

Kayak the mangrove forest and discover the diverse ecosystem around Juan Venado Island. Bring your binoculars to spot birds, and look for the tell-tale tails of crocodiles and iguanas. Hop out to take a swim or just stroll along the beach.

Day 5

León

Take a free day to explore. Relax on nearby beaches or admire the many political murals around town.



Today's Activities

Free Time

León

With so much to see and do, get out and get going.



Optional Activities - Day 5

Flor de Caña Factory Visit

León

35-40USD

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City Tour

León

25USD

Head out into the city with a knowledgeable local guide to learn more about the history and culture of this colonial city.

Telica Twilight Tour

León

40-65USD

7h-8h

Hike up Telica Volcano in the afternoon to enjoy the sunset and views. This volcano is so active, nothing grows on its slopes. At nightfall, hike the last section up to the crater to see the glowing orange-red lava. Afterwards, hike in the dark back down to the transport.

Isla Juan Venado Visit

León

55USD

5h-5h30m

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Momotombo Volcano Visit

León

9h-10h

Momotombo is one of the most impressive volcanoes in Nicaragua. Resting on the banks of Lake Managua, it is 1,297m (4,255 ft) above sea level and one of the most difficult to climb. During the hike, there will be a chance to see amazing crater and views of Momotombito Island, Monte Gala lagoon, Xolotlán Lake, and much more.

Day 6

León/Isla de Ometepe

Travel by bus and ferry to the stunning island of Ometepe in the middle of Lake Nicaragua. Take advantage of free time and opt to climb a volcano or visit the local swimming hole.

Cross Lake Nicaragua by ferry to arrive at Ometepe Island. The group will be split up amongst different families in the small community.

Try hiking Maderas Volcano, float in clear springs, relax and swim at the beach.



Meals included

Dinner



Today's Activities

Private Vehicle

León - San Jorge

2h30m-3h30m

200km

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

Ferry

San Jorge - Moyogalpa

1h

10km

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Private Vehicle

Moyogalpa - Los Ángeles

15m-30m

6km

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

Pueblo Hotel Community Guesthouse Stay

Isla de Ometepe

Stay with a local family by the lake in the small rural village of Los Angeles, on Ometepe Island. Your presence is supporting this community-owned and operated business. While you're here, practice Spanish, enjoy authentically-cooked fresh food and explore the island!

Day 7

Isla de Ometepe

Free time to explore Ometepe. Opt to climb Volcano Concepción or Volcano Maderas, take a cultural tour, visit the beach at Santo Domingo, or visit el Ojo de Agua for a refreshing swim and lunch. You can also view pre-Columbian petroglyphs or the small museum of indigenous artifacts in Altagracia.



Meals included

Breakfast | Dinner



Today's Activities

Free Time

Isla de Ometepe

Explore this island and learn more about the local Mayan culture.

Pueblo Hotel Community Guesthouse Stay

Isla de Ometepe

Stay with a local family by the lake in the small rural village of Los Angeles, on Ometepe Island. Your presence is supporting this community-owned and operated business. While you're here, practice Spanish, enjoy authentically-cooked fresh food and explore the island!



Optional Activities - Day 7

Hiking Maderas Volcano

Isla de Ometepe

45USD

8h-9h

Prepare to spend the day (4 hr each way) hiking the dormant Maderas Volcano (1,400m/4,573 ft). Walk past coffee plantations, then up a steep trail through cloud forest. It gets damp and muddy, so watch your step. At the summit, hike down into the crater and swim in the cool, refreshing lagoon. How many people can say they have floated in the bowels of a volcano?

Ometepe Island Cultural and Pre-Columbian Petroglyphs Tour

Isla de Ometepe

45USD

3h-4h

There's something special about coming across a boulder in a field, now covered in moss, and engraved in circles or images made by someone who lived in the area thousands of years ago. Discover Ometepe's pre-Columbian petroglyphs (rock carvings) and stone statues, along with pieces of ancient ceramic urns and utensils. Learn the history and significance of these artifacts dating back to 1000 BC. Includes a stop at hot springs and the beach.

Hike Concepción Volcano

Isla de Ometepe

45USD

10h-12h

The steep terrain of this active volcano make Concepción the most difficult climb in all of Nicaragua. Plan on a round trip duration of 10-12 hours of sweaty, muddy, humid and windy climbing. Bring lots of water and food. The rewards can include breathtaking views of the isthmus of Ometepe, Maderas Volcano, Chontales, and Costa Rica to the south, as well as vegetation unique to this volcano.

Swimming

Grab your bathing suit and go for a refreshing swim.

Day 8

Isla de Ometepe/San Juan del Sur

Travel to San Juan del Sur and get ready to experience this beach paradise.

After taking the ferry back across Lake Nicaragua to the mainland, catch a bus to low-key San Juan del Sur for some serious relaxation by the sea.



Meals included

Breakfast



Today's Activities

Private Vehicle

Los Ángeles - Moyogalpa

15m-30m

6km

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

Ferry

Moyogalpa - San Jorge

1h30m

10km

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Local Bus

San Jorge - Rivas

15m-30m

5km

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

Local Bus

Rivas - San Juan del Sur

1h-1h15m

30km

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

Free Time

San Juan del Sur

Don't waste any time, get out and explore.



Optional Activities - Day 8

Sunset Cruise

San Juan del Sur

35USD

2h30m-3h

Take a cruise along the Pacific coastline. As soon as you leave, the music starts and the bar is open with your choice of soft drink, beer, local rum— unlimited for the 2 hr journey. Enjoy panoramic sunsets and keep your eyes open for local marine wildlife such as dolphins and whales. Try some trolling— anything you catch you can keep for dinner.

Playa Hermosa Visit

San Juan del Sur

12USD

2h-8h

Located 12km (7.5 mi) south of San Juan Del Sur, Playa Hermosa is one of the safest and most beautiful beaches in southern Nicaragua. Voted as the #1 beach by Nicaragua Surf Report and home to Survivor Nicaragua, you may never want to leave this white sand beach. Surf, swim, and keep your eye out for baby turtles.

Night Fishing

San Juan del Sur

35USD

4h-4h30m

Try something new and go after some delightfully delicious pargo (snapper) while fishing under the stars and moonlight. The boat is equipped with submersible lights, full night lights and a soothing stereo system. Don't forget your cold beers and friends.

Turtle Tour

San Juan del Sur

35USD

4h-4h30m

This is a must-do experience. Go with a local guide to the reserve of La Flor where the Olive Ridley turtles return year after year to lay their eggs. If you are lucky, you may also see the newborn hatchlings make a dash to the safety of the sea.

Fishing

San Juan del Sur

300-525USD

4h30m-8h

Experience the ultimate in sport fishing comfort as you cast for mackerel, jack, black and white tunas, and snapper. If you are in search of sailfish, marlin, and dorado, head out 32-48km (20-30 mi) on the all-day charter.

Ziplining

San Juan del Sur

30USD

1h15m-1h30m

There is one word for Da' Flying Frog. Amazing. Feel like you are in Tarzan's back yard, especially in the rainy season. Zip to 17 platforms over 2.5 km (1.5 mi) of pure jungle scenery. Enjoy the view of the valley and San Juan del Sur bay. Best of all there are two cables and an excellent crew for your safety.

Days 9–10

San Juan del Sur

Use your free time wisely. Opt to surf the Pacific, go swimming or fishing, or check out the views from above on a zipline canopy tour.



Today's Activities

Free Time

San Juan del Sur

There's no time to waste– get exploring.



Optional Activities - Days 9–10

Horseback Riding

San Juan del Sur

30USD

1h-3h

Head out for a few hours or a full-day adventure by horseback. Experience the great outdoors surrounded by mountains and beaches. Opt to visit Finca Palermo, Playa Hermosa Surf Camp, or Rancho Chilamate.

Playa Hermosa Visit

San Juan del Sur

12USD

2h-8h

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Snorkelling

San Juan del Sur

35USD

3h30m-4h

Enjoy the beautiful underwater world just outside of San Juan del Sur Bay.

Sunset Cruise

San Juan del Sur

35USD

2h30m-3h

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Swimming

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Night Fishing

San Juan del Sur

35USD

4h-4h30m

Try something new and go after some delightfully delicious pargo (snapper) while fishing under the stars and moonlight. The boat is equipped with submersible lights, full night lights and a soothing stereo system. Don't forget your cold beers and friends.

Whale Watching and Dolphin Spotting Tour

San Juan del Sur

40USD

3h30m-4h

Humpback whales visit every year from January to late March or early April and are magnificent creatures to spot. Head out on a cruise to try to capture these beautiful animals, with your camera, of course. You may also see dolphins swimming nearby.

Turtle Tour

San Juan del Sur

35USD

4h-4h30m

This is a must-do experience. Go with a local guide to the reserve of La Flor where the Olive Ridley turtles return year after year to lay their eggs. If you are lucky, you may also see the newborn hatchlings make a dash to the safety of the sea.

Surf Lesson

San Juan del Sur

35USD

2h30m-3h

Grab a board and hit the waves. With knowledge and tips from a certified instructor you'll be hanging ten in no time.

Fishing

San Juan del Sur

300-525USD

4h30m-8h

Experience the ultimate in sport fishing comfort as you cast for mackerel, jack, black and white tunas, and snapper. If you are in search of sailfish, marlin, and dorado, head out 32-48km (20-30 mi) on the all-day charter.

Day 11

San Juan del Sur/Granada

Travel back to Granada and spend a final evening with the group.



Today's Activities

Local Bus

San Juan del Sur - Granada

3h

80km

Travel back to Granada, switching buses in Rivas.

Free Time

Granada

Use the afternoon to check out any last sights you want to see.

Day 12

Granada

Depart at any time.

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Granada
- León orientation walk including entrance to cathedral rooftop
- G Adventures-supported homestay on Ometepe Island
- Beach time in San Juan del Sur
- Free time in León and Ometepe
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Explore colonial Granada, seek out the revolutionary murals in León, relax on the beach at San Juan del Sur, connect with your hosts in an Ometepe community guesthouse stay.

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Explore colonial Granada, seek out the revolutionary murals in León, relax on the beach at San Juan del Sur, connect with your hosts in an Ometepe community guesthouse stay.

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

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Is there an itinerary Disclaimer?

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

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

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

1) Granada is approx. 45 min from Managua's airport.

YELLOW FEVER

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

What is the group leader like?

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

How large will the group be?

Max 16, avg 12

What meals are included in this trip?

2 breakfasts, 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. Please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Public bus, private vehicle, boat, ferry.

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?

Hotels (10 nts).

Do any exceptions apply to Rooming or “My Own Room” on my tour?

Days 6, 7

What is the joining hotel?

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

What are the joining instructions?

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

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time.

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

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Operator (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

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

After hours emergency number: +51 997 582 712

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

What should I take on my trip?

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

What should be on my packing list?

Documents:

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

Essentials:

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

Warm Weather:

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

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. If you plan on washing any articles by hand, 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?

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 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 50USD (20USD notes are ideal).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: 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?

The departure tax in Nicaragua is 35USD. Most, if not all, airlines now include the departure tax in the price of the ticket, so please check your ticket. There is a 2USD departure tax if leaving the country overland.

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.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

What activities are optional on this trip?

- Please see the full itinerary for information on optional activities, descriptions and estimated pricing.

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your 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/

What are the trip specific safety considerations?

Managua is famous for petty theft. Take care to always take official taxi cabs in Managua and be especially careful at night.

What rules should I know before joining this trip?

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

Is travel insurance required for my trip?

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

What is Planeterra?

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

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

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

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

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

How can I share feedback about my trip experience?

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 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/

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?

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.