



## **Mayan Encounter**

12 days, Antigua Guatemala to Caye Caulker

Trip code CGME

### **What's included**

- Your G for Good Moment: Belize Bike with Purpose Tour, Caye Caulker
- Your Welcome Moment: Meet Your CEO and Group

- Your Discover Moment: Antigua Guatemala
- Your Discover Moment: San Ignacio
- Your Discover Moment: Caye Caulker
- Antigua orientation walk
- Rio Dulce stay
- Tikal guided tour
- Caye Caulker stay
- G Adventures-supported bike tour of Caye Caulker
- 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 March 1st, 2015 - April 28th, 2016

# 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

## Antigua Guatemala

Arrive at any time.

There are no activities planned until an evening welcome meeting. We recommend booking pre-accommodation to fully experience this charming city.

Please note that Antigua's nearest airport is Guatemala City, Guatemala. Don't get caught flying into the Caribbean island nation of Antigua– it's nowhere near the start of this tour!



## Today's Activities

### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. 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.

Spend a full day enjoying all Antigua has to offer. Opt for a city tour, take salsa dancing classes or relax with a massage.

This colonial town has much to offer— opt to visit the museums or cafés, attend a chocolate workshop, visit a local coffee plantation or macadamia nut farm or explore the nearby towns by bike.



## Optional Activities - Day 2

ChocoMuseo Tour and Workshop

Antigua Guatemala

24USD

1h30m-2h

Enjoy a chocolate workshop and museum tour to learn about the process "from bean to bar" and the history of this tasty crop. In this 1.5-hour workshop, make your own bar to take home and enjoy tastings of the varieties of chocolate drinks made on site. Who knew history could be so sweet?

Finca Valhalla Visit

Antigua Guatemala

5-10USD

1h30m-3h

20-25km

Take a tour of the macadamia nut plantation at Finca Valhalla led by the workers. Learn about this sustainable crop for the experts and discover the health benefits of the nut. Pamper yourself with a free facial and purchase some of the treats made from the macadamia nut like oils, nuts, and chocolate. This tour is offered for free in the hopes that you'll show your gratitude by stopping by and picking up some tasty treats from the gift shop or café.

Pacaya Volcano Hike (Half-Day)

Antigua Guatemala

59USD

5h-6h

37km

Drive one hour to the base of Pacaya Volcano to begin your ascent. This volcano is still active, so hiking to the crater is off limits. Near the summit, grab a stick and toast marshmallows over a smoking fumarole using earth's natural "ovens" to heat your snack.

Salsa Lesson

Antigua Guatemala

10USD

Kick up your heels and learn this typical Latin dance. Dancers of all skill levels are welcome. Get lost in the rhythm of the music and let your body take you to a new place -- one-two-three, one-two-three, hip roll, arm up, partner under, shimmy, shake, salsa! Vamos a bailar! (Let's dance!)

Massage

Antigua Guatemala

30-60USD

30m-2h

Relax and enjoy a Mayan massage. You're on vacation!

Day 3

## Antigua Guatemala/Rio Dulce

Travel to Rio Dulce and plan the next day's activities. Take a dip in the pool.

In the morning travel to Rio Dulce, a charming town named after the river on which it's located. Arrive in the late afternoon and start exploring.

Take a stroll through the market located in the city centre or enjoy a swim in the hotel pool.

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### Today's Activities

Private Vehicle

Antigua Guatemala - Rio Dulce

6h30m-7h30m

318km

Settle in and scan the scenery from the convenience of a private vehicle during this long travel day.

Free Time

Rio Dulce

Enjoy free time to get familiar with the town.

Day 4

## Rio Dulce

Enjoy a free day to explore. Opt to go for a swim in a natural hot waterfall, take a sunrise kayak trip to check out the local monkeys, hike to the Shaman Tower for some yoga, or visit the coastal town of Livingston.

Take a stroll in the market located in the city centre or visit Castillo de San Felipe which was a fort used to defend the town from pirates. You also have the option to rent a canoe and peacefully navigate the river. Visit the natural hot waterfall that makes this town famous.

### Today's Activities

Free Time

Rio Dulce

Make the most of this area with a full day to explore.

### Optional Activities - Day 4

Natural Hot Waterfall Visit

Rio Dulce

35USD

3h-5h

30-50km

Finca el Paraiso contains a unique volcanic vein that heats spring water and dumps it into a colder river below. Refresh and relax as you bathe in these therapeutic thermal waters and swim in the river below. Arrive by boat or overland.

Sunrise Monkey Kayak

Rio Dulce

20USD

2h-3h

5-10km

Set your alarm very early and set off on a sweet soulful paddle along the Rio Dulce. Kayak to the base of the Boquerón Canyon with its sheer cliff face, covered in a green mass of moss, vines, and trees. Enjoy a striking sunrise, sit back, and listen to the jungle as it wakes up – howler monkeys, birds and the slap of the paddle on the water provide the soundtrack to this memorable morning.

Hike and Yoga in Shaman Tower

Rio Dulce

32USD

2h30m-3h

5-10km

Go for a hike through some of the many hectares that Hacienda Tijax Reserve has to offer. Stop for a swim and walk amidst the rubber plantations. Arrive at the Shaman Tower where you will do some basic yoga and take in the 360-degree view.

Scenic Boat Ride to Livingston

Rio Dulce - Livingston

30USD

5h-6h30m

55km

Take a boat down the Rio Dulce toward the Caribbean Sea passing through El Golfete and El Canyon before arriving to Livingston. Float past mangroves and lily pads and the Boquerón Canyon, where a sheer limestone cliff rises 122m (400 ft) out of the river, covered in vines, trees and moss. Arrive at the small fishing village of Livingston known for its unique Afro-Caribbean Garifuna population, with their unique art, music and delicious coconut seafood soup, “tapado”.

Day 5

## Rio Dulce/Flores

Travel to Flores, located on Lake Petén Itzá, an excellent home base for exploring nearby Tikal.

With flexibility on start time today, the group may enjoy some extra time in Rio Dulce or extra time upon arrival in Flores. There may be options for stops along the route.



### Today's Activities

Private Vehicle

Rio Dulce - Flores

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

Enjoy a guided tour of the nearby Mayan ruins of Tikal. In the afternoon, opt to relax on the lake or hang out at the cafés in town.



## Today's Activities

Private Vehicle

Flores - Tikal

1h-1h30m

64km

Enjoy the ride out to Tikal and return the same way in the afternoon (1-1.5 hrs one way).

Tikal Ruins Guided Tour

Tikal

3h-4h

7km

Put on your walking shoes and prepare for a tiring but memorable day walking through history at the impressive site of Tikal. The Mayan site is set in the heart of the jungle, in Tikal National Park, now a UNESCO World Heritage site. Along with our bilingual guide, see some of the temples, plazas, carved stone monuments and public squares, more than 3,000 buildings in all, dating from as far back as 600 BC. Climb to the top of Temple IV, catch your breath, take photos, and then sit and contemplate the magnificence of the site and the tropical rainforest beyond. Look for monkeys, anteaters, armadillos, and deer, as well as macaws and eagles, snakes, and spiders.

Free Time

Flores

Explore the area anyway you like.



## Optional Activities - Day 6

Swimming

Grab your bathing suit and go for a refreshing swim.

Lake Petén Itzá Boat Tour

Lago Petén Itzá

10-20USD

1h30m-2h30m

5-10km

Enjoy a calm boat ride around Lake Petén Itzá. Stop for a swim and climb to the lookout that sits above the small archaeological site of Tayasal.

Day 7

## Flores/San Ignacio

Cross the border to Belize. Opt to visit the sacred Mayan cave Actun Tunichil Muknal, explore the Mountain Pine Ridge area or see the lesser-known Mayan ruins of Xunantunich.

Cross the border into Belize. The relaxed atmosphere of San Ignacio allows for options including horseback riding, canoeing, caving, or exploring the Mountain Pine Ridge area.

### Today's Activities

Private Vehicle

Flores - Melchor de Mencos

2h-3h

95km

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

Border Crossing (Guatemala - Belize)

Melchor de Mencos - Benque Viejo del Carmen

30m-1h30m

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Private Vehicle

Benque Viejo del Carmen - San Ignacio

30m-45m

13km

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

Free Time

San Ignacio

Head out to start exploring this fun town. There's a full free day tomorrow for anything you can't get to this afternoon.

### Optional Activities - Day 7

Cave Tubing

Caves Branch

95USD

7h-8h

45km

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

Caracol Ruins Tour

Caracol

125USD

9h-11h

85km

Set within the Chiquibul Forest Reserve, prepare to be wowed by Caracol. It's the largest known Maya site in Belize and was once home to an estimated 180,000 people. The site was discovered in the 1920's by a logger looking for mahogany. One of its pyramids, Canaa or "Sky Place", built in 800 AD and

standing 43m (143 ft), continues to be the tallest man-made structure in the country. Bring your walking shoes, water and a sunhat because there's lots to see here. Tombs, temples, altars, carved stelae and other stone monuments – it's well worth the effort and easy to be impressed.

Xunantunich Visit

Xunantunich

65USD

2h-4h

11km

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

Actun Tunichil Muknal Cave Visit

Actun Tunichil Muknal

140USD

6h-8h

29km

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

Enjoy a free day to explore. Opt to check out nearby caves, some more Mayan sites or a local conservation project.



## Optional Activities - Day 8

Barton Creek Cave Canoeing

Barton Creek

120USD

6h-8h

30km

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

Cave Tubing

Caves Branch

95USD

7h-8h

45km

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

Horseback Riding

San Ignacio

80USD

2h-5h

5km

Choose from one of the 45 horses at Hannah's Stables and ride over farm trails and forested paths, all the way along the river to the Mayan site of Xunantunich. Enjoy a short guided tour of the site before taking a different trail back to the stables. Watch for native birds, including toucans and parrots, listen for howler monkeys, admire orchids and fruit trees and breathe in the fresh air of the Belize countryside.

Caracol Ruins Tour

Caracol

125USD

9h-11h

85km

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Crystal Cave Visit

Blue Hole National Park

110USD

9h-11h

62km

Drive to Blue Hole National Park and hike for one hour through lush rainforest and down steep, slippery slopes, then descend 4.5m (15 ft) by ropes to start exploring Crystal Cave (also known as Mountain Cow Cave). Crab walk and crawl through the cave and head into the Mayan Xibabla or underworld.

Slide down mud ramps, along rock faces, and be awed by the stalactites and stalagmites, ancient fire pits, wall carvings, pottery and the haunting skeletal remains of humans sacrificed by the Maya to appease their gods. Afterwards, take a short drive to the Blue Hole River, relax and refresh in the cool water.

Xunantunich Visit

Xunantunich

65USD

2h-4h

11km

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

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Day 9

## San Ignacio/Caye Caulker

Travel to Belize City to catch a ferry to Caye Caulker. Spend a few days enjoying this island paradise.

Caye Caulker is a relaxed and easy going island with friendly and welcoming local residents. There are dozens of activities around the island and surrounding coral reefs. Try your hand at fishing and barbecue your catch on the beach.

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### Today's Activities

Local Bus

San Ignacio - Belize City

3h-4h

123km

Climb aboard, grab a seat, and enjoy the ride.

Taxi

Belize City - Caye Caulker

45m-1h

Jump in the back and tell the driver to step on it, just like they do in the movies.

Free Time

Caye Caulker

Enjoy your first free afternoon on this laid back island.

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### Optional Activities - Day 9

Bike with Purpose Rental

Caye Caulker

1-30USD

1h-72h

Rent a bike from the G Adventures-supported Bike with Purpose project on Caye Caulker and cycle around the island out to the split and back. It's a great way to get some exercise and see the sights on this laid-back island. Don't forget to bring water and wear lots of sunscreen.

Days 10–11

## Caye Caulker

Spend time enjoying this island paradise. Explore Caye Caulker on the G Adventures-supported Bike with Purpose tour. Opt to go on a sailing trip to snorkel with stingrays, nurse sharks and green turtles at Hol Chan Marine Reserve. Choose to visit the famous Blue Hole on a diving trip or a fly-over.

If the boats aren't your thing, just relax, Belizean-style.



### Today's Activities

#### ACTIVITY

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



### Optional Activities - Days 10–11

Blue Hole National Monument Dive

Caye Caulker

200-250USD

11h-12h

Channel your inner Jacques Cousteau and dive the Great Blue Hole, ranked by the Discovery Channel as their top choice for “most amazing place on earth”. This giant limestone sinkhole, 300m (1000 ft) in diameter and 124m (407 ft) deep, was formed more than a million years ago and is now part of the larger Belize Barrier Reef Reserve System, a UNESCO World Heritage Site. Geared to open water and advanced divers, see Midnight Parrotfish and Caribbean reef sharks and interesting rock formations, including stalactites which formed before the area was submerged by the sea.

Guided Kayak Trip

Caye Caulker

15-20USD

2h30m-3h

Follow a guide on a sea kayak tour around the southern portion of Caye Caulker. Paddle around the mangroves and try to spot some of the unique wildlife in the area.

Blue Hole National Park Flight

Caye Caulker

180-250USD

1h-1h30m

Charge up your camera batteries and take flight over the crystal clear waters off Belize. Take off from Caye Caulker airstrip in a small plane and observe the incredible Blue Hole national monument from above. Made famous by underwater explorer Jacques Cousteau, this limestone sinkhole is 300m (1000 ft) in diameter and was formed more than a million years ago.

Hol Chan Snorkel Tour

Caye Caulker

70-80USD

5h-6h

Slather on the sunscreen and set out on a snorkel adventure of a lifetime. Stop at the Coral Gardens, shark and ray alley, and the Hol Chan Marine Reserve. Snorkel three different spots along the Belize reef in this protected channel. See hundreds of varieties of tropical fish in this natural aquarium including angelfish, nurse sharks, stingrays and green moray eels. Be sure to check out the Coral Gardens to see a rainbow of colours – red, purple, pink and green – and depending on the season, float past manatees while you marvel at nature's underwater artistry. End the day with a cruise back to Caye Caulker just before sunset with a complimentary glass of rum punch in your hand.

Sunset Sailing Boat Tour

Caye Caulker

60USD

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

Fishing

Caye Caulker

250-450USD

4h-8h

Cast a line and see what you can reel in. Fish for snapper, barracuda, horse-eye jack and more. Bring your catch to any local restaurant and have them gut and grill it just for you. Buy the rest of dinner and some drinks and enjoy! It doesn't get any fresher than this.

Day 12

## Caye Caulker

Depart at any time.

Want to head north to Mexico? Add on the 'Playa del Carmen Express' and travel to Playa del Carmen on the departure day with a CEO (hotel night in Playa included). Board a boat in Caye Caulker and transfer to Chetumal, Mexico. From there take a public bus to Playa del Carmen. The Express will leave Caye Caulker at 6:30am and will arrive in Playa del Carmen around 5:30pm.

This trip finishes on Caye Caulker, which is located 1 hr by water taxi from Belize city (an additional 30 min by taxi to the airport). There are frequent ferry departures between 7:30am and 5pm. You can purchase your return ferry ticket easily once you get to Caye Caulker.

## What's included

- Your G for Good Moment: Belize Bike with Purpose Tour, Caye Caulker
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Antigua Guatemala
- Your Discover Moment: San Ignacio
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- G Adventures-supported bike tour of Caye Caulker
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Listen to the howler monkeys from the top of Temple IV at Tikal, revel in Caye Caulker sunsets, sway to reggae beats wafting through the Belizean air, wander the colonial streets of Antigua.

## What are the main highlights of this trip?

Listen to the howler monkeys from the top of Temple IV at Tikal, revel in Caye Caulker sunsets, sway to reggae beats wafting through the Belizean air, wander the colonial streets of Antigua.

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

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

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

## Is there 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.

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

1. As this trip crosses national borders, please be prepared to pay some border fees for certain countries ranging from \$1 to \$30 USD. Please check with your local embassy or consulate for up-to-date visa requirements, or see your travel agent.

### 2. 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.

### 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.

### 4. QUINTANA ROO TOURIST TAX

Please note there may be a 983 MXN (approximately 56 USD) tourist tax at Cancún International Airport, however it is usually included in international tickets. Please verify with your airline if the departure tax is included in your airfare.

## What is the group leader like?

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

## How large will the group be?

Max 16, avg 12

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

No meals included

## **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 CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group 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?**

Public bus, private van, boat.

## **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 (11 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.

\*\*Please note that Antigua's nearest airport is Guatemala City, Guatemala. Don't get caught flying into the Caribbean island nation of Antigua; it's nowhere near the start of this tour!

## What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

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

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Operator (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### AIRPORT TRANSFER

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

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

### EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

During Office hours (Weekdays 9am-5pm Local Time): +506 4001 8474

After hours emergency number: +51 997 582 712

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

## What 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?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying and handling your own luggage.

# What should be on my packing list?

## Documents:

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

## Essentials:

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

## Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

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

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

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

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

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

Belize Travel declaration form

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

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

[here](#)

## 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?

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash and cards with travellers cheques as backup is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

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

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

## Do I need to pay a departure tax?

Guatemala exit tax: 10Q (\$1.25USD)

Belize entrance tax: free

Belize exit tax: \$20USD

Mexico entrance tax: 983 MXN (~56 USD)

Mexico exit tax by land: 983 MXN (~56 USD)

Mexico airport departure tax: free

Border Fees must be paid in full at the time of entry and exit and are subject to change without prior notice.

## 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 CEO for specific recommendations based on the circumstances and culture.

Tipping of your G Adventures Chief Experience Officer is very much appreciated. The amount is entirely a personal preference; however as a guideline \$5- 7 USD per person, per day is our recommendation in the region. However, if you felt your CEO did an especially outstanding job, any additional amount will always be welcome.

**What activities are optional on this trip?**

- All prices are per person, in USD amounts and are subject to change as services are provided by third party operators.
- |  |  |  |
|--|--|--|
| ANTIGUA, GUATEMALA City tour USD20 Bicycle rental/tour USD10/35 Macadamia nut Plantation tour USD5-10 Salsa lessons USD5-10 Massages USD30-60 Chocolate Tour USD20 Volcano Hike USD30-70 | Barton Creek Cave USD50 (4-hour return trip) Mountain Pine Ridge USD75 Crystal Cave caving with lunch USD90 ATM caving with lunch USD90 Horseback riding USD40-60 Biking Tours USD55.00-75.00 Butterfly farm USD7.50 Xunantunich entrance fee USD5 Caracol Ruins Tour USD95 person CAYE CAULKER, BELIZE Snorkel trips USD25-70 Blue Hole dive USD210 Manatee watching tour USD80 Snorkel equipment rental \$5 (day) Windsurfing USD50 (for board & | instruction/hour) Sea kayaking tour USD (2 hours) Kayak rental USD7 Two-tank dive starting USD100 Sunset Sail Rum cruise USD35 PLAYA DEL CARMEN, MEXICO Snorkel rental \$10 Ferry to Cozumel \$25 return trip Tulum ruins \$10 (public transportation round trip) + \$5 for entrance Cenote visit \$10 (public transportation round trip) + \$5 for entrance Diving course \$100+ Bicycle rental \$15 per day Xel-Ha \$89 Xcaret \$150 |
| FLORES, GUATEMALA Boat tour: Lake Petén Itzá \$12 SAN IGNACIO, BELIZE Chaa Cree Canoe Rental USD25 to 35 per person Cave tubing USD75  |  |  |

## 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. 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 CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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

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

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/](http://www.gadventures.com/travel-resources/safety/)

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

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

## Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, 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?

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.