



Costa Rica: The Wonders & Wildlife of the North

6 days, Liberia to Playa Flamingo

Trip code CRLP

What's included

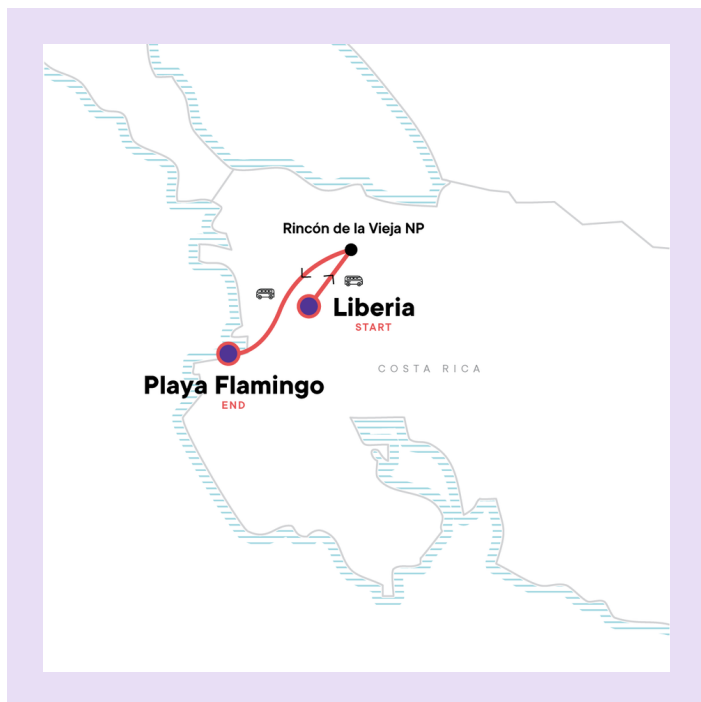
- Your Welcome Moment: Welcome Meeting - Meet Your CEO and Group
- Night walk on the trails near the lodge in Rincon de la Vieja
- Entrance and guided hike in Rincon de la Vieja National Park
- Orientation walk in Playa Flamingo
- Free time in the rainforest area and Playa Flamingo
- All transport between 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 July 26th, 2024 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

Liberia to the Rincón de la Vieja Area

Today is your arrival day. An included group transfer will be available from the Liberia Airport to the lodge property near Rincón de la Vieja National Park. Upon arrival, there will be an evening welcome meeting, where you will meet your CEO and fellow travellers. Sit down for a group dinner at the lodge restaurant before a guided night walk on the property to get you acquainted with the resident nocturnal wildlife.

Please ensure your arriving flight lands at Liberia Guanacaste Airport prior to 2pm in order to be on time for the included group transfer to the Rincón de la Vieja area leaving the airport at 3pm.



Meals included

Dinner



Accommodation

Hotel Buena Vista del Rincon (or similar)

Hotel



Today's Activities

Private Vehicle

Liberia – Rincón de la Vieja Volcano National Park

1h30m-2h

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

ACTIVITY

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

Night Walk

Buena Vista

1h

Enjoy a walk on the trails of the lodge's property. Experience the richness of the tropical rainforest's nocturnal noises and wildlife. Walk along as your CEO points out flora and fauna, and you search for mother nature's nightly secrets. Listen to birds still singing and insects buzzing. Surrounded by the thick darkness of trees towering above you, this will be an entirely different experience than the daylight hours.

Day 2

Rincón de la Vieja National Park Area

Enjoy breakfast at the lodge before transferring to Rincón de la Vieja National Park where you will embark on a hike in the area to gain a full sense of the tropical and volcanic landscape, while searching for resident wildlife. Travel back to the hotel in the afternoon for free time on the property. Activity options range from ziplining, hiking in the area, and various cultural experiences.



Meals included

Breakfast | Dinner



Accommodation

Hotel Buena Vista del Rincon (or similar)

Hotel



Today's Activities

Rincón de la Vieja Hiking

Rincón de la Vieja Volcano National Park

2h-3h

3km

Set off on a 3.2km (2 mile) hike on the Las Pailas trail that cuts through tropical rainforest and weaves through various volcanic activity. The trail begins in an open area with few trees, where you will hear about the legend of the nearby volcano. Be on the lookout for volcanic bubbling mud, small craters, and see if you can smell sulfuric fumes. The rest of the trail is surrounded by dense vegetation and will provide possible opportunities to see wildlife.

Difficulty: Moderate

Duration: Between 2-3hrs

Distance: 3.5km (2.5 miles) total. It is a loop trail.

Free Time

Rincón de la Vieja Volcano National Park

Take advantage of a free afternoon back at the lodge to partake in outdoor activities. Opt to zipline or hike in the area. It's the perfect way to gain a real sense of this volcanic and tropical rainforest climate.



Optional Activities - Day 2

Hike on trails in the area

Rincón de la Vieja Volcano National Park

30m-1h

Hike through the wonderful and dense rainforest along nearby trails and gain a true immersion into the natural landscape.

Ziplining - Rincon de la Vieja

Rincón de la Vieja Volcano National Park

Fly over the trees on 7 cables crossing the dense forest below and take in views of the Rincon de la Vieja volcano. Choose to ride on more extreme segments if you wish, and on the Tarzan Swing jump from a 50m high platform to swing through the jungle.

Please note the weight limit on this activity is 200lbs (91kg).

Day 3

Rincón de la Vieja Volcano National Park Area

Enjoy a full free day in the Rincon de la Vieja area with an abundance of optional activities to choose from. Between hiking, bird watching, or spa treatments and a soak in the hot springs, your day can be as leisurely or busy as you'd like.

Choose to pre-book the Jungle Waterslide for a fun adventure through the jungle.



Meals included

Breakfast | Dinner



Accommodation

Hotel Buena Vista del Rincon (or similar)

Hotel



Today's Activities

Free Time

Rincón de la Vieja Volcano National Park

The area is an outdoor lover's paradise! Enjoy access to the lodge's amenities. Opt to swim in the pool, walk along the nearby trails, or partake in other activities on offer like, learning about the growing and artisanal process of sugarcane, or attending a Chorotega workshop, a ceramics unique to Central America—and representative of the region's Indigenous history. Other possibilities are, hiking to the nearby Salitral Waterfall, trying the onsite waterslide through the jungle, or focus on wellness with optional spa and thermal bath experiences. You have all day!



Optional Activities - Day 3

Jungle Waterslide

Rincón de la Vieja Volcano National Park

30m-1h

Throw on a bathing suit and store any of your personal items in the lockers and restroom area at the base of the slide. Then, once you have received your helmet and tube, and listened to a few safety briefings, you will be on your way. Walk through the lush forest with your tube for about 8 minutes to

reach the launch point. Then climb on your tube and plunge down a 425m water slide through the heart of the tropical jungle. Feel the excitement as you reach full speed, winding down on the longest jungle waterslide in Costa Rica.

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Day 4

Rincón de la Vieja Volcano National Park Area to Playa Flamingo

After breakfast at the lodge the group will travel to Playa Flamingo on Costa Rica's northern Pacific coast. Enjoy a CEO-led orientation walk upon arrival to get to know this uniquely set up town, whose central area has remained a pristine beach protected by a large mangrove forest. Then, spend a free evening exploring on your own.



Meals included

Breakfast



Accommodation

Hotel Casas del Toro (or similar)

Hotel



Today's Activities

Private Vehicle

Rincón de la Vieja Volcano National Park – Playa Flamingo

2h

82km

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

Playa Flamingo Orientation Walk

Playa Flamingo

1h

Enjoy a CEO-led orientation walk through the small beach town of Playa Flamingo. This popular local destination boasts fine white sand, clear blue waters, lagoons, and a variety of more secluded beaches with rocks reaching into the sea. Become acquainted with the layout as you walk through main area.

Free Time

Playa Flamingo

Spend a free late afternoon and evening in Playa Flamingo. Go to the beach, visit some of the local shops, or find a nearby restaurant to try out for dinner.

Day 5

Playa Flamingo

Spend a full free day in paradise. Opt to prebook a Catamaran excursion to get out onto the water for a whole new view of the Playa Flamingo area. Or choose to enjoy the beach on your own with swimming and sunbathing.



Accommodation

Hotel Casas del Toro (or similar)

Hotel



Today's Activities

Free Time

Playa Flamingo

The whole day is yours in Playa Flamingo. Choose to spend it out on the water by pre-booking a catamaran experience, or choose to lie on a fluffy white-sand beach with mangroves gently rustling in the distance. From beach town vibes to secluded lagoons this place is a true taste of Costa Rica's northwestern coastline.



Optional Activities - Day 5

Playa Flamingo Catamaran

Playa Flamingo

Hop aboard a catamaran departing from the Flamingo Marina and cruise along five miles of stunning coastline to a nearby beach. Here the boat will anchor and you will be able to enjoy time for snorkelling, kayaking, and swimming. As you partake in the water activities your crew will be preparing a delicious buffet lunch to be had aboard the boat in this pristine setting. Afterwards, the catamaran will continue sailing and the group will have the opportunity to try and spot dolphins, tropical fish, and possibly a few whales.

Depart at any time.

Please note that while your tour ends in Playa Flamingo, there are taxis/shuttle services available to the Liberia airport. These services depart from the town of Potrero which is 10 minutes from your Finish Point Hotel. It takes one hour to get to the airport in Liberia from Potrero.



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: Welcome Meeting - Meet Your CEO and Group
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- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Hike along the jungle trails in the wildlife-rich Rincon de la Vieja National Park, Spend a few days on the lovely beaches of Costa Rica's northern pacific coast, Go on a night walk to learn about different species in the forest and listen to their distinct sounds

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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. Costa Rica will not be allowing anyone to enter the country without proof of a departure ticket (bus, airplane, boat, etc.). If you are travelling through a few countries in Central America, you will need to show proof of your itinerary and a departure ticket from your last destination. Please print the itinerary and voucher and bring it with you.
2. Be prepared for rain and lower temperatures during the winter season (June-November), especially in Costa Rica's central valley.
3. **ACCOMMODATION NOTE:**
Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

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

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.

What meals are included in this trip?

3 breakfasts, 3 dinners

What are the meals like on this trip?

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

What are the modes of transportation on my trip?

Private vehicle, walking.

Is there an extra cost for travelling solo?

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

Where will we stay during the trip?

Hotels (5nts).

Will I get my own room?

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

What are the joining instructions?

MEETING POINT: Liberia Airport

ARRIVAL TRANSFER TIME: 15:00pm

On arrival into Liberia airport, please head out of the airport towards arrivals where a G Adventures representative will be waiting with a G Adventures sign.

If for any reason you don't see your driver, please wait and contact us at the following numbers:

- Monday to Sunday from 8am to 5pm : +506 4001 8474 (ext 4)
- Monday to Sunday from 5pm to 8am : +51 997 582 712

What happens if I experience problems when arriving?

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

Who should I contact in case of an emergency?

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

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 (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

What information should I be aware of as the itinerary draws to a close?

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

The Departure public shuttles operate as per below (to Liberia Airport) - please ensure you have enough time to make your departure flight.

Departure: 07:50 - Arrival: 09:20

Departure: 14:00 - Arrival: 15:30

Alternatively, your CEO will be able to assist booking a private taxi for your departure - please speak to your CEO at the Welcome Meeting.

Are there any additional packing suggestions I should consider?

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?

Costa Rica Water Activities:

- Drybag (Will help keep cameras and essentials dry)
- Sport Sandals or Water Shoes (if you plan to do waterfall rappelling and/or rafting)

Documents:

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

Essentials:

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

Health & Safety:

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

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

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

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?

Costa Rica airport exit tax: \$29USD

Should I be tipping on my trip?

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Tipping of your G Adventures Chief Experience Officer is very much appreciated. The amount is entirely a personal preference; however as a guideline \$6-10 USD per person, per day is our recommendation in the region. However, if you felt your CEO did an especially outstanding job, any additional amount will always be welcome.

What activities are optional on this trip?

Rincón de la Vieja Volcano National Park

- Hike on trails in the area
- Ziplining - Rincon de la Vieja
- Jungle Waterslide

Playa Flamingo

- Playa Flamingo Catamaran

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.

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

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

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

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What rules should I know before joining this trip?

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

Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

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

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

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

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

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

How can I share feedback about my trip experience?

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

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

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

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.