



JOURNEYS: EXPLORE BELIZE

9 days, Belize City to Caye Caulker

Trip code CBBNG

WHAT'S INCLUDED

- Your Journeys Highlight Moment: Howler Monkey Experience, San Ignacio
- Your G for Good Moment: San Antonio Women's Cooperative visit with Pottery Class and Local Lunch, San Ignacio
- Your G for Good Moment: Belize Bike with Purpose Tour, Caye Caulker
- Your Discover Moment: San Ignacio
- Your Discover Moment: Caye Caulker
- Arrival transfer
- Lamanai ruins guided tour
- Xunantunich ruins guided excursion
- Farewell dinner at a local Caye Caulker restaurant
- 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 9th, 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

BELIZE CITY/BURRELL BOOM

Arrive at any time in Belize City and transfer to our hotel, located just near the village of Burrell Boom.

Today is arrival day so there are no activities planned. You are free to arrive at any time to the Belize City airport where you will be met and transferred to our hotel near Burrell Boom village, which is about 30 minutes from the airport.

Hotels vary greatly throughout Central America and even within Belize depending on the location. We do our best to pick comfortable accommodations, but in remote places, options can be limited. It also is important to remember that hot water shortages and power outages can be fairly common in Belize (even in upgraded hotels). We appreciate your patience and understanding that these occurrences are outside of our control.

The heat and humidity of Belize may affect you upon arrival. You may have a general sense of lethargy and/or loss of appetite. This is no cause for alarm; it is simply your body's reaction to the heat. Be sure to drink plenty of water (cold bottled water is available everywhere) and do not attempt too much in any given day.



ACCOMMODATION

Black Orchid Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Arrival Transfer

Belize International Airport – Burrell Boom

30m-45m

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

Arrival Day and Welcome Meeting

1h

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

BURRELL BOOM

Enjoy a full day boat excursion to Lamanai—a Maya archaeological site dating from as early as 1,500 BC. Located on the wildlife-rich shores of the New River Lagoon and surrounded by dense jungle, Lamanai is one of the oldest known Maya sites in Central America. Explore the sprawling stone ruins with a local guide, and note the abundance of crocodile motifs at the site; the name “Lamanai” translates as “submerged crocodile” in the regional Maya dialect. Afterward, return to our hotel to relax at the patio bar and pool, or stroll the grounds to spot local wildlife.



Meals included

Breakfast | Lunch



ACCOMMODATION

Black Orchid Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Lamanai Ruins Guided Tour Lamanai - Belize City

Lamanai is located on the shore of the New River Lagoon and is one of the largest Mayan ceremonial site within the region. Lamanai translates as “submerged crocodile” in ancient Mayan, and the site was occupied as early as 1500 BC. The onsite museum has interesting artifacts on display.

Private Vehicle Burrell Boom - Orange Walk 45m-1h

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

Orange Walk Riverboat Wildlife Excursion Orange Walk District 45m-1h

Enjoy a thrilling boat ride upriver to Lamanai, past lush forest dripping with vines, orchids and air plants. View the abundant wildlife along the way including tropical and migrating birds, spider monkeys and freshwater crocodiles.

Day 3

BURRELL BOOM/SAN IGNACIO

This morning, we'll visit the Community Baboon Sanctuary, co-founded by National Geographic Grantee Dr. Robert Horwich. This community-run organization is dedicated to the conservation of the Yucatán black howler monkey, locally called a baboon. Tour the sanctuary with a guide and observe these endangered monkeys in the wild. Then head to the village of San Antonio to visit a G Adventures-supported women's cooperative. Try your hand at throwing clay in the cooperative's pottery workshop, and learn how to prepare corn tortillas using ancient Maya techniques. After lunch, continue to the bustling town of San Ignacio.

The town of San Ignacio is situated on the banks of the Macal River. It is a perfect location to visit the surrounding countryside. All activities here are optional, so the choice is yours: explore the Mayan cave of Actun Tunichil Muknal, containing relics dating back 1400 years, visit the butterfly gardens, or go tubing or canoeing through the natural limestone caves of the region.



Meals included

Breakfast | Lunch



ACCOMMODATION

Midas Resort (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

Burrell Boom - San Ignacio

3h-4h

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

ACTIVITY

Like in many places around the world, education for women in the village of San Antonio isn't prioritized. Girls don't typically attend school beyond primary levels. So a women's cooperative was founded here, as a way for underprivileged women to earn income, learn new skills, and share centuries-old Mayan techniques and knowledge. Visit the pottery workshop, which is newly expanded with an investment from G Adventures. Meet some of the women who've found community within its walls and gain insight into the tradition of throwing pots. Try your own hand at these ancient techniques during a pottery class. Afterward, enjoy lunch together with these inspiring and unforgettable women, sampling traditional foods of the Cayo region.

ACTIVITY

Founded by five-time National Geographic-grantee Dr. Robert Horwich, the Community Baboon Sanctuary is a conservation project that works to protect the natural habitat of the black howler monkey through community education and sustainable ecotourism practices. Go for a nature walk in the rainforest with a community guide to observe monkeys in the wild. The sanctuary also promotes the economic development of the surrounding communities through the ecotourism it brings in. Over 200 private, local landowners in seven villages, stretching over 20 square miles, have voluntarily pledged to conserve their land for the protection of the black howler monkey, resulting in an increase in the monkey population. So as part of the experience, also enjoy a cultural demonstration of rice beating and cashew roasting.

Tortilla-Making

San Ignacio

Corn tortillas are a staple of Belizean cuisine, and the fresher they are the better. Drop by the San Antonio Women's Cooperative for a tortilla-making lesson and demonstration. Help grind wet corn kernels on an ancient stone that's been passed down through generations to the special ladies who work here. Then try your own hand at making perfectly round tortillas, which is harder than you may think. Afterward, enjoy the results of the group with a cup of atole, a local corn drink.

Day 4

SAN IGNACIO

Discover the stunning Maya ruins of Xunantunich, built over a thousand years ago on a hilltop above the Mopan River. Climb the steps of El Castillo, the site's tallest structure, to enjoy panoramic views of the jungle; and wander amid intricately carved stelae and well-preserved temples and palaces. Spend the afternoon at leisure, choosing from a variety of optional activities.



Meals included

Breakfast



ACCOMMODATION

Midas Resort (or similar) Hotel



TODAY'S ACTIVITIES

Free Time

San Ignacio

Relax in the jungle or choose from the many optional activities in the area.

Xunantunich Visit

Xunantunich

2h-4h

11km

Hike to the top of this impressive 9th-century Maya centre, set high on a natural limestone ridge, and admire the view of the Mopan River, Cayo District and neighbouring Guatemalan countryside. The tallest temple, El Castillo, is partially excavated and explored and there's a unique stucco frieze on the east side of the structure. Discover why Xunantunich is Belize's most visited site with intricately carved stelae, 25 temples, and well-preserved palaces.



Optional Activities - Day 4

Cave Tubing

Caves Branch

95USD

7h-8h

45km

Strap on a headlamp, sit on an inner tube and get set to enter the underworld. Float on an underground river past stalactites hanging above and through shafts of filtered light. Discover firsthand why the Maya selected these sites to make offerings to their gods.

Barton Creek Cave Canoeing

Barton Creek

120USD

6h-8h

30km

Strap on a headlamp, step in the canoe and paddle along an ancient Mayan waterway inside the Barton Creek Cave. Bring your camera to take memorable photos of cathedral rock chambers, stalactites and stalagmites. Upon return, opt to swim at Big Rock Falls.

Actun Tunichil Muknal Cave Visit

Actun Tunichil Muknal

140USD

6h-8h

29km

The Actun Tunichil Muknal cave has only been open to the public since 1998. Take advantage of this rare opportunity to see up to 1400 artifacts, including pottery, tools and vessels used by the Maya for a thousand years. Hike 45 minutes to the cave entrance, wade/swim through deep pools, past calcite formations, to explore this damp, dark place of ritual and sacrifice. With a helmet and headlamp, see the skeleton of the “Crystal Maiden,” a young girl whose bones have calcified over the past 1,100 years, making them appear to sparkle.

Butterfly Gardens

San Ignacio

20USD

Enjoy a visit to the serene butterfly house and gardens. Learn about the fascinating life cycle of these beautiful insects and enjoy the scores of brightly coloured and varied species flitting about the gardens. This place is a treat for visitors of all ages.

Day 5

SAN IGNACIO

Enjoy a free day to explore San Ignacio and the surrounding countryside. Opt to descend into the spiritual “underworld” of the Maya at the Actun Tunichil Muknal cave, an ancient burial site where mysterious rituals took place; visit a butterfly garden to see the brightly coloured local species; or go canoeing or tubing through the region’s breathtaking limestone caves.



Meals included

Breakfast



ACCOMMODATION

Midas Resort (or similar) Hotel



Optional Activities - Day 5

Cave Tubing

Caves Branch

95USD

7h-8h

45km

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Day 6

SAN IGNACIO/CAYE CAULKER

Drive back towards the coast and catch a ferry to Caye Caulker—one of the Caribbean’s most beautiful cayes or islands—located along the Belize Barrier Reef. Settle into your hotel in this breezy island paradise. Then explore the area on a leisurely bike tour with a local guide from the G Adventures-supported Bike with Purpose project, and get to know laid-back Caye Caulker village, home to a small but diverse community of local residents and expats.

Caye Caulker is a long thin limestone caye off the coast of Belize. Fewer than 2,000 people live here full-time - an eclectic mix of Mestizo, Maya, Garifuna, Creole, and Mennonites, along with a few hippies and retirees. The main street is a sandy pathway and people get around on foot, by bike or golf cart. Apart from eating some sensational seafood (lobster is a local specialty), the main activity is snorkelling and boating along the nearby Belize Barrier Reef.

Caye Caulker is very small and has a limited number of accommodations available. For this reason, we often use different hotels, depending on the departure and time of year. Accommodations are a bit rustic, and rooms will have ensuite, electricity and hot water, but due to the remote location, there may be occasional interruptions to these services. The stunning location and natural beauty of this off-the-beaten-track island more than make up for a few minor inconveniences.



Meals included

Breakfast



ACCOMMODATION

Coral View Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle San Ignacio - Belize City 4h-5h

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

Ferry Belize City - Caye Caulker 1h

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

ACTIVITY

Take a leisurely bike tour around Caye Caulker with a guide from the G Adventures for Good supported Bike with Purpose project. See the island through the eyes of a local on this two-hour tour, and live the island's motto of 'Go Slow'. Feel the island breeze in you hair while knowing you're supporting a program that helps youth from Caye Caulker build skills for tourism jobs upon graduation from high school.

Day 7

CAYE CAULKER

Spend the entire day at leisure, opting to join a full-day sailing and snorkelling trip to Hol Chan Marine Reserve—the first marine reserve in Belize. Swim alongside schools of tropical fish in this spectacular natural aquarium and visit the Coral Gardens, perhaps spotting a manatee or two among the vibrant coral formations. Cap off the day with a cruise back to Caye Caulker just before sunset.

The barrier reef off Caye Caulker is a true wonder of nature. Optional snorkel trips get you up close and personal with nurse sharks and rays, to name a few of the wondrous resident creatures.



Meals included

Breakfast



ACCOMMODATION

Coral View Hotel (or similar) Hotel



Optional Activities - Day 7

Hol Chan Marine Reserve Visit

Caye Caulker

100USD

6h-6h30m

Enjoy a full-day snorkelling trip that visits three different spots to snorkel, the Coral Gardens, shark and ray alley, and the Hol Chan Marine Reserve. Depart late morning, enjoy lunch in between snorkels, and see hundreds of varieties of tropical fish in this natural aquarium including angelfish, nurse sharks, stingrays and green moray eels. Be sure to check out the Coral Gardens to see a rainbow of colours – red, purple, pink and green – and depending on the season, float past manatees while you marvel at nature's underwater artistry. End the day with a cruise back to Caye Caulker just before sunset with a complimentary glass of rum punch in your hand.

Tour Includes: snorkeling mask, fins/flippers, lunch, assortment of tropical fruit, water, and other snacks.

Day 8

CAYE CAULKER

Enjoy the day on your own. Opt for a snorkelling excursion on the Belize Barrier Reef, the second largest barrier reef on the planet. Come face-to-face with sea turtles, manta rays, parrotfish, nurse sharks, and other fascinating creatures as you swim through the warm tropical waters. In the evening, choose to take a relaxing sunset cruise around the island. Tonight, we'll enjoy a farewell dinner at a popular local restaurant.

The barrier reef off Caye Caulker is a true wonder of nature. Optional snorkel trips get you up close and personal with nurse sharks and rays, to name a few of the wondrous resident creatures.



Meals included

Breakfast | Dinner



ACCOMMODATION

Coral View Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Free Time

Caye Caulker

Options abound or choose just to kick back and relax in true Caye Caulker style.



Optional Activities - Day 8

Sunset Sailing Boat Tour

Caye Caulker

60USD

Set sail just before sunset. Relax with reggae music and rum punch, snack on shrimp ceviche and snap a few photos as you sail around the island as the sun sets to the west of Caye Caulker.

Please book any departing flights no earlier than 11:30 am to ensure you will have ample time to travel to the airport from Caye Caulker.

Should you wish to have additional post nights in Caye Caulker or Belize City, please ask your sales Expedition Leader.

Please book any departing flights no earlier than 11:30 am to ensure you will have ample time to travel to the airport.

This trip finishes on Caye Caulker, which is located one hour by water taxi from Belize City (an additional 30 minutes by taxi to the airport). There are frequent ferry departures between 7:30am and 5:00pm. You can purchase your return ferry ticket easily once you get to Caye Caulker.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Day

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

What's included

- Your Journeys Highlight Moment: Howler Monkey Experience, San Ignacio
- Your G for Good Moment: San Antonio Women's Cooperative visit with Pottery Class and Local Lunch, San Ignacio

- Your G for Good Moment: Belize Bike with Purpose Tour, Caye Caulker
- Your Discover Moment: San Ignacio
- Your Discover Moment: Caye Caulker
- Arrival transfer
- Lamanai ruins guided tour
- Xunantunich ruins guided excursion
- Farewell dinner at a local Caye Caulker restaurant
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Explore the jungle-set Mayan ruins of Lamanai, enjoy a traditional Cayo lunch at a women's cooperative in San Antonio, Ride a bike and help support G for Good, chill out and enjoy the tropical island vibe on Caye Caulker

What are the main highlights of this trip?

Explore the jungle-set Mayan ruins of Lamanai, enjoy a traditional Cayo lunch at a women's cooperative in San Antonio, Ride a bike and help support G for Good, chill out and enjoy the tropical island vibe on Caye Caulker

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

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.

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. POST-ACCOMMODATION

For any post tour accommodation you have the option of booking at either Caye Caulker or Belize City.

2. DEPARTURE DETAILS

Please note that this trip finishes in Caye Caulker, which is located one hour by water taxi from Belize city. There are frequent departures between 7:30am and 5pm.

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 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, 2 lunches, 1 dinner

What are the meals like on this trip?

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

What are the modes of transportation on my trip?

Private vehicle, water taxi, walking.

Is there an extra cost for travelling solo?

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

Where will we stay during the trip?

Hotels - 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

What kind of accommodation can I expect on this trip?

Please note that hotels vary greatly throughout Central America and even within Belize depending on the location. We do our best to pick comfortable accommodations, but in remote places, options can be limited. It also is important to remember that hot water shortages and power outages can be fairly common in Belize (even in upgraded hotels). We appreciate your patience and understanding that these occurrences are outside of our control.

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 happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your 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 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. Included arrival transfers are provided from the nearest airport to your starting location. 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

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?

Please book any departing flights no earlier than 11:30 am to ensure you will have ample time to travel to the airport.

This trip finishes on Caye Caulker, which is located one hour by water taxi from Belize city (an additional 30 min by taxi to the airport). There are frequent ferry departures between 7:30am and 5pm - if you are flying home on day 10 of the trip, please ensure your flight departure is no earlier than 11:30AM. You can purchase your return ferry ticket easily once you get to Caye Caulker.

Should you wish to have additional post nights in Caye Caulker or Belize City, please ask your sales agent.

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?

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.)

Smart Dress:

- Smart outfit (For evenings out)

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](#)

Belize : Travel declaration form

All non-Belize nationals entering Belize by air, land or sea must complete the iDeclare e-form 72 hours before arrival.

For more information and to complete the declaration, we kindly request that you visit the Belize Government

Website 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 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

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?

Airport tax - USD39

Departure fee when leaving Belize by land - BZ 40 or USD 20

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 Expedition Leader for specific recommendations based on the circumstances and culture.

Tipping of your National Geographic Expedition Leader 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 Expedition Leader did an especially outstanding job, any additional amount will always be welcome.

What activities are optional on this trip?

Caves Branch

- Cave Tubing (95USD per person)

Barton Creek

- Barton Creek Cave Canoeing (120USD per person)

Actun Tunichil Muknal

- Actun Tunichil Muknal Cave Visit (140USD per person)

San Ignacio

- Butterfly Gardens (20USD per person)

Caye Caulker

- Hol Chan Marine Reserve Visit (100USD per person)
- Sunset Sailing Boat Tour (60USD 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 Expedition Leader 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 Expedition Leader has the authority to amend or cancel any part of the trip itinerary if it is 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 or 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 judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

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

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

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

www.gadventures.com/travel-resources/safety/

What are the trip specific safety considerations?

Belize City can be dangerous during the night - please ensure you use taxis. Also on Caye Caulker exercise caution and do not walk around alone at night. There have also been cases of drinks being spiked here.

What rules should I know before joining this trip?

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

Is travel insurance required for my trip?

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

Trip Specific Responsible Travel

Please make sure to ask for permission while photographing local people!

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.