



## **Local Living Morocco–Atlas Mountains**

7 days, Marrakech to Marrakech

Trip code DCMV

### **What's included**

- Your Welcome Moment: Welcome Meeting - Meet Your CEO and Group

- Your Local Living Moment: Gîte Tizi N'Oucheg - Your Local Living Stay, Tizi n' Oucheg
- Your Foodie Moment: Tagine Cooking Experience & Dinner, Tizi n' Oucheg
- Your Local Living Moment: Attend a Village Football Match, Tizi n' Oucheg
- Marrakech Medina Guided Visit
- Women's Riad Lunch
- Village Welcome, Walk, and Arabic Lesson
- Bread Making at a Local Village Home
- Carpet Weaving Experience
- Daily life of the Village Shepherd
- Visit to the Weekly Market & BBQ Lunch
- Sunset Hike with tea
- Free time in Marrakech and Tizi n' Oucheg
- 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 January 7th, 2025 and onwards

# Itinerary

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

Day 1

## Marrakech

Arrive at any time. Attend a welcome meeting in the evening to get to know your CEO and fellow group members.

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### Accommodation

Hotel Oudaya Marrakech (or similar)

Hotel

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### Today's Activities

Arrival Day

Begin your adventure today. There are no planned activities so feel free to explore or rest up for the excitement ahead.

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2

## Marrakech

Today meet your local guide and begin your adventure through Marrakech's lively medina. This old, walled city, with ramparts and gates, has stood serving as protection from invaders since the 12th century. Wander through the labyrinthine streets and pass by significant sites like the historic Medersa Ben Youssef and Bahia Palace. Sit down for lunch at the Women's Riad for some authentic, home-style cooking. While here the group will learn the importance of this business within the community and their support of local female-led initiatives. Enjoy the remainder of the afternoon free to explore. Dinner will be had on your own this evening in the cultural gem Café Clock.

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### Meals included

Breakfast | Lunch

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### Accommodation

Hotel Oudaya Marrakech (or similar)

Hotel



## Today's Activities

Women's Riad Lunch

Marrakech

1h

Sit down for an included group lunch at the Women's Riad and savour a delicious, home-style meal. While there, travellers will learn about the ways in which the riad is supporting the local community and women-led initiatives.

Free Time

Marrakech

Spend a free afternoon enjoying the sites, sounds, smells, and atmosphere of the city. Choose between a variety of activities ranging from museum visits to garden walks. Maybe check out Medersa Ben Youssef and Bahia Palace from the inside, on your own.

Marrakech Medina Guided Visit

Marrakech

4h

Head into the maze of tiny streets and alleyways of the ancient medina to really get a taste of everyday life in Marrakech. Shop to your heart's content in the souk and search out spices, traditional jalabas and slippers, or the famous Moroccan lanterns. Visit to the iconic Koutoubia Mosque, then see the historic Medersa Ben Youssef and Bahia Palace from the outside.



## Optional Activities - Day 2

Musée de Marrakech

Marrakech

50MAD

Wander around the salons of the ornate Mnebhi Palace displaying various collections of Moroccan art forms.

El Badi Palace

Marrakech

70MAD

Visit the ruins of what was once the most ornate palace of the 16th-century. Its sunken gardens and pools give a glimpse into its former glory.

Jardins Majorelle

Marrakech

200MAD

1h-2h

Visit this enchanting garden in the heart of the city designed by French painter Jacques Majorelle (1886-1962). Follow the pathways through trees, exotic plants, streams, and pools while watching the numerous birds who call this peaceful paradise home. (Please note that the entrance fee to Musée Yves Saint Laurent is an additional 30 MAD.)

Day 3

## Marrakech/Tizi n' Ocheg

Spend a free morning in Marrakech before transferring to your local living stay in a remote Gîte located in the stunning Ourika Valley. Think breathtaking mountain scenery with snow-capped peaks of the High Atlas Mountains in the distance, and well-preserved Amazigh culture and traditions. There will be stop along the way in this small town near the Ourika River for lunch on your own. The final part of today's travels includes a 4x4 ride along steep, unpaved roads finishing at the Gîte where there will be welcome tea and a village walk to explore the charming surroundings, and meet some of the locals. Later, learn a few Arabic words to help you communicate over the coming days.



### Meals included

Breakfast | Dinner



### Accommodation

Gîte Tizinouchcheg (or similar)

Hotel



### Today's Activities

Free Time

Marrakech

Take advantage of a slower morning to enjoy the bustle of city life before the group heads into the Ourika Valley.

Village Welcome, Walk, and Arabic Lesson

Tizi n' Ocheg

2h30m

Upon arrival to your gîte stay, the group will received a warm welcome tea and some biscuits. Then, embark on a walk through the village to explore the gorgeous surroundings and interact with a few locals. Follow this up with Arabic lessons and learn a few words that will help you better communicate with the local residents over the next few days.

Private Vehicle

Marrakech - Tizi n' Ocheg

2h

Settle in and scan the beautiful mountain scenery from the comfort of your private vehicle between Marrakech and Tizi N'Oucheg Gîte. Please note that the last half hour of the drive will be in 4x4s along unpaved, steep, winding roads.

## ACTIVITY

Gîte Tizi N'Oucheg is located in the Ourika Valley of the High Atlas Mountains and is special for its family atmosphere, focus on local culture, nature, and the opportunity to experience authentic Amazigh life through hikes, workshops, and delicious food. The property is specifically designed to immerse guests in the local culture, offering unique opportunities to interact with the villagers and deepen your knowledge about Amazigh traditions. Known for its warm and welcoming atmosphere, Tizi N'Oucheg gives travellers a true sense of community. Plus, not to mention the enjoyment of traditional Moroccan dishes like tagines and couscous prepared with fresh, locally grown ingredients. Their main focus is in supporting the sustainability of the local communities and preserving the beautiful, natural environment. Forge genuine connections and come away with a new appreciation for rural life in Morocco's Ourika Valley.

Today the group will split up in the morning. Half will enjoy a bread-making experience in a local village home and half will immerse themselves in a weaving lesson in another village home to learn one of the region's most cherished traditions: carpet making. Then, the groups will switch homes and experience the other activity before heading back to the Gîte for lunch. Enjoy your freshly-made bread as part of the meal. Later attend a tagine cooking class at another local villager's home to round out an incredibly immersive cultural day in the Ourika Valley.



## Meals included

Breakfast | Lunch | Dinner



## Accommodation

Gîte Tiziouchcheg (or similar)

Hotel



## Today's Activities

Bread Making at a Local Village Home

Tizi n' Ocheq

Enjoy a bread-making experience led by the women of the village. Enter a local home and spend time learning the traditional art of kneading the dough and working with the flour, salt, and warm water to create a delicious Moroccan bread. It's the perfect way to appreciate the daily life here in the valley and to connect with local women on a more personal level.

Carpet Weaving Experience

Tizi n' Ocheq

Become immersed in a traditional weaving experience hosted in a local village home. Learn one of the regions most cherished practices: carpet making. As you work gain a sense of the patience and expertise it takes to create such beautiful materials, and listen to explanations by locals on how important this textile making is to their community.

### ACTIVITY

Travel to a local home in the village and learn the traditional cooking methods and preparation of tagine. The most distinctive element of this dish is the cooking vessel often made of clay or ceramic with a lid that traps the steam in when cooking. It's an ideal method for tenderizing meat and

vegetables. The rich flavours make this a memorable dish and common spices include ginger, cumin, turmeric, cinnamon, and saffron. After getting those hands dirty during your lesson, you will sit down as a group and enjoy the meal with your host family.

## ACTIVITY

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Day 5

## Tizi n' Ocheg

Today get ready for a more active adventure as you hike alongside a local shepherd and gain a true feel of his daily routines. Exchange meaningful conversation along the way about his life and experiences in this unique region. Then, sit down for a packed lunch amidst the impressive scenery of the High Atlas Mountains. Return to the gîte in the afternoon to relax and recharge. Perhaps spend time sipping tea on the terrace before heading out to watch a football match amid the local villagers. If you're feeling up to it, join in the fun and try to score a goal. Enjoy dinner back at the gîte after a full day of cultural immersion.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Gîte Tiziouchcheg (or similar)

Hotel



### Today's Activities

Daily life of the Village Shepherd

Tizi n' Ocheg

4h

A shepherd's daily tasks revolve around the care and management of their flock. Join a shepherd from the village and hike with him into the foothills as you observe the routines of herding, ensuring the herd's access to food and water, navigating challenging terrain, and protection from predators. If the herd is sheep, you may witness the milking of them to make cheese back in the village. Shepherds are a vital part of Moroccan cultural heritage and represent the country's connection to its nomadic past. See for yourself along side an expert shepherd and then sit down to enjoy lunch amid the gorgeous views of the High Atlas Mountains. Along the way ask questions and listen to stories about what it's like to tend to herds as a means to support your family and community.

Free Time

Tizi n' Ocheg

Enjoy some free time to relax at the gîte and soak in the natural beauty of your surroundings.

ACTIVITY

This afternoon head into the village and watch a friendly football game between the local villagers. Gather around the field that is used for community gatherings. Cheer on the players and if you are feeling up to it, join in on the fun and try to help your team score a goal. It's the perfect way to feel woven into the fabric of daily life here in the Ourika Valley.

#### ACTIVITY

Gîte Tizi N'Oucheg is located in the Ourika Valley of the High Atlas Mountains and is special for its family atmosphere, focus on local culture, nature, and the opportunity to experience authentic Amazigh life through hikes, workshops, and delicious food. The property is specifically designed to immerse guests in the local culture, offering unique opportunities to interact with the villagers and deepen your knowledge about Amazigh traditions. Known for its warm and welcoming atmosphere, Tizi N'Oucheg gives travellers a true sense of community. Plus, not to mention the enjoyment of traditional Moroccan dishes like tagines and couscous prepared with fresh, locally grown ingredients. Their main focus is in supporting the sustainability of the local communities and preserving the beautiful, natural environment. Forge genuine connections and come away with a new appreciation for rural life in Morocco's Ourika Valley.

Day 6

## Tizi n' Ocheg

On your final full day at the gîte the group will travel to the local market where the villagers do their shopping. Explore the many different areas and get a sense of what is sold here, as well as the importance of this market in allowing the village to sustain their way of life outside of the city. Lunch will be had on your own in the market, and you can choose from a variety of local specialties to try. Transfer back to the gîte in the afternoon for some downtime before hiking to a nearby scenic location to have tea and watch the sunset amid the valley. Dinner this evening will be a special affair as it's your final night together in your local living stay.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Gîte Tizinouchcheg (or similar)

Hotel



### Today's Activities

Visit to the Weekly Market & BBQ Lunch

Tizi n' Ocheg

6h

Travel into the village via private vehicle and visit the location of the weekly market, where local villages come to do their shopping. Understand the importance of this market in allowing the rural population in this valley to sustain their way of life away from the city. Wander amid the different stalls, learn about the produce, meat, and other items sold here and try your hand at bartering as is customary here. For lunch travellers will be able to choose the meat or vegetables they would like to eat and then one of the market stalls will BBQ the food for a delicious local lunch amid the bustling atmosphere of the weekly shopping. A time honoured tradition that is lost in a lot of today's modern culture.

Sunset Hike

Tizi n' Ocheg

For your final evening at the gîte, the group will embark on a short hike to a scenic spot overlooking the valley and village to enjoy the colours of sunset. Sip warm tea and relax in the stunning natural scenery of this tranquil location.

ACTIVITY

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Day 7

## Tizi n' Oucheg/Marrakech

After breakfast travel back to Marrakech where the tour ends upon arrival to the airport. Please do not book onward travel before 2pm.



### Meals included

Breakfast



### Today's Activities

Departure Day

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

Private Vehicle

Tizi n' Oucheg - Marrakech

2h

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

## What's included

- Your Welcome Moment: Welcome Meeting - Meet Your CEO and Group
- Your Local Living Moment: Gîte Tizi N'Oucheg - Your Local Living Stay, Tizi n' Ocheg
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- Sunset Hike with tea
- Free time in Marrakech and Tizi n' Oucheg
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Explore the medinas and must-see sites of Marrakech on a cultural tour, Journey into the Ourika Valley and High Atlas Mountains for an authentic village gîte stay, Immerse yourself in local life with bread-making and weaving, Set out on a guided hike with a local shepherd and learn about their daily experiences, Connect with the local community through games walks and shared experiences

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

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

## **Is there 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 is the group leader like?**

This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). 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 12, avg 10

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

6 breakfasts, 4 lunches, 4 dinners

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

Private vehicle, land cruiser, walking

## 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?

Hotel (2 nts), small locally owned Gîte/guesthouse in a rural village (4 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 are the joining instructions?

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

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

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

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

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

## 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.

### EMERGENCY CONTACT NUMBERS

Regional Office Emergency Contact Number: +212 662 312 072

Arrival or Departure Transfer Emergency Phone Number: +212 661 861 950

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?

After breakfast travel back to Marrakech where the tour ends upon arrival to the airport. Please do not book onward travel before 2pm.

# What should be on my packing list?

## Cold Weather:

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

## Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

## Documents:

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

**Essentials:**

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

**Health & Safety:**

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

**Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: Note: The weather conditions and temperature in Morocco can vary greatly from region to region, especially during the winter months (Nov-March). During these months, we recommend packing layers for insulation, as well as a waterproof layer.

## 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.

Please be aware that visa requirements vary by nationality; citizens of certain countries, such as South Africa, may be subject to additional documentation requests. Since these official requirements are determined on a case-by-case basis and can be unpredictable, we strongly recommend applying for your visa well in advance. Should the embassy or consulate request further supporting documents, please contact us immediately for assistance.

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.

## 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!

## What activities are optional on this trip?

### Marrakech

- Musée de Marrakech (50MAD per person)
- El Badi Palace (70MAD per person)
- Jardins Majorelle (200MAD per person)

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

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

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## What rules should I know before joining this trip?

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

## Is travel insurance required for my trip?

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

## What is Planeterra?

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

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

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

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

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

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

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/](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.