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Sorry! There are no remaining departures for "Galápagos on a Shoestring" (SEGS), [but here are some similar trips](#).



## **Galápagos on a Shoestring**

9 days, Quito to Quito

Trip code SEGS

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Visit to the Interpretation Centre (San Cristóbal)

- Hike to "Las Tijeretas" (San Cristóbal)
- Full-day hike of Sierra Negra Volcano
- Visit to Charles Darwin Research Station (Santa Cruz)
- Visit to the "Muro de las Lagrimas" and Tortoise Breeding Centre (Isabela Island)
- Isabela Municipal Tax
- Opportunities for snorkelling, swimming and Incredible wildlife encounters
- Internal flights
- All transport between destinations and to/from included activities

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

**VALIDITY:** Valid for all trips departing January 1st, 2014 - December 31st, 2018

# Itinerary

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

Day 1

## Quito

Arrive at any time.



## 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.

Fly to San Cristóbal Island. Visit the Interpretation Centre and hike to 'Las Tijeretas' for birdwatching.

Fly to the Galapagos and the island of San Cristóbal, and transfer to a family run hotel located in Puerto Baquerizo Moreno, the capital of the Galapagos Islands. Learn about the cultural and natural history of the Galapagos Islands at the Interpretation Centre in town and enjoy an included hike to the lookout point of 'Las Tijeretas' for some fantastic bird spotting.

The National Park charges a visitor fee of USD100, payable on arrival, which funds Park maintenance and supervision in the Galapagos as well as ecological study, conservation, and infrastructure development in Ecuador's other national parks. Entry fees and the funds they generate for the National Park System are among measures taken by the Ecuadorian government to protect its natural heritage.



## Today's Activities

Plane

Mariscal Sucre International Airport - San Cristóbal Airport

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

Interpretation Center Visit

San Cristóbal Island

1h-2h

Learn about the history of the Galápagos Islands from the very beginning of their volcanic origins through to today's conservation efforts. Tour the Human History exhibit to learn about the islands' discovery and colonization, and discover the natural history and variety of flora and fauna that make the Galápagos so fascinating.

Las Tijeretas Walk

San Cristóbal Island

Walk to 'Las Tijeretas' located just past the Interpretation Centre. Feel free to go on your own - this walk does not need a guide and is well marked. Walk quietly up the hill and you might find some nesting frigatebirds. Cool off at the beach or go snorkelling off the rocks to spot schools of colourful fish.

Day 3

## San Cristóbal Island

Enjoy a free day to chill out. Swim in the bay, anyone?

Have plenty of free time for optional activities like enjoying nearby beaches and shopping.

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### Today's Activities

Free Time

San Cristóbal Island

Get out and explore San Cristóbal Island.

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### Optional Activities - Day 3

Mann Beach Visit

San Cristóbal Island

1h-2h

Relax on Mann Beach or go swimming with playful and ever-so-friendly sea lions as frigate birds glide overhead on the thermals. Get up close to the wild and wonderful nature that inhabits the Galapagos, and enjoy the views overlooking the magnificent Pacific.

Snorkelling (Kicker Rock)

Kicker Rock

140-160USD

2h-3h

Embark on a snorkelling adventure at Kicker Rock, one of the most stunning landmarks in the Galápagos Islands that's home to an incredibly diverse range of marine life that inhabits the nutrient-rich water. Explore the rock which rises 150m (492 ft) above the ocean's surface, and is divided into two parts by a narrow channel. See an array of sharks and fish that are drawn to the rock and provide for an exhilarating unique snorkelling experience.

Day 4

## San Cristóbal Island/Santa Cruz Island

Take a morning speedboat to Santa Cruz. See giant Galapagos land tortoises in the wild, then camp in the highlands at a sustainable living farm area.

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### Meals included

Lunch | Dinner

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### Today's Activities

Speedboat

San Cristóbal Island - Santa Cruz Island

2h

Cut swiftly through the water en route to the next stop (and hang on to your hat).

Travel by speedboat to Isabela Island. Visit the Giant Tortoise Breeding Centre as well as the 'Wall of Tears'.

Isabela boasts some long, beautiful sandy beaches for those who just want to relax under the palm trees, take a swim, or try surfing.

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## Today's Activities

Speedboat

Santa Cruz Island - Isabela Island

2h

Cut swiftly through the water en route to the next stop (and hang on to your hat).

Giant Tortoise Breeding Centre Visit

Isabela Island

1h-2h

Walk through the town's wetlands to visit the Giant Tortoise Breeding Centre. With the giant tortoise on its way to extinction in the late 1950s, this program was established to protect these noble creatures.

Wall of Tears Visit

Isabela Island

1h-2h

Tour the sombre 'Wall of Tears', a historical site that pays homage to the prisoners of an on-island penal colony, who were forced to build a wall out of huge blocks of lava. Many prisoners died during the wall's construction between 1946 and 1959.

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## Optional Activities - Day 5

Swimming

Grab your bathing suit and go for a refreshing swim.

Las Tintoreras Visit

Isabela Island

Take a panga across the bay to "Tintoreras" Shark Alley to observe the whitetip reef sharks found swimming in the channels between the rocks. Get a close-up view of pelicans, frigatebirds, and diving blue-footed boobies. Watch for manta rays and rare Galápagos penguins.

Islote Tintoreras Snorkelling

Isabela Island

45-50USD

2h-2h30m

Go snorkelling at the islet Las Tintoreras, located south of Puerto Villamil – it's the perfect place to glide along watching the magic unfold under the water's surface. Enjoy a small calm turquoise bay to look

for the whitetip reef shark, which are fairly common in the archipelago. (The sharks are called Tintorera in Spanish, which is where the site gets its name.) Keep an eye out for sea lions, sea turtles, marine iguanas, and rays as well as the sharks.

Surfing Lesson

Puerto Ayora - Isabela Island

120USD

2h-2h30m

Grab your swimsuit and get ready to hang ten! Learn how to find and ride the waves with surfing lessons from local experts. Enjoy the fresh sea air, and try to spot local marine life while enjoying the waters.

Day 6

## Isabela Island

Enjoy a full-day excursion to Sierra Negra Volcano.



### Today's Activities

Sierra Negra Volcano Crater Viewpoint Excursion

Isabela Island - Cantón Isabela

1h-2h

Lace up your hiking boots to explore the landscape around the Sierra Negra Volcano, which has the largest basaltic caldera in the Galápagos. The volcano last erupted in June 2018, making it the most recent eruption in the Galápagos.

Day 7

## Isabela Island/Puerto Ayora

Hop on a speedboat to Santa Cruz and visit the Charles Darwin Research Station. Free time to walk to beautiful Tortuga Bay in the afternoon. Opt to get active by kayaking, mountain biking or snorkelling.

### Today's Activities

Speedboat

Isabela Island - Santa Cruz Island

2h

Cut swiftly through the water en route to the next stop (and hang on to your hat).

Fausto Llerena Breeding Center & Charles Darwin Research Station Visit

Puerto Ayora

45m

Visit Fausto Llerena Breeding Center a great place to observe many species of tortoises. Brought back from the brink of extinction, see the famous Galápagos tortoise up close - a corral houses adult tortoises, and a nursery cares for the young until around age three when their shells have hardened.

This area also houses the Charles Darwin Research Station, a scientific organization initiated in 1964, which works to preserve the Galápagos' ecosystem through the conservation efforts of scientists, researchers, and volunteers. While the offices themselves are not open to visitors, the research station provides a study location for international scientists and environmental education for the local community.

Free Time

Santa Cruz Island

Get out and explore more of Puerto Ayora and the island of Santa Cruz.

### Optional Activities - Day 7

Tortuga Bay Kayaking

Santa Cruz Island

15USD

2h-3h

Grab a life jacket and go for a kayak adventure in the mangroves of Tortuga Bay. Keep an eye out for a wide variety of marine life, including colorful reef fish, rays, and sea turtles, as you paddle the blue waters. Relax after on a beautiful fine white sand beach, and soak up some sun - you may spot some iguanas also trying to catch some rays on the shore.

Tortuga Bay Hike

Santa Cruz Island

8km

Enjoy a walk along a lava stone pathway to the beautiful white beach of Tortuga Bay. Relax on the beach, walk along the mangroves looking for marine iguanas and birdlife, or rent a kayak and explore

this marine wonderland. Look for Tintoreras sharks, sea turtles, and manta rays in the water's shallow areas.

Day 8

## Puerto Ayora/Quito

Say goodbye to the Galapagos Islands and take a morning flight back to Quito. Enjoy a final night out with the group.

Transfer across the island by public bus to Baltra for the flight back to Quito. Upon arrival in Quito, transfer to the hotel for one last night on the town. The representative in Quito will be able to advise and help with some of the many day tours available in and around Quito if you are going to stay in the city after the tour finishes.



### Today's Activities

Local Bus

Puerto Ayora - Baltra Island

1h

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

Plane

Seymour Airport - Mariscal Sucre International Airport

2h

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

Day 9

## Quito

Depart at any time.



### 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
- Visit to the Interpretation Centre (San Cristóbal)
- Hike to "Las Tijeretas" (San Cristóbal)
- Full-day hike of Sierra Negra Volcano
- Visit to Charles Darwin Research Station (Santa Cruz)
- Visit to the "Muro de las Lagrimas" and Tortoise Breeding Centre (Isabela Island)
- Isabela Municipal Tax
- Opportunities for snorkelling, swimming and Incredible wildlife encounters
- Internal flights
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Witness whitetip sharks at 'Shark Alley', travel by public speedboats around the Galapagos Islands, camp in the highlands of Santa Cruz Island with views towards the ocean, visit Charles Darwin Research Station and the Giant Tortoise Breeding Centre, hike Sierra Negra Volcano.

## What are the main highlights of this trip?

Witness whitetip sharks at 'Shark Alley', travel by public speedboats around the Galapagos Islands, camp in the highlands of Santa Cruz Island with views towards the ocean, visit Charles Darwin Research Station and the Giant Tortoise Breeding Centre, hike Sierra Negra Volcano.

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

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

1. G Adventures requires your passport number, full name and date of birth at the time of booking. Please make sure you give this information to your travel agent.
2. Once you have confirmed your booking please give us your international flight details and advise us if you have any important issues such as allergies, special diets, etc.
3. The Ecuadorian government currently levies a Galapagos Islands Park entry fee of \$100 USD per person. This is payable at the airport upon arrival in the park. It is not included in the cost of the tour, and must be paid in CASH. This fee funds Park maintenance and supervision in Galapagos, as well as ecological study, conservation and infrastructure development in Ecuador's other National Parks. Entry fees and the funds they generate for the National Park System are among measures taken by the Ecuadorian government to protect its natural heritage.
4. The Consejo de Gobierno (local government council) have implemented a system of Transit Control Cards at a fee of \$20 USD per person. This card is to be purchased in CASH at a counter in the Quito airport before boarding the flight to the Galapagos. Please retain this card along with your passport as you will be required to present this upon arrival to the Galapagos Islands. Please note that this applies to all tourists entering the Galapagos Islands and is a supplement to the existing entry fee to the National Park and is not controlled by tour operators or travel agencies. It is the first of a number of initiatives to track, control and maintain the sustainable tourism targets set out by the Galapagos National Park and the Ecuadorian government in an attempt to preserve the fragile environment of the archipelago.
5. Please note that the inter-island transfers by speedboat can at times be quite choppy.
6. There will be a municipal tax of \$5 USD per person charged locally upon departure from Isabela Island.

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

A G Adventures representative will meet you at the hotel in Quito on day 1 of the tour, and our local operations team will be available and assist in transfers to/from the airport for the internal flights. In the Galapagos Islands you will be accompanied by an expert naturalist guide, certified by the Galapagos National Park.

## **How large will the group be?**

Max 16, Avg 10

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

1 lunch, 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 leader will be able to suggest favourite restaurants during your trip. 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?**

Plane, public speedboat, van, pickup truck, Zodiac, public bus.

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

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

## **Is there an extra cost for travelling solo?**

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

## **Where will we stay during the trip?**

Simple hotels (7 nts, some multi-share), camping (1 nt).

## **Will I get my own room?**

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

## **What is the joining hotel?**

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

## What are the joining instructions?

The Quito International Airport is approximately one hour outside of the city centre where your joining hotel is located. There are a number of routes the driver may take depending on time of day and traffic, however, the route often seems long and indirect. The easiest and cheapest way to get there is by organizing a taxi at the desk within the airport (approximately \$30 USD). Private transfers generally cost more as the cars will need to drive from Quito, to the airport, and return. Immediately after the customs and immigration area, as you head to the exits, you will find a taxi stand. We strongly recommend you pay for the car at set rates from the taxi stand and therefore won't need to worry about sorting out a ride outside the airport facilities, where the situation tends to get more chaotic with many drivers vying for few clients. The taxis outside the airport area do not belong to the Taxi Airport Union and may charge higher fares.

There is also a shuttle available with the bus company Aeroservicios. Aeroservicios charges 8 USD to board a bus which will take you from the new airport to the old airport. The buses are new, comfortable, and often include wifi. From the old airport, a taxi to get to your hotel would generally cost \$5 USD depending on the distance and location.

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 at 09 99506000. 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. Similarly the last day is a departure day during which no activities have been planned.

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 and your transfer times back to the airport the next day. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

Excess luggage can be stored free of charge at the joining hotel during your tour if desired.

## 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 Representative (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 Lima, Peru.

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

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

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

## Are there any additional packing suggestions I should consider?

We recommend the use of a duffel bag or backpack (whichever you find easiest to carry). A good size daypack is also essential. If you don't wish to take all of your luggage with you to Galapagos, please ensure you have an extra bag you can leave behind at hotel storage and pickup on your return.

Please note that Galapagos is a protected National Park so your luggage will be checked before arrival and departure to and from the islands. Don't bring any food, seeds or other organic material that could affect the delicate ecosystem of the islands.

## What should be on my packing list?

- Airline tickets (with photocopies)
- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- Credit or debit cards (see personal spending money)
- Cash in US Dollars for drinks, souvenirs and tipping - please note credit cards are not accepted onboard Galapagos vessels.
- G Adventures vouchers and trip details
- Any entry visas or vaccination certificates required
- Camera and film
- Reading/writing material
- Binoculars
- Small Daypack for landings - for water, camera etc
- Cover for backpacks
- Fleece top
- Windproof/waterproof jacket
- Small towel and swim wear
- 4 shirts/t-shirts
- Sun hat
- 1 pair of shorts
- 2 pairs of long trousers
- 1 pair hiking pants/track pants
- Hiking boots/ sturdy walking shoes
- Sport sandals
- Sunblock
- Sunglasses
- Insect Repellent
- Watch or alarm clock
- Water bottle
- Flashlight
- First-aid kit(should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking).

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

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## What 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 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 100USD (or equivalent). As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

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

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

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

USD \$40.80

## **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. Also, if you are happy with the service of the local naturalist guide, recommended tipping amounts for this person would be \$5-\$8 USD per day.

# What activities are optional on this trip?

## San Cristóbal Island

- Mann Beach Visit

## Kicker Rock

- Snorkelling (Kicker Rock)  
(140-160USD per person)

## Santa Cruz Island

- Swimming
- Tortuga Bay Kayaking (15USD  
per person)

## Isabela Island

- Las Tintoreras Visit
- Islote Tintoreras Snorkelling  
(45-50USD per person)

## Puerto Ayora

- Surfing Lesson (120USD per  
person)

## Santa Cruz Island

- Tortuga Bay Hike

## **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.

Please note your Adventure travels to high altitude, in Quito. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician.

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

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

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

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

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

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

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

## What are the trip specific safety considerations?

Please take care when wandering about the city on your own, as pick pockets and purse-snatchers are common, particularly in the Old Town. Be safe and leave your passport, credit cards, traveller's cheques and cash you don't need in the hotel's safety deposit box. Most Quiteños are honest and genuinely helpful and friendly, but be safe and enjoy the city!

## 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 you'll receive a special discount code for free online prints and 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. Please visit <http://www.gadventures.com/evaluations>

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

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

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

## How old must I be to join this trip?

Minimum age of 18 years for this trip.

## Are international flights included in this trip?

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

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

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

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

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

## Dossier Disclaimer

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

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

## Itinerary Disclaimer

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

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