



## **Mayan Trail**

11 days, Playa del Carmen to Antigua Guatemala

Trip code CMTM

### **What's included**

- Your G for Good Moment: Posadas Mayas Homestay, San Juan La Laguna
- Your Welcome Moment: Meet Your CEO and Group

- Your Discover Moment: Mérida
- Your Discover Moment: San Cristóbal de Las Casas
- Chichén Itzá guided tour
- Mérida orientation walk
- Palenque guided tour
- Roberto Barrios waterfall visit
- San Cristóbal de las Casas orientation walk
- Antigua orientation walk
- Free time in Mérida and San Cristóbal de las Casas
- 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 October 29th, 2019 - December 31st, 2027

# 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

## Playa del Carmen

Arrive at any time.

As travellers arrive throughout the day, there are no planned activities until the welcome meeting in the evening.



### Accommodation

Hotel Nautilus (or similar)

Hotel



### 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.

Day 2

## Playa del Carmen/Mérida

Take a guided tour of Chichén Itzá and orientation walk around Mérida.

Depart Playa del Carmen and head to the famous Mayan ruins of Chichén Itzá for a guided tour. Spend time exploring this famous site, known for its huge stepped pyramids and elaborate stone carvings.

Continue on to Mérida, the capital of the Yucatán State, and take a short orientation walk. Also known as la ciudad blanca (the white city), Mérida offers the ideal opportunity to learn about Mexico's fascinating mix of cultural influences.

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### Accommodation

Hotel Santa Lucia by Kavia (or similar)

Hotel



## Today's Activities

Chichen Itzá Guided Tour

Chichén-Itzá – Chichen Itza

2h-3h

Join up with a local expert and learn about the history of Chichén Itzá and the beliefs and rituals that defined this ancient Mayan civilization. This dramatic site includes a 30m (98 ft) high temple, known as the Pyramid of Kukulcan, famous for its balustrade of 91 stairs up each of the four sides, a ball court with a grandstand, and towering walls. Visit the highlights of the site including the famous Castillo, the ball court, the cenote, and the Nunnery.

Private Vehicle

Chichén-Itzá – Mérida

1h15m-2h

130km

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

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Private Vehicle

Playa del Carmen – Chichén-Itzá

3h

190km

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

Enjoy a free day to explore Merida and surroundings. Opt to visit the ruins of Uxmal or swim in cenotes in the Yucatán. Take a trip to the beach or soak in the history this city has to offer.

The area surrounding Mérida has tons to offer. Choose to visit nearby cenotes (water sink holes) in the town of Cuzamá. Inside, swim in the massive crystal-clear sinkholes. Transportation to the cenotes is half the fun, taking small wooden horse-drawn carts along old rail tracks.

Opt to visit ruins in Uxmal, ride the PUUC Route or go bird-watching. There's something for everyone.



## Accommodation

Hotel Santa Lucia by Kavia (or similar)

Hotel



## Optional Activities - Day 3

Uxmal Ruins Visit

Uxmal Ruins

70-110USD

8h-9h

200km

Founded in 700 AD, magical Uxmal was once home to as many as 25,000 Mayans. Located 62km (38 mi) south of Merida, in Yucatán's Puuc ("hill" or "chain of low mountains") region, this UNESCO World Heritage Centre represents the pinnacle of late Maya art and architecture. Wander the site, see the Pyramid of the Magician, and visit nearby Kabah, one of three neighbouring sites.

Cenote Visit

Mérida

60-70USD

5h-7h

48km

Swim in crystal-blue mineral underground swimming holes that are formed as sinkholes when porous limestone bedrock collapses. Come prepared with your swimsuit so you can dive in and enjoy. The clarity of the water and depth of cenotes makes swimming a unique experience.

Day Trip to Progreso Beach

Progreso

4USD

8h-9h

105km

Roughly an hour drive from Meridá, Progreso is a perfect spot for relaxing on the beach or strolling along the boardwalk. Stop along the way at the Dzibichaltun archaeological site.

Anthropology Museum Visit

Mérida

55MXN

Installed on two floors of a refurbished mansion, this museum is considered to be one of the most important collections of Pre-Columbian Mayan culture in the Yucatán Peninsula. Learn everything there is to know about Mayan society, from war to writing, art to architecture, calendars, customs and offerings to the dead.

Day 4

## Mérida/Palenque

After a long day of travel from the Yucatán to the jungles of Chiapas, arrive to Palenque and settle in for 2 nights.



### Accommodation

Hotel Maya Tulipanes (or similar)

Hotel



### Today's Activities

First-class Bus

Mérida - Palenque

9h-10h

620km

First-class buses in Mexico have very strong air-conditioning. Bring a sweater.

Day 5

## Palenque

Enjoy a guided tour of the Mayan ruins of Palenque. After, go for a swim in the pristine turquoise waters of Roberto Barrios waterfall.



### Accommodation

Hotel Maya Tulipanes (or similar)

Hotel



### Today's Activities

Palenque Ruins Guided Tour

Palenque

2h-3h

Experience the elegant jungle site of Palenque on a guided tour. See the highlights -- the Temple of the Cross Group, Temple of Inscriptions and the Grand Palace. Howler monkeys sound in the distance as the fog rolls in and out of this mystical site, one of the most important centres for trade and culture during the end of the Classic Maya period.

Roberto Barrios Waterfalls

Palenque

Visit the Zapatista community of Roberto Barrios and swim in stunning turquoise cascade waterfalls. Then, join an agroecological experience at the Pej'Pem Center you will support local entrepreneurship and the sustainable transformation of communities in Chiapas.



### Optional Activities - Day 5

Jungle Trail Hike

Palenque

25USD

2h-2h30m

4km

Only two percent of the ruins in the Mayan capital of Palenque are out in the open. Follow a local guide into the jungle along a trail, visit ruins that are now overgrown with moss and vines. Learn about the wildlife and different medicinal trees and plants that grow in and around the Usumancinta River of this mountainous forest area of Chiapas.

Day 6

## Palenque/San Cristóbal de Las Casas

Travel to San Cristóbal de Las Casas located in a high mountain valley at 2110m (6921 ft), via Villahermosa. Enjoy an orientation walk of the city, known for its 16th-century architecture.

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### Accommodation

Baron de las Casas (or similar)

Hotel

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### Today's Activities

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Private Vehicle

Palenque - San Cristóbal de Las Casas

8h

220km

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

Day 7

## San Cristóbal de Las Casas

Opt to visit nearby indigenous Mayan villages to see their unique day-to-day life or journey to beautiful Sumidero Canyon for a relaxing boat ride.



### Accommodation

Baron de las Casas (or similar)

Hotel



### Optional Activities - Day 7

Lagunas de Montebello Visit

San Cristóbal de Las Casas

30USD

9h-12h

150km

Visit Lagunas de Montebello National Park and the group of beautiful lakes near the Guatemalan border. Each is a different colour of green and blue.

Indigenous Villages Tour

San Cristóbal de Las Casas

30USD

4h-5h

2km

Visit the communities of San Juan Chamula and Zinacantán with a local guide and learn about this unique way of life. Visit the main plaza and places of worship to better understand the life of the local Tzotzil people. Buy carpets, textiles and hand-made "Zapatista" dolls made to honour former rebel leader, Subcomandante Marcos. Please be respectful when taking photographs here, it's not always welcomed by the residents.

Sumidero Canyon

San Cristóbal de Las Casas

40USD

Drive an hour before boarding a boat for a 2-hr journey through the deep Sumidero Canyon. Keep your eyes peeled for local wildlife, birds, monkeys and maybe even a river crocodile. Marvel at the tall waterfalls, hidden caves, and unusual rock formations along the Grijalva River. After, stop in a village to visit markets and enjoy lunch.

Day 8

## San Cristóbal de Las Casas/Panjachel

Journey from San Cristóbal de las Casas, Mexico to Panajachel, Guatemala. Opt to explore the town on arrival.

The first stop in Guatemala is on beautiful Lake Atitlán. Stay in Panajachel, a lakeshore town surrounded by spectacular volcanoes and small villages.



### Accommodation

Hotel Chinimaya (or similar)

Hotel



### Today's Activities

Private Vehicle

San Cristóbal de Las Casas - Panajachel

10h-12h

380km

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

Border Crossing (Mexico - Guatemala)

Ciudad Cuauhtémoc - La Mesilla

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.

Embark on a boat ride across the lake before participating in a G Adventures-supported homestay with a local family. This area is known for stunning scenery and great shopping for Mayan handicrafts. Take part in a cultural tour of San Juan la Laguna where you can opt to bargain for colourful textiles and paintings from the local artisans.



## Meals included

Dinner



## Accommodation

Hotel Chinimaya (or similar)

Hotel



## Today's Activities

Boat

Panajachel - San Juan La Laguna

30m-45m

25km

Climb aboard and get your float on.

San Juan La Laguna Village Visit

San Juan La Laguna

1h30m

Visit the town of San Juan la Laguna and immerse yourself in the Tz'utujil culture for an afternoon. Focus on three different associations originating in San Juan la Laguna; textiles, medicinal plants, and paintings. See groups of women making textiles using natural dyes. Your guide will explain the dyeing techniques and observe the waist loom in action. Next, see how plants are used for their medicinal properties within these communities. Enjoy the sights of traditional paintings by local artists/painters who portray their traditional way of life, ceremonies, customs and traditions through large scale murals found throughout the town of San Juan la Laguna. Souvenirs/products from all points of this tour will be available for purchase if you'd like to bring something home and also support this village community.

### ACTIVITY

Submerge yourself in Mayan culture during this home stay run by a Planeterra community tourism project. Set on the northwest shore of Lake Atitlán, arrive by boat to the laid-back village of San Juan La Laguna and immediately feel at home. Meet your host family, stash your stuff, then set off to explore

the area. Admire the paintings of local artists, watch weavers who use traditional techniques to dye wool, go for a hike and admire the view across the lake. Feel good knowing you are supporting local families eager to benefit from tourism in their community.

San Juan La Laguna Village Visit

San Juan La Laguna

1h30m

Visit the town of San Juan la Laguna and immerse yourself in the Tz'utujil culture for an afternoon. Focus on three different associations originating in San Juan la Laguna; textiles, medicinal plants, and paintings. See groups of women making textiles using natural dyes. Your guide will explain the dyeing techniques and observe the waist loom in action. Next, see how plants are used for their medicinal properties within these communities. Enjoy the sights of traditional paintings by local artists/painters who portray their traditional way of life, ceremonies, customs and traditions through large scale murals found throughout the town of San Juan la Laguna. Souvenirs/products from all points of this tour will be available for purchase if you'd like to bring something home and also support this village community.

Day 10

## Antigua

Travel to Antigua and head out for an orientation walk. Opt for a night out in town.

There is so much to do in this charming colonial city, optional activities for the area include a city tour, salsa dancing classes, a Guatemalan cooking class, or relaxing with a massage. Further afield you can rent bikes and ride through the hills, visit a macadamia nut farm or check out some nearby villages.



### Accommodation

Hotel Bucaros Express (or similar)

Hotel



### Today's Activities

Private Vehicle

Panjachel - Antigua Guatemala

3h-4h

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

This ride is full of hills and windy roads. If you are prone to motion sickness, plan ahead with medication.

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Free Time

Antigua Guatemala

Opt to check out more of the city with a little free time.

Boat

San Juan La Laguna - Panajachel

30m-45m

25km

Climb aboard and get your float on.



### Optional Activities - Day 10

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.

Elizabeth Bell Walking Tour

Antigua Guatemala

25USD

1h30m-2h30m

Meet your guide at the fountain in the Central Plaza and take a leisurely walk along the cobblestone streets of this UNESCO World Heritage Site. The tour focuses on the Antigua's history, culture and restoration efforts (a bylaw, for example, stipulates buildings must only be painted certain colours in order to maintain the Spanish colonial character of the exteriors). Visit the City Hall Palace, Palace of the Captain's General, the main cathedral and many of Antigua's other attractions. Learn about jade and the valuable role it played in Maya culture. Shop for jewelry, pottery, textiles and wooden carvings.

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?

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!

Depart at any time.

We highly recommend booking post-accommodation to fully experience this charming city.

Guatemala City is a one hour transfer away. Your tour leader can help you to arrange a transfer from Antigua directly to the airport in Guatemala City, so you do not have to spend more time than necessary in Guatemala's capital.

## What's included

- Your G for Good Moment: Posadas Mayas Homestay, San Juan La Laguna
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Mérida
- Your Discover Moment: San Cristóbal de Las Casas
- Chichén Itzá guided tour
- Mérida orientation walk
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- Antigua orientation walk
- Free time in Mérida and San Cristóbal de las Casas
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Explore the ruins of Chichén Itzá and Palenque, get lost wandering colonial San Cristobal de las Casas and Antigua, cool off with a swim at Roberto Barrios waterfall, bargain at colourful local markets

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

Explore the ruins of Chichén Itzá and Palenque, get lost wandering colonial San Cristobal de las Casas and Antigua, cool off with a swim at Roberto Barrios waterfall, bargain at colourful local markets

## **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.

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

1. When exiting Mexico by land you will be required to pay an exit fee of 533MXN, and to enter Guatemala the fee is 10 Quetzales, a total of just over 30 USD. These fees are not included in the cost of your trip and must be paid in local currency at the border.

### 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.

2. The Guatemala City airport is only 1 hour from Antigua and there are frequent and inexpensive transfers directly to the airport from Antigua.

### 3. 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.

### 4. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

## What is the group leader like?

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

## How large will the group be?

Max 16, avg 12

## What meals are included in this trip?

1 dinner

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

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your 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 vehicle, 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 (9 nts), homestay (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 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.

## 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 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)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- 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
- 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](#)

## **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?

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

Mexico airport departure tax: None (Passenger must present the receipt from entry tax, or may be subject to additional charges)

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

Guatemala airport exit tax: Included in ticket price

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?

## Uxmal Ruins

- Uxmal Ruins Visit (70-110USD per person)

## Mérida

- Cenote Visit (60-70USD per person)
- Anthropology Museum Visit (55MXN per person)

## Progreso

- Day Trip to Progreso Beach (4USD per person)

## Palenque

- Jungle Trail Hike (25USD per person)

## San Cristóbal de Las Casas

- Lagunas de Montebello Visit (30USD per person)
- Indigenous Villages Tour (30USD per person)
- Sumidero Canyon (40USD per person)

## Antigua Guatemala

- Finca Valhalla Visit (5-10USD per person)
- ChocoMuseo Tour and Workshop (24USD per person)
- Massage (30-60USD per person)
- Elizabeth Bell Walking Tour (25USD per person)
- Salsa Lesson (10USD 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 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.

## 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.