



JOURNEYS: DISCOVER BOLIVIA & CHILE

8 days, La Paz to Santiago

Trip code SBLNG

WHAT'S INCLUDED

- Your Journeys Highlight Moment: La Paz Culinary Experience, La Paz
- Your G for Good Moment: Jukil Community Visit, Santiago de Agencha
- Your Welcome Moment: Arrival Day and Welcome Meeting, La Paz
- Your Discover Moment: San Pedro de Atacama
- Arrival transfer
- La Paz city tour
- Excursions to the Uyuni Salt Flats
- Picnic lunch experience on the salt flats
- 2-day 4×4 excursion across the high altiplano desert from Bolivia to Chile
- Sunset visit of the Valley of the Moon
- Internal flights
- 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 August 3rd, 2026 and onwards

ITINERARY



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

Day 1

LA PAZ

Arrive at any time. Arrival transfer is included.

TODAY'S ACTIVITIES

Arrival Transfer

La Paz

30m

15km

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

ACTIVITY

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. Check for the meeting time on the welcome note at the hotel. After introductions, your Expedition Leader will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.

Day 2

LA PAZ

Set out on foot, by van, and on the city's famous aerial cable cars to explore La Paz alongside a local guide. Gliding over the colourful rooftops, watch the city's unique geography unfold below before stepping into lively plazas and traditional markets brimming with textiles and regional herbs. The afternoon is yours to explore independent art galleries or relax at a café. Later, gather at a popular restaurant for an interactive culinary experience. Guided by a local chef, discover how ancestral foods like quinoa are woven into contemporary dishes, sampling a tasting menu while discussing La Paz's rise as a culinary destination.



Meals included

Breakfast | Dinner



TODAY'S ACTIVITIES

Guided Tour of La Paz

La Paz

4h

Head out with a local guide this morning to discover the sky-high city of La Paz by foot, van and cable car. Explore vibrant squares, historical landmarks, and bustling artisan markets as you learn about the fascinating balance of ancient Andean traditions and modern life.

Free Time

La Paz

Enjoy a free afternoon to explore La Paz at your own pace.

ACTIVITY

Delve into Bolivia's evolving culinary scene during an interactive tasting experience at a celebrated La Paz restaurant. Alongside a local chef, discover how traditional Andean staples like quinoa are reimagined into modern fusion cuisine, and sample the innovative dishes driving the city's emergence as a foodie destination.

Day 3

LA PAZ/UYUNI

Board an early morning flight from La Paz to Uyuni, landing near the vast, open plains of the high Altiplano. Head straight onto the Salar de Uyuni, the largest salt flat on Earth, where the white horizon stretches endlessly under the blue sky. Learn how salt is harvested using age-old techniques,

then gather for a picnic lunch set directly on the blindingly white expanse. Check into your hotel in the early afternoon to rest and settle in. As evening approaches, take a brief drive back out onto the flats to watch the sky shift through shades of pink and orange as the light fades into evening.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

Private Vehicle

La Paz

30m

15km

Transfer from your hotel to El Alto Airport to catch a flight to Uyuni.

Plane

La Paz - Uyuni

1h

Fly south to Uyuni, touching down on the high-altitude plains of the Bolivian Altiplano at the edge of the salt flats.

Salt Flats Excursion

Salt Flats

4h

Set out across the vast Salar de Uyuni, beginning with a stop at the historic Train Cemetery before continuing to the indigenous community of Colchani to observe traditional methods of salt processing. Venture deeper into the endless white desert to witness unique geological features like bubbling "ojos de sal" and geometric salt extraction mounds, culminating with a visit to the region's very first salt hotel, now preserved as a museum.

Picnic Lunch on the Salt Flats

Salt Flats

1h

Pause your exploration to enjoy a freshly prepared picnic lunch set directly upon the blindingly white, seemingly endless expanse of the world's largest salt flat.

Salt Flats Sunset Experience

Salt Flats

2h30m

Venture back onto the salt crust as evening approaches to witness a dramatic Andean sunset. Watch as the fading light transforms the stark landscape, painting the unbroken horizon in vivid shades of pink and orange.

Day 4

UYUNI/HIGH ALTIPLANO DESERT

Climb into 4x4 vehicles to begin a two-day journey across the mountain desert, where towering volcanoes and sculpted rock formations frame the horizon. Stop at the Jukil community, a G Adventures-supported project, to share a meal and learn about daily life in this remote environment. Continue through dramatic landscapes, pausing at viewpoints near San Juan, the Chiguana salt flat, the snow-draped Ollague volcano, and Laguna Cañapa. Keep an eye out for high-altitude wildlife and flamingos gathering along the shores of mineral-rich lakes. Arrive by late afternoon at your lodge set right beside Laguna Hedionda, settling in for a dinner surrounded by the stillness of the high plateau.



Meals included

Breakfast | Lunch | Dinner



TODAY'S ACTIVITIES

Desert Crossing

Uyuni - Laguna Hedionda

10h

Spend 2 days on a 4x4 journey through the dramatic Altiplano, traversing a high-altitude landscape of towering volcanoes, mineral-rich lagoons, and wind-sculpted plains.

ACTIVITY

Visit the Jukil Community to gain authentic insight into traditional Altiplano life and the region's enduring agricultural heritage. Connect with local residents over a freshly prepared lunch highlighting regional Andean ingredients.

Day 5

HIGH ALTIPLANO DESERT/SAN PEDRO DE ATACAMA

Resume your 4x4 crossing through the desert, navigating through the surreal sandstone formations of the Valley of the Rocks and stopping to marvel at the Árbol de Piedra, a stone tree carved by centuries of wind. Enjoy lunch together, then continue past multi-coloured lakes, including the bright red waters of Laguna Colorada, before driving through steaming geyser fields and natural hot springs. Near the foot of the towering Licancabur Volcano and the emerald waters of Laguna Verde, cross the border into Chile. Descend into the oasis town of San Pedro de Atacama, where the warm desert air welcomes you for a free evening to dine at your leisure.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

Desert Crossing

Laguna Hedionda – Hito Cajon

8h

Set out early to continue your overland expedition through the striking, high-altitude terrain of the Bolivian Altiplano. Navigate the wind-sculpted geological formations of the Valley of Rocks, including the iconic Arbol de Piedra, before encountering a series of vibrant, mineral-rich lakes such as the crimson Laguna Colorada and the striking Laguna Verde. Pause for lunch near the Polques hot springs, taking in a rugged landscape defined by steaming geysers, towering volcanoes, and the surreal expanses of the high desert wilderness.

Private Vehicle

Hito Cajon – San Pedro de Atacama

2h

Descend from the high altitude desert and cross the border into Chile on the way to the town of San Pedro de Atacama.

Day 6

SAN PEDRO DE ATACAMA

Spend a free day in San Pedro de Atacama at your own pace. Choose to rent a bicycle to ride through nearby desert canyons, visit local archaeological ruins, or relax under the trees in the town plaza. In the late afternoon, gather to travel into the Valle de la Luna. Walk across rippled sand dunes and sculpted salt caverns as the afternoon light transforms the Valley of the Moon into deep shades of red and gold. Find a quiet vantage point to watch the sun dip below the horizon, casting the Andes in brilliant light before returning to town for the evening.



Meals included

Breakfast



TODAY'S ACTIVITIES

Moon Valley Sunset Experience

San Pedro de Atacama

3h

Depart in the late afternoon for Valle de la Luna, navigating salt-carved canyons, dried lakes, and towering sand dunes. As dusk nears, gather at the Piedra del Coyote, perched high above the Kari Gorge, to watch the fading sunlight cast deep shadows and intense colours across the volcano horizon.



Optional Activities - Day 6

Archaeological Tour

San Pedro de Atacama

Uncover the deep human history of the Atacama region by visiting remarkably preserved pre-Columbian ruins and ancient desert fortresses. Learn how the indigenous Likan Antai people adapted their architecture and agriculture to survive and thrive in one of the world's most unforgiving environments.

El Tatio Geysers

San Pedro de Atacama

Journey to one of the highest geothermal fields on Earth to navigate a dynamic, volatile landscape of bubbling mud pools and steaming fumaroles. Observe the powerful geological forces of the Andes at work in this stark, high-elevation environment.

Atacama Bike Tour

San Pedro de Atacama

Choose from a variety of mountain and electric bike excursions, ranging from casual rides around the dusty outskirts of San Pedro de Atacama to demanding routes through isolated desert terrain. Opt for a rugged, off-grid ride to thread the towering, salt-carved canyon of Garganta del Diablo, navigate the mineral-streaked hills of Rainbow Valley, or explore the ancient stone fortress of Pukará de Quitor.

Day 7

SAN PEDRO DE ATACAMA/SANTIAGO

Travel to Calama for a morning flight to Chile's bustling capital, Santiago. Upon landing, see some of the sights on the way to the hotel, taking in the contrast of historical plazas, leafy neighbourhoods, and the dramatic backdrop of the snow-topped Andes mountains rising just beyond the city limits. Take a bit of downtime at the hotel or explore the surrounding area before joining your group in the evening for an optional dinner to toast the unforgettable landscapes and shared moments of the trip.



Meals included

Breakfast



ACCOMMODATION

NH Ciudad Santiago (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

San Pedro de Atacama - Calama

1h18m

101km

Drive from San Pedro de Atacama to the airport in Calama to catch a flight to Santiago.

Plane

Calama - Santiago

2h

Fly south along the spine of the Andes, watching the fractured canyons of the Atacama Desert slowly give way to the fertile central valleys before descending into Chile's capital, Santiago.

Private Vehicle

Santiago

30m

20km

Transfer from the Arturo Merino Benitez International Airport to your hotel.

Day 8

SANTIAGO

Depart at any time



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Day

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

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What are the main highlights of this trip?

Set out with a local guide to see La Paz's vibrant markets and historic plazas by cable car and on foot, Join a local chef to transform traditional ingredients like quinoa into modern dishes shaping the city's food scene, Drive onto the world's largest salt flats to watch salt being harvested by hand and share a meal out on the open flats, Traverse high-altitude desert by 4x4, passing colourful lagoons, volcanoes, and remote communities along the route.

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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. YELLOW FEVER

It may be required to show a Yellow Fever certificate upon entering the country visited. Please check in with your local health expert for advice on Yellow Fever and other inoculations required for this area.

2. 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.

3. COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

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

All National Geographic Journeys with G Adventures group trips are accompanied by a National Geographic Expedition Leader. The aim of the Expedition 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.

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

Max 16, Avg 12.

What meals are included in this trip?

7 breakfasts, 3 lunches, 2 dinners

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your Expedition Leader will be able to suggest favourite restaurants during your trip. On truck trips in Africa, aboard the expedition ship Explorer or our Galapagos yachts, while trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients. 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, 4x4, plane, walking

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.

Checked baggage for local flights must weigh under 20kg (44 lbs) and hand luggage must weigh under 5 kg (11 lbs).

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 (7 nts).

If I choose to purchase My Own Room, are there any exceptions during the trip?

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?

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

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a National Geographic Journeys sign, and they will be waiting for you outside the luggage hall. 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 Expedition Leader. 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 Expedition Leader 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 Expedition Leader will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

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

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 Expedition Leader (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 do I contact for arrival issues or in the event 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 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

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.

The driver will be waiting on the arrivals terminal holding a sign with your name.

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

What details should I be aware of when planning my departure day?

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 are the packing guidelines and luggage restrictions?

Most people automatically assume that the weather is hot in South America, but because of the higher altitude in the Andes, the temperature can feel quite cold, especially at night. We recommend the use of a duffel bag or soft bag on wheels, whichever is easiest for you to carry. A good size daypack is also essential.

What should I pack for this trip?

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

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:

- Footwear (required) (Closed toe suggested)
- 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
- 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

Where 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?

The currency in Bolivia is the Boliviano (BOB).

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 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.

We do not recommend bringing travellers cheques as they are very difficult to change in country.

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

What emergency funds do I need access to 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!

What are the tipping guidelines for this 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 Expedition Leader for specific recommendations based on the circumstances and culture.

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

What activities are optional on this trip?

San Pedro de Atacama

● Archaeological Tour

● El Tatio Geysers

● Atacama Bike Tour

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 Expedition Leader 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. 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 general safety tips and free-time guidelines should I follow?

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 Expedition Leader 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 Expedition Leader 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 Expedition Leaders 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 are the mandatory group rules regarding laws and behaviour?

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 Expedition Leaders 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.

What are the mandatory travel insurance requirements for this 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.

What are the age restrictions for this trip?

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

Are international flights included in this trip?

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

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

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

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

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

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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