



## **Highlights of Guatemala**

9 days, Guatemala City to Antigua

Trip code CGAA

## What's included

- Your G for Good Moment: Lake Atitlán Boat Ride and Community Visit, Lago de Atitlán
- Your Welcome Moment: Meet Your CEO and Group
- Tikal Tour with a local guide
- Semuc Champey visit
- Chichicastenango Market Visit
- Full-day Boat Tour on Lake Atitlán
- Antigua Orientation Walk
- Free time in Flores, Lanquin, and Panajachel
- Internal Flight from Guatemala City to Flores
- 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 April 10th, 2025 - December 31st, 2027

# 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

## Guatemala City

Arrive at any time. Attend a Welcome Meeting in the evening and get to know your CEO and fellow group members before the adventure begins tomorrow.



### Accommodation

Hotel Biltmore (or similar)

Hotel



### 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.

Day 2

## Guatemala City/Flores

Have some breakfast at the hotel in Guatemala City before travelling to the airport to board your flight to Flores. Located in the northeast jungle Petén region, this town is considered the gateway to nearby Mayan ruins and towering temples. Get settled at the hotel this evening and have dinner at your leisure.

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### Meals included

Breakfast

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### Accommodation

Hotel Petén (or similar)

Hotel

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### Today's Activities

Plane

Guatemala City - Flores

1h

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

Free Time

Flores

Choose to go for a walk or find a cute local spot to have an authentic Guatemalan dinner.

Day 3

## Flores

Today enjoy a guided tour of the Tikal archaeological site. Return to Flores in the afternoon and choose to relax or go for a swim in Lake Petén Itzá during your free time. Dinner will be at your leisure this evening.

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### Meals included

Breakfast

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### Accommodation

Hotel Viñas (or similar)

Hotel



## Today's Activities

Private Vehicle

Flores - Tikal

45m

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

Private Vehicle

Tikal - Flores

45m

42km

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

Tikal Ruins Guided Tour

Tikal

3h-4h

7km

Put on your walking shoes and prepare for a tiring but memorable day walking through history at the impressive site of Tikal. The Mayan site is set in the heart of the jungle, in Tikal National Park, now a UNESCO World Heritage site. Along with our bilingual guide, see some of the temples, plazas, carved stone monuments and public squares, more than 3,000 buildings in all, dating from as far back as 600 BC. Climb to the top of Temple IV, catch your breath, take photos, and then sit and contemplate the magnificence of the site and the tropical rainforest beyond. Look for monkeys, anteaters, armadillos, and deer, as well as macaws and eagles, snakes, and spiders.

Free Time

Flores

Back in Flores enjoy free time to recharge. Go for a walk along the shores of the lake or maybe take a swim.

Day 4

## Flores/Lanquín

Travel by private vehicle from Flores to Lanquin, a small town in the Alta Verapaz region of Guatemala, is known primarily as the gateway to Semuc Champey. Once at the hotel enjoy free time to take advantage of property amenities like the pool, or to simply relax in your new setting. The town itself also is home to the Lanquin Caves, a large cave system with interesting rock formations and a colony of bats that emerge at dusk. Maybe go check it out if there's time.



### Meals included

Breakfast



### Accommodation

Hotel Viñas (or similar)

Hotel



### Today's Activities

Private Vehicle

Flores - Lanquín

8h

305km

Settle in and scan the scenery from the comfort of your private vehicle. There will be stop along the way to break up the long drive and for you to grab some lunch on your own.

Free Time

Lanquín

Get settled in at your hotel in Lanquín after a long day of travel. Enjoy the hotel's amenities and simply relax in your new setting. There is a nearby cave system that bats fly out of at night, if there's time for you to visit this evening on your own.

Day 5

## Lanquín

Visit the stunning natural monument of Semuc Champey today. These tiered turquoise pools have been formed by a limestone bridge over the Rio Cahabon. Afterwards return to Lanquín for free time to relax and do as you please for the remainder of the day.



### Meals included

Breakfast



### Accommodation

Kamol Bey (or similar)

Hotel



### Today's Activities

Private Vehicle

Semuc Champey - Lanquín

45m

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

Semuc Champey Visit

Semuc Champey

5h

This beautiful natural monument is nestled within a lush, tropical jungle, adding to its scenic beauty and appeal. The location is renowned for its stunning series of turquoise pools formed by the Cahabón River flowing over a limestone bridge. This river disappears beneath the bridge and reemerges downstream, creating a unique geological phenomenon. Semuc Champey's "hidden river" combined with the picturesque pools and surrounding jungle make for a very captivating destination in Guatemala. Enjoy time here to explore and perhaps take a swim and cool off from the heat to make this an even sweeter adventure.

Private Vehicle

Lanquín - Semuc Champey

45m

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

Day 6

## Lanquín/Panajachel

Head to the shores of Lake Atitlan with a stop to Chichicastenango Market along the way. This market is one of the largest and most authentic indigenous markets in the Americas, offering a glimpse into both Mayan culture and Guatemalan daily life. Enjoy time here to browse and shop before continuing on to Panajachel. Get settled and have dinner at your leisure.



### Meals included

Breakfast



### Accommodation

Kamol Bey (or similar)

Hotel



### Today's Activities

Private Vehicle

Lanquín - Panajachel

7h

Settle in and scan the scenery from the comfort of your private vehicle. There will be a stop along the way to the Chichicastenango Market to break up the long drive.

Chichicastenango Market Visit

Chichicastenango

Pack your patience as you set out for this famous market held Thursdays and Sundays in Chichicastenango, about an hour's drive from Panajachel. Prepare for crowds, and keep your valuables hidden. Haggling is the word of the day – because there's so much to buy. Shop for hammocks, painted wooden masks, hand-woven textiles, bags, baskets, belts and blouses. Go crazy taking photographs. "Chichi" is a riot of colour but also an important trading and religious centre for the local Maya.

Day 7

## Panajachel

Spend a full day boating out on Lake Atitlan with beautiful views of the surrounding volcanoes and small villages. This area is known for stunning scenery and great shopping for Mayan handicrafts. Take part in a cultural tour of San Juan la Laguna where you can opt to bargain for colourful textiles and paintings from the local artisans. Sit down for a delicious lunch made at a G Adventure-supported community initiative. Travel back to Panajachel in the early evening for free time and to relax after a day on the water.



### Meals included

Breakfast | Lunch



### Accommodation

Posada San Vicente (or similar)

Hotel



### Today's Activities

#### ACTIVITY

Get ready for spectacular views of the surrounding volcanoes and everyday life in a highland village. The people of this area are friendly and excited to greet travellers. Stop off in San Juan la Laguna, a G Adventures-supported village, for an included local Mayan lunch. Participate in a Mayan tree planting ceremony, providing insight into Mayan culture and beliefs.

Test your communication and bargaining skills in the colourful local markets, of which there are many. There are also a number of community Mayan weaving cooperatives that you may wish to visit. The proceeds from the sales return directly to the community and are a significant contribution to the local economy.

San Juan La Laguna Village Visit

San Juan La Laguna

1h30m

Visit the town of San Juan la Laguna and immerse yourself in the Tz'utujil culture for an afternoon. Focus on three different associations originating in San Juan la Laguna; textiles, medicinal plants, and paintings. See groups of women making textiles using natural dyes. Your guide will explain the dyeing techniques and observe the waist loom in action. Next, see how plants are used for their medicinal properties within these communities. Enjoy the sights of traditional paintings by local artists/painters

who portray their traditional way of life, ceremonies, customs and traditions through large scale murals found throughout the town of San Juan la Laguna. Souvenirs/products from all points of this tour will be available for purchase if you'd like to bring something home and also support this village community.

Day 8

## Panjachel/Antigua

Leave Panjachel and Lake Atitlan behind as you travel to historic Antigua. Enjoy a CEO-led orientation walk of the downtown area before having free time to explore a bit more on your own.



### Meals included

Breakfast



### Accommodation

Posada San Vicente (or similar)

Hotel



### Today's Activities

Private Vehicle

Panjachel - Antigua Guatemala

2h30m

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

Orientation Walk - Antigua

Antigua Guatemala

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.

Free Time

Antigua

Enjoy a final evening in Antigua. Take photos, walk around the centre of town, book a cooking class, or perhaps attend an optional group dinner.



### Optional Activities - Day 8

Antigua Cooking Class

Antigua Guatemala

55USD

Learn the tips and tricks to Guatemalan cuisine while joining a local cooking class. Try whipping up local staples before digging in to the fruits of your labour. Hope you're hungry!

Depart at any time.

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## Meals included

Breakfast

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## Today's Activities

Departure Day

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

## What's included

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

Explore the jungle-wrapped ancient ruins of Tikal and climb towering temples with views above the treetops, Swim in the turquoise terraces of Semuc Champey and relax in a lush jungle setting, Stroll through the vibrant highland market of Chichicastenango and meet local artisans, Cruise across the sparkling waters of Lake Atitlán with volcanoes and villages in every direction

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

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

## **Is there 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 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?**

8 breakfasts, 1 lunch

## **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. 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, plane, boat.

## **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 (8 nts).

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

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

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

Nights 4 and 5

## **What are the joining instructions?**

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

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

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 on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## **What happens if I experience problems when arriving?**

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

## Who should I contact in case of an emergency?

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

### AIRPORT TRANSFER

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 or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

### EMERGENCY CONTACT NUMBERS

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

## What instructions should I follow at the finishing point?

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

## 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

## 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 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 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!

## 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 \$5- 7 USD per person, per day is our recommendation in the region. However, if you felt your CEO did an especially outstanding job, any additional amount will always be welcome.

## What activities are optional on this trip?

### Antigua Guatemala

- Antigua Cooking Class (55USD per person)

## Are there any health considerations I should know before travelling?

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

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical 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 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?

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](mailto: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/](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?

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.