



JOURNEYS: WILDLIFE OF THE GALÁPAGOS ISLANDS

8 days, Quito to Quito

Trip code SEGNG

WHAT'S INCLUDED

- Your Journeys Highlight Moment: Organic Farm Visit, Santa Cruz Island
- Your Welcome Moment: Arrival Day and Welcome Meeting, Quito
- Arrival transfer
- Quito city tour with local chocolate and cacao tasting
- Visit the Intiñan Museum at the Equator line
- Full-day tour by boat to uninhabited island to spot wildlife with swimming and snorkelling
- Walk to Tortuga Bay on Santa Cruz Island
- Charles Darwin Research Station visit
- Visit San Cristóbal's Interpretation Centre and Las Tijeretas
- Internal flights
- All transport between destinations and to/from included activities

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

VALIDITY: Valid for all trips departing 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

QUITO

Arrive at any time. Arrival transfer is included.

@ TODAY'S ACTIVITIES

Arrival Transfer

Mariscal Sucre International Airport - Quito

1h

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

QUITO

Set off on a walking tour through Quito's historical heart, strolling from Plaza Grande to the gold-leaf interior of La Compañía de Jesús and out to San Francisco Plaza. Stop at a local shop to learn how cacao transforms into rich regional chocolate, complete with tastings. After lunch, head to the Intiñan Museum at the equator line, where interactive experiments reveal the strange physics of standing at the middle of the world. As evening falls, the city is yours: follow the scent of street food, duck into a hidden café, or watch the Andes catch the last light from a rooftop terrace.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

Quito City Tour

Quito

2h30m-3h

Step into the dense heritage of Ecuador's capital with a morning walk through Quito's historic heart, marveling at the intricate details of La Compañía de Jesús and the colonial architecture of San Francisco Plaza. Savor the complex flavors of pure Andean cacao during a curated chocolate tasting, followed by lunch at a local restaurant.

Intiñan Museum Visit

Provincia de Pichincha

1h15m-1h30m

Visit the Intiñan Museum (Intiñan Site meaning 'Pathway of the Sun') with interactive exhibits displaying the science and myths behind the equatorial line. You will have the opportunity to interact with phenomena that occur in nature which can be tested on the magnetic equatorial line. The centre also has displays highlighting the local indigenous cultures. There is also a chance to set foot on both sides of the Equator, for which the country of Ecuador is named.

Day 3

QUITO/SANTA CRUZ ISLAND

Take a morning flight from Quito to Baltra, the gateway to the Galápagos. Cross to Santa Cruz Island and visit an organic farm for lunch and a hands-on look at local sustainability. Walk the property with your host and naturalist guide to discover how hydroponic crops conserve precious water and how pineapples, coffee, and native Scalesias thrive in volcanic soil. Plant an endemic tree of your own to help with island reforestation, then check into your hotel for a relaxed evening.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

Private Vehicle

Quito

30m

15km

Depart your hotel for the scenic drive to Mariscal Sucre International Airport, leaving the high Andean capital behind as you prepare to board your flight west to the legendary Galápagos Islands.

Plane

Quito - Baltra Island

3h30m

1225km

Fly from Ecuador's capital to Baltra Island as the Pacific Ocean unfolds beneath you.

Private Vehicle

Baltra Island - Santa Cruz Island

1h

34km

Following a short transfer and a scenic ferry ride across the Itabaca Channel, board a private vehicle on the northern shores of Santa Cruz. Enjoy a relaxing journey across the island taking in the striking volcanic scenery before stopping for lunch.

ACTIVITY

Delight in a locally sourced lunch at a highland organic farm, followed by an insightful walk among the native Scalesia and pineapple crops to learn about the region's unique botany and historic coffee cultivation. Contribute to the preservation of this delicate ecosystem by joining your fellow travelers to plant a native tree, then celebrate the afternoon by savoring a freshly brewed cup of the estate's exquisite coffee.

Private Vehicle

Santa Cruz Island

30m

18km

After lunch, continue driving to the southern edge of Santa Cruz Island, to the town of Puerto Ayora.

Day 4

SANTA CRUZ ISLAND

Travel to the Itabaca Channel to board a boat for an inspiring day at sea, bound for one of the region's remarkable islands: Bartolomé, North Seymour, South Plaza, or Santa Fé. Upon arrival, disembark onto wild trails where native fauna roam freely against striking, untouched geological backdrops. After a morning of discovery on foot, gather on board for a fresh lunch before taking a refreshing plunge into

the ocean. Strap on your mask to snorkel alongside sea turtles, gentle rays, darting tropical fish, and reef sharks before returning to town for an evening at your own pace.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

Private Vehicle

Santa Cruz Island – Canal de Itabaca

45m

18km

Drive north from your hotel to the Itabaca Channel where the boat awaits for today's adventure.

Galápagos Wildlife Excursion

Canal de Itabaca

10h

Cast off from the Itabaca Channel and navigate to one of the archipelago's pristine uninhabited islands like Bartolomé, North Seymour, South Plaza, or Santa Fe. Disembark with your naturalist guide and explore on foot to observe the unique endemic wildlife and dramatic geology up close before lunch back on board the boat. Next, slip into the water for a spectacular snorkeling session among gliding rays, sea turtles, and vibrant tropical fish before cruising back to Santa Cruz.

*Please note that the exact sites visited are determined by the Galapagos National Park's allotments for each day and are subject to change at their discretion.

Private Vehicle

Canal de Itabaca – Santa Cruz Island

45m

18km

Drive back to Puerto Ayora following a full day of exploration and adventure.

Day 5

SANTA CRUZ ISLAND

After breakfast, set out on a morning walk along the causeway to Tortuga Bay, where marine iguanas laze on the white sand by the surf. Spend the morning exploring the shore before heading back to town for lunch. In the afternoon, walk to the Charles Darwin Research Station and its breeding centre. See giant tortoises up close, learn about reintroduction efforts, and visit the "Symbol of Hope" exhibit housing the preserved remains of Lonesome George. The rest of the afternoon and evening are free for you.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

Free Time

Santa Cruz Island

As dusk approaches, the evening is yours to enjoy. Stroll the lively waterfront of Puerto Ayora, seek out a charming local restaurant for dinner, or simply relax at your hotel after a day of discovery.

Tortuga Bay and Playa Mansa Excursion

Santa Cruz Island

3h

Accompanied by the songs of Darwin's finches and towering cacti, walk the forested pathway to Tortuga Bay, where plunging seabirds and sunbathing marine iguanas share an expansive stretch of magnificent white sand. Just beyond lies Playa Mansa, a serene, mangrove-fringed cove that invites you to swim through calm waters inhabited by gliding rays and passing sea turtles.

Fausto Llerena Breeding Center & Charles Darwin Research Station Visit

Puerto Ayora

45m

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

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

Day 6

SANTA CRUZ ISLAND/SAN CRISTÓBAL ISLAND

Board a morning speedboat to San Cristóbal Island, the archipelago's original port of call. Visit the Interpretation Center to trace its story, from volcanic origins to colonization and modern conservation. Follow the scenic uphill trail to the Tijeretas viewpoint, where ocean vistas open below skies wheeling with frigatebirds. Watch for sea lions dozing in the sand, marine iguanas basking on lava rock, and blue-footed boobies along the surf. As the sun sets, the harbour comes alive with fishing boats and gulls.



Meals included

Breakfast



TODAY'S ACTIVITIES

Boat

Santa Cruz Island – San Cristóbal Island

2h30m-3h

Navigate the open waters to the easternmost island of the archipelago, San Cristóbal.

Interpretation Centre and Tijeretas Visit

San Cristóbal Island

2h

Trace the fascinating evolution of the islands at the Interpretation Center before following a scenic uphill path to the sweeping coastal overlooks of Tijeretas. Marvel at the frigatebirds flying above while observing marine iguanas and sea lions resting along the rugged shoreline.

Free Time

San Cristóbal Island

Take advantage of a free afternoon to explore the town, walk along the seaside malecón, relax in a cafe or laze by the pool at the hotel.

Day 7

SAN CRISTÓBAL ISLAND

Embrace a full free day to shape your own Galápagos adventure. For an optional excursion, choose between a boat trip to Kicker Rock, snorkeling past dramatic rock formations with sea turtles and sharks, or a San Cristóbal 360 tour circling the island's secluded bays. Or, stay closer to town: stroll the oceanfront boardwalk to watch sea lion pups tumble through shallow tide pools, or relax at a waterfront café. Tonight, gather with your group for an optional dinner to celebrate the week.



Meals included

Breakfast



TODAY'S ACTIVITIES

Free Time

San Cristóbal Island

The day is yours to explore, offering the perfect opportunity to relax in town, unwind on the beach, or arrange an optional excursion to Kicker Rock or La Lobería.

Day 8

SAN CRISTÓBAL ISLAND/QUITO

Enjoy a final morning taking in the salt air and the sounds of sea lions resting along the shore. Around midday, board your flight back to Quito, where your journey concludes upon arrival at the airport.

Please do not book onward flights departing from Quito earlier than 8pm.



Meals included

Breakfast



TODAY'S ACTIVITIES

Plane

San Cristóbal Island - Quito

2h

Board your return flight from San Cristóbal to mainland Ecuador, where your extraordinary Galápagos expedition comes to a close as you touch down in Quito.

What's included

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What are the main highlights of this trip?

Walk through Quito's historical heart with a local guide to taste regional cacao and artisanal chocolate. Travel to the middle of the world at the Intiñan Museum for interactive experiments right on the equator line. Explore an organic farm, learn about crops, and plant an endemic tree to support island conservation. Sail to an uninhabited island to hike wild trails and snorkel alongside turtles, rays, and sharks. Walk through the Charles Darwin Research Station to see giant tortoises and learn about habitat protection. Discover volcanic origins and human history at the Gianni Arismendi Interpretation Center, then hike up to the Tijeretas lookout.

What are the main highlights of this trip?

Walk through Quito's historical heart with a local guide to taste regional cacao and artisanal chocolate. Travel to the middle of the world at the Intiñan Museum for interactive experiments right on the equator line. Explore an organic farm, learn about crops, and plant an endemic tree to support island conservation. Sail to an uninhabited island to hike wild trails and snorkel alongside turtles, rays, and sharks. Walk through the Charles Darwin Research Station to see giant tortoises and learn about habitat protection. Discover volcanic origins and human history at the Gianni Arismendi Interpretation Center, then hike up to the Tijeretas lookout.

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

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

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) ITINERARY CHANGES

The itinerary is subject to further changes dependent upon new regulations made by the Galapagos National Park or seasonal points of interest.

2) CONFIRM YOUR DETAILS

G Adventures requires your passport number, full name and date of birth at the time of booking. Please make sure you give this information to your travel agent.

Once you have confirmed your booking please give us your international flight details and advise us if you have any important issues such as allergies, special diets, etc.

3) GALAPAGOS ISLAND PARK ENTRY FEE

The Ecuadorian government currently levies a Galapagos Islands Park entry fee of \$200 USD per person (\$100 USD for children under 12 years old). This is payable at the airport upon arrival in the park. It is not included in the cost of the tour, and must be paid in CASH. This fee funds Park maintenance and supervision in Galapagos, as well as ecological study, conservation and infrastructure development in Ecuador's other National Parks. Entry fees and the funds they generate for the National Park System are among measures taken by the Ecuadorian government to protect its natural heritage.

4) TRANSIT CONTROL CARDS

The Consejo de Gobierno (local government council) have implemented a system of Transit Control Cards at a fee of \$20 USD per person. This card is to be purchased in CASH at the welcome meeting. Please retain this card along with your passport as you will be required to present this upon arrival to the Galapagos Islands. Please note that this applies to all tourists entering the Galapagos Islands and is a supplement to the existing entry fee to the National Park and is not controlled by tour operators or travel agencies. It is the first of a number of initiatives to track, control and maintain the sustainable tourism targets set out by the Galapagos National Park and the Ecuadorian government in an attempt to preserve the fragile environment of the archipelago.

5) 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.

6) 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 maximum and typical number of participants on this tour?

Max 16, Avg 12.

What meals are included in this trip?

7 breakfasts, 4 lunches

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.

What are the modes of transportation on my trip?

Private vehicle, plane, ferry, speedboat, water taxi, walking

How will we travel between destinations?

Please note that a private speedboat is used to transfer between islands. This is a great way to see wildlife en route to other islands, keep your eyes peeled for pods of dolphins or whales depending on the season. If you are prone to motion sickness please ensure to bring motion sickness medication as a preventative measure.

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.

BAGGAGE ALLOWANCE FOR DOMESTIC FLIGHTS TO/FROM THE GALAPAGOS:

Maximum one piece of luggage per person weighing a maximum of 23 kilograms (50 pounds), plus one carry-on piece weighing a maximum of 10 kilograms (22 pounds).

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 (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 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.

EMERGENCY CONTACT NUMBERS

G Adventures Office Lima, Peru

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 are the packing guidelines and luggage restrictions?

We recommend the use of a duffel bag, soft bag on wheels or backpack (whichever you find easiest to carry). A good size daypack is also essential.

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

What should I pack for this trip?

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, band-aids/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 used in Ecuador is the US Dollar (USD).

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available some may not accept all international credit or debit cards. You may need to try at more than one machine if the first does not accept your card. You should also check with your bank before leaving to ensure that your card works internationally. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollar cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds. Please bring USD banknotes in denominations smaller than 100, as they can be hard to exchange in Ecuador. 100 dollar bills of certain series (e.g. CB B2) can be especially hard to cash! CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than \$100 USD (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?

- No optional activities

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

What 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 trip. 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 Leaders have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

What are the mandatory travel insurance requirements for this 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.

What is Planeterra?

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/

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.