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## **Journeys: Highlights of Bolivia**

8 days, La Paz to La Paz

Trip code SBENG

### **What's included**

- Your Journeys Highlight Moment: Bolivian Hacienda Experience, Potosí
- Your Journeys Highlight Moment: La Paz Culinary Experience, La Paz

- Arrival transfer
- La Paz city tour
- Sucre orientation walk
- Excursions to the Salar de Uyuni
- Internal flights
- All transport between destinations and to/from included activities

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

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

**VALIDITY:** Valid for all trips departing June 5th, 2023 and onwards

# Itinerary

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## Itinerary Notes

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

Day 1

## La Paz

Arrive at any time. Arrival transfer is included.

This adventure travels to high altitude, medically defined as anything over 8,000 ft (2,440m).



### Accommodation

Attix Boutique Hotel (or similar)

Hotel



### Today's Activities

Private Vehicle

La Paz

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

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

## La Paz/Sucre

Catch a flight to charming Sucre, then enjoy an orientation walk around the main square. This afternoon, relax at a local café, explore on your own, or opt to take an immersive tour of Sucre with a local expert that focuses on the city's stunning colonial architecture and historic sites, best viewed from the ubiquitous rooftop terraces.



### Meals included

Breakfast



### Accommodation

Hotel Parador Santa Maria (or similar)

Hotel



### Today's Activities

Free Time

Sucre

Enjoy free time to explore, relax at a cafe or take a specialized walking tour.

Sucre Orientation Walk

Sucre

Enjoy a walk with your Expedition Leader around Sucre's centre and main square. For more in-depth information, a specialized guided tour is offered on option this afternoon.

Plane

La Paz - Sucre

1h

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



### Optional Activities - Day 2

Sucre Guided City Tour

Sucre

Enjoy a guided tour exploring the constitutional capital of Bolivia. Learn about the history, culture, and preserved colonial buildings that earned the city its UNESCO designation. Visit the main square and the Dinosaur Park before ending with a cocktail and a panoramic view of the city in the Recoleta area.

Day 3

## Potosi Countryside

Enjoy free time this morning before travelling into the southern highlands to our historic hacienda. Surrounded by lush agricultural fields and rolling hills, this working farm offers unique opportunities for cultural exchanges with the resident family. Get a glimpse into daily life here while lending a hand at the dairy and in the fields, and step back in time during visits to the property's private rooms, chapel, and museum. Cap off your experience with an authentic farm-to-table dinner featuring an array of local specialities.



### Meals included

Breakfast | Dinner



### Accommodation

Hotel Museo Cayara (or similar)

Hotel



### Today's Activities

Free Time

Sucre

Make the most of your time in this beautiful city.

Private Vehicle

Sucre - Potosí

3h

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

#### ACTIVITY

Down a winding dirt road, snaking through the stunning Southern Highlands we find our remote Hacienda. Surrounded by lush farmlands, rivers and rolling hills, this historic "working" farm offers a unique cultural interaction with a welcoming local family. Dating back to the 1500s, we step back in time with visits to private museum rooms, the chapel and library. Also, immerse ourselves into the hacienda's daily life including demonstrations at the dairy and a visit to the fields, Finish with an authentic farm-to-table dinner featuring local specialities from the area.

Day 4

## Potosí/Uyuni

Make the short drive to the centre of Potosí and enjoy a guided tour of the Casa Nacional de la Moneda, the old silver mint and now a museum dedicated to Bolivian art and history. Take a scenic drive to Uyuni, gateway to the world's largest salt flat. Learn about the industrialization of salt and the geographical history of the region while driving across this mirror-like landscape.

Note: During the rainy season the locations visited may change due to some routes being covered by water.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Luna Salada Hotel (or similar)

Hotel



### Today's Activities

Private Vehicle

Potosí - Uyuni

4h

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

Private Vehicle

Potosí

45m

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

Casa de la Moneda

Potosí

Learn about the first global currency at this renowned National Mint museum.

4x4

Uyuni - Salt Flats

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

Journey deeper into the salt pans to explore their varied geographical features. Along the way, stop for a visit to the small community of Coquesa, located at the base of the Tunupa Volcano on the edge of the Salar. After this, have lunch on the salt flat before continuing our exploration of the desert and its pans. Cap off the day with a sunset picnic on the salt flats before returning to the hotel.

In rainy season (approximately January to early April), it is not possible to visit the Coquesa community, and a box/picnic lunch will be provided instead, as well as a visit to the Train Cemetery.



## Meals included

Breakfast | Lunch | Dinner



## Accommodation

Luna Salada Hotel (or similar)

Hotel



## Today's Activities

4x4

Uyuni - Salt Flats

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

Bolivian Salt Flats Experience

Salt Flats

Accompanied by a local expert guide explore the stunning landscape of the Bolivian Salt Flats by 4x4. Enter a landscape unlike anything you've ever seen as we drive across (or around) the world's largest salt flat; the piercing blue sky contrasts against the blinding white of the flat salt beds.

Coquesa visit & Incahuasi Island Lunch

Coquesa - Incahuasi

Visit the small community of Coquesa at the base of the Tunupa Volcano and on the edge of the Salar. Take a walk to a scenic viewpoint over the flats and then enter a cave where there are several very well-

preserved mummies that have been there for over 500 years. Continue to Incahuasi, an island in a sea of salt covered with giant Trichocereus cacti. Have lunch here amid the island's panoramic views of the salt flat surrounding it. Then, enjoy time to wander around the area admiring the strange desert plant life.

Excursion and sunset Picnic on the Salt Flats

Salt Flats

Enjoy a picnic amidst this spectacular landscape, while the local expert guide describes the cultural and geographical history of the area, watch the sky come alive as the sun sets over the expansive salt flats.

Day 6

## Uyuni/La Paz

Catch a flight to La Paz and enjoy free time to explore before joining the group for an optional dinner.



### Meals included

Breakfast



### Accommodation

Attix Boutique Hotel (or similar)

Hotel



### Today's Activities

Free Time

La Paz

Enjoy some time to explore on your own.

Plane

Uyuni - La Paz

1h-1h30m

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

Day 7

## La Paz

Awake in lofty La Paz, the highest capital city in the world. Spend the morning at leisure, or opt to take an excursion to see the stunning maze of canyons and spires in the Valley of the Moon. This afternoon, set out by foot, van, and cable car to discover this sky-high city with your guide. Explore vibrant squares, historical landmarks, and lively markets, learning about the balance of old and new along the way. In the evening, enjoy an interactive culinary experience at a popular local restaurant, including demonstrations on how traditional foods such as quinoa are integrated into modern fusion dishes. With a local chef as our guide, we'll sample a variety of dishes and discuss the growing popularity of La Paz as a culinary destination.



### Meals included

Breakfast | Dinner



### Accommodation

Attix Boutique Hotel (or similar)

Hotel



### Today's Activities

Free Time

La Paz

Enjoy the morning to explore on your own or opt to take a Moon Valley tour.

#### ACTIVITY

Embark on an interactive culinary experience at a popular local restaurant. Enjoy demonstrations on how traditional foods such as quinoa are integrated into modern fusion dishes. With a local chef, we sample a variety of modern dishes based on traditional foods and learn about the growing popularity of La Paz as a foodie destination.

La Paz City Tour

La Paz

Explore the city on a guided tour. Check out stunning cathedrals, impressive museums, and lively markets, learning more about the history of this fascinating city. Look for majestic Mt Illimani in the background.



## Optional Activities - Day 7

Valley of the Moon Tour

La Paz

15USD

Tour the lunar landscape of the Valley of the Moon, observe the clay formations carved into the landscape by years of erosion.

Day 8

## La Paz

Depart at any time.



## Meals included

Breakfast

## What's included

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- Your Journeys Highlight Moment: La Paz Culinary Experience, La Paz
- Arrival transfer
- La Paz city tour
- Sucre orientation walk
- Excursions to the Salar de Uyuni
- Internal flights
- All transport between destinations and to/from included activities

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

Sit down for a sunset picnic on the stark and surreal Salar de Uyuni, Visit the small community of Coquesa and have lunch on Incahuasi Island in a remote patch of the Bolivian desert, Enjoy an interactive culinary experience in La Paz featuring a fusion of traditional and modern cuisine, Experience life at a traditional hacienda firsthand

## **Itinerary Notes**

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

Sit down for a sunset picnic on the stark and surreal Salar de Uyuni, Visit the small community of Coquesa and have lunch on Incahuasi Island in a remote patch of the Bolivian desert, Enjoy an interactive culinary experience in La Paz featuring a fusion of traditional and modern cuisine, Experience life at a traditional hacienda firsthand

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

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## Is there an itinerary Disclaimer?

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

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

## Are there Itinerary notes?

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## What important notes should I be aware of before the trip?

1. 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

### 2. YELLOW FEVER

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

### 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 National Geographic Journeys with G Adventures group trips are accompanied by one of our group leaders, a National Geographic Expedition Leader. The aim of the Expedition Leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

## How large will the group be?

Max 16, Avg 12.

## **What meals are included in this trip?**

7 breakfasts, 2 lunches, 4 dinners

## **What are the meals like on this trip?**

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

## **What are the modes of transportation on my trip?**

Private van, 4x4 vehicle, plane, walking

## **Are local flights included in the cost of the trip?**

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

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

## **Is there an extra cost for travelling solo?**

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

## **Where will we stay during the trip?**

Hotels – 6 nts, Hacienda/farm – 1 nt.

## **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 hot water shortages and power outages can be fairly common in Bolivia (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, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

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

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local 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

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

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

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

### EMERGENCY CONTACT NUMBERS

G Adventures Office Lima, Peru.

During office hours (Weekdays, 9-6pm Local Time): +51 1 241 1650

After hours Emergency number: +51 99 758 2712 (WhatsApp Available)

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

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

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

## What should I take on my trip?

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

# What should be on my packing list?

## Cold Weather:

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

## Documents:

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

## Essentials:

- 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)

## When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## What the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

## How much spending money do I need for my trip?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## What should I know about currency, credit cards, and exchanging money while on this tour?

The currency in Bolivia is the Boliviano (BOB).

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank.

You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies.

Do not rely on credit or debit cards as your only source of money, a combination of US dollar cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

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

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

## How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Should I be tipping on my trip?

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

### Sucre

- Sucre Guided City Tour

### La Paz

- Valley of the Moon Tour (15USD 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.

Please note your Adventure travels to high altitude. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can onset 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 affected on your Adventure, please consult your physician.

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your 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 rules should I know before joining this trip?

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

## Is travel insurance required for my trip?

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

## What is Planeterra?

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

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

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

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

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

## How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

## Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## How old must I be to join this trip?

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

## **Are international flights included in this trip?**

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

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

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

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

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

## Dossier Disclaimer

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

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

## Itinerary Disclaimer

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

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